

**BARNARD HEALTH CENTRE**  
43 Granville Road Sidcup DA14 4TA

**SURGERY TELEPHONE NUMBER:**  
020 8302 7721

**WEBSITE:**  
[www.barnardmedicalpractice.co.uk](http://www.barnardmedicalpractice.co.uk)

**SURGERY OPENING TIMES:**  
Monday-Friday 8.00am to 6.30pm  
Advance booked appointments available  
on Wednesday evenings 6.30pm to 8pm  
and Saturday mornings 8am to 12noon

**DOCTORS & THEIR SPECIAL INTERESTS:**

**Dr Sara Elizabeth Scott** Partner  
*MB BS MRCPGP DRCOG DFFP Westminster Hospital (London) 1985*  
Musculoskeletal problems; Women's Health

**Dr Holly Hutson** Partner  
*MB BS MA (Oxon) MRCPGP DRCOG DFFP (Oxford) 1994*  
Mental Health problems; Diabetes

**Dr Jessica Martin** Partner  
*BMedSci BMBS DRCOG DCH MRCPGP (Nottingham) 1998*  
Skin problems, Asthma & COPD; Minor Surgery

**Dr Tara Kharib**  
*MBChB DFFP (Iraq) 1988*  
Family Planning and Women's Health

**Dr Richard Scott**  
*MB BS MRCPGP FRCS DRCOG MScIT*  
Musculoskeletal problems; Minor Surgery

**Dr Asad Rahman**  
*BSc MBBS MRCPCH MRCPGP Kings (London) 1991*  
Paediatrics

**NURSE PRACTITIONERS:**

**Bridget McGuire**  
Family Planning; Cryotherapy

**Julia McKeon**  
Family Planning; End of Life Care

**OUT OF HOURS SERVICES:**

NHS direct can provide advice (0845 6020705) or ask GRABADOC, the emergency GP service (020 8319 3030) to telephone you. You can telephone GRABADOC to access an on-call GP from the area who can provide advice, arrange assessment at the base in Shooters' Hill (SE18) or visit at home. A report is faxed to your GP the next day.

Queen Mary's Casualty is now closed between 8pm and 8am but you can walk in and wait to be seen for minor injuries in the Urgent Care Centre (through the same entrance as casualty) by a Nurse Practitioner or Shift Doctor. This is primarily for injuries below the knee or below the elbow, (including cuts and broken bones) but if unsure, ring NHS direct for advice on the number above. There is a walk-in GP centre in Crayford run by a private company, but we are unable to recommend it yet as it is new. If you have had a significant injury or serious medical problem, then you would need to go to Casualty at Queen Elizabeth Hospital in Woolwich or Princess Royal Hospital Farnborough or Darent Valley Hospital, Dartford. If you are unsure whether to go to a Casualty, ring NHS direct for advice.

## Patients to get access to a practice of their choice

Health Secretary Andy Burnham has launched a consultation on plans to give patients more choice about which GP practice they register with.

At present, GPs only accept patients living within fixed geographic areas – but the Department of Health suggests this can be restrictive, particularly for people living in poorer areas.

Giving patients more choice could allow people to pick a practice nearer to their work, find one with longer opening hours, or keep the same GP if they move house.

The consultation also covers the issues involved in arranging home visits and community-based services, safeguarding access for local residents and providing access to hospital and specialist treatment.

Andy Burnham said: 'Giving people more choice of GP services will help drive up standards and improve quality. This policy will drive change, and allow for more responsive primary care for all.'

'We have already improved access to GP services and most people say they are satisfied with their GP, everybody should be able to choose the best care for themselves and their families.'

'That means the freedom to choose their GP and not be faced with artificial restrictions, like practice boundaries, that limit their choice.'

The consultation runs from 4th March until the 28th May 2010.

Patients, GPs and practice staff are all encouraged to take part in the consultation at [www.gpchoice.dh.gov.uk](http://www.gpchoice.dh.gov.uk) or complete a typed questionnaire and return it to:

Your Choice of GP Practice  
Primary Medical Care  
Department of Health 2E42  
Quarry House, Leeds LS2 7UE

## What is GRABADOC?

**Greenwich and Bexley Doctors On-Call** is a non-profitable organisation run by local GPs to provide care and advice when the surgery is closed, 24 hours a day, 7 days a week. It is intended to help patients who have an urgent problem that cannot wait until the surgery is open. The experienced doctors and nurse practitioners who work there are all locally employed in Greenwich and Bexley. They provide telephone advice and can then arrange to assess you at their Shooters' Hill base in Woolwich or visit at home if deemed necessary. If you are not sure what to do when the surgery is closed, contact NHS direct (0845 4647) or telephone GRABADOC (020 83193030), who will be happy to advise you.

## NEWS IN BRIEF

**THE ELLENOR FOUNDATION** (our local version of Macmillan nurses working in the community with people with terminal illness) merged with the Greenwich and Bexley Hospice from 1st April 2010. This was necessary to maintain their charity-funded service. If you would like to donate money, please contact the Greenwich and Bexley Hospice.

**A NEW TELEPHONE SYSTEM** was installed and has been operating since 13th April. It is envisaged this will make it easier to contact the Surgery during our busier periods. The calls are now held in a queuing system which should cut down on waiting times. You will now be given options to select from directing the calls to the appropriate department/person.