



*Wishing you a joyful festive period*

# Welcome

As another year draws to a close, and the festive season approaches, we want to take a moment to express our gratitude to our valued patients.

In 2023 we celebrated two decades in general practice and as we reflect on the past 20 years, we are reminded of the countless lives we have touched and the milestones we have achieved.

Our success lies in the loyalty of our patients and in the dedication of our clinicians and administrative team, all of whom have an unwavering commitment to patient care, and we value the trust you have in Doctor Now & The Beaconsfield Clinic in supporting your health needs.

As we approach a new year, we look forward to continuing to build lasting relationships with the individuals and families we care for.



## The importance of preventative health: Invest in your wellbeing

As we celebrate the holidays, it is not unusual for us all to indulge in the less healthier options than usual. Whilst this is fine for short periods of time as we enjoy time with friends and family, it's important to emphasise the importance of preventative health and the opportunities we have throughout the year to reset the clock and invest in our overall health and wellbeing.

Regular check-ups and screenings are key to early detection of illness and intervention, and we advise you to prioritise your health so you can enjoy the year ahead to the fullest. For peace of mind or if you are concerned about your health, lifestyle or risk factors then speak with one of our team about our health screening options.

## Festive opening times

Our opening hours over the holiday period are as follows:

### December 2023

Saturday 23rd	09.00 - 16.00
Monday 25th	Closed
Tuesday 26th	Closed
Wednesday 27th	08.30 - 20.00
Thursday 28th	08.30 - 20.00
Friday 29th	08.30 - 20.00
Saturday 30th	09.00 - 16.00

### January 2024

Monday 1st	Closed
Tuesday 2nd	Normal hours resume

Keeping well during winter:

## Tips for a healthy holiday season

Winter brings joyful celebrations, but it also brings colder temperatures and potential health challenges. To help you stay well during the winter months, here are some essential tips:

- ✓ To stay energised and healthy, ensuring a robust immune system is crucial, and this can be achieved through a balanced and nutrient-rich diet, including ample fruits, vegetables, and whole grains.
- ✓ Staying hydrated is equally important, as the dry winter air can lead to increased dehydration.
- ✓ Keep warm with layers, hats, and scarves to protect against the cold weather.
- ✓ Regular exercise, even in colder temperatures, helps keep the body active and contributes to overall wellbeing. Maintaining an active lifestyle, even if it's just a brisk walk, will help keep your body and mind healthy.
- ✓ Adequate rest is vital, as the body's ability to repair and regenerate is enhanced during sleep.
- ✓ Practicing good hygiene, such as regular handwashing, helps minimise the risk of seasonal illnesses.

**Embracing these healthy habits helps to ensure a resilient, well-protected body throughout the winter months.**



# Our GP team

As well as our existing GP's, we are delighted to introduce new clinicians to our team.

All of our GP's bring a wealth of experience, a range of specialist interests and compassion to the practice, ensuring that you continue to receive the very best care.

## Dr Tammy Wellen

General Family Medicine, Paediatrics, Mental Health & Elderly Care.

## Dr Bec McKenzie

General Family Medicine, Women's Health, Family Planning, Mental Health & Eating Disorders.

## Dr Rosie Hoy

General Family Medicine, Acute Care, Breast Care & Paediatrics.

## Dr Sian Salek

General Family Medicine, Mental Health, & Paediatrics.

## Dr Laurence Cordonnier

General Family Medicine, Travel Health, Occupational Health & Paediatrics.

## Dr Fleur Paxton

General Family Medicine, Dermatology & Paediatrics.

## Dr Ranjana Dua

All aspects of General Family Medicine & Mental Health.

## Dr Kate Parnell

General Family Medicine, Paediatrics, Childrens Health, Family Planning, Women's Health & Menopause/HRT.

## Dr Katie Hannaford

General Family Medicine, Women's Health & Menopause/HRT.

## Dr Kris Holy

Dermatology, Mental Health, General Family Medicine, Sexual Health, Men's Health, Musculoskeletal Medicine & Joint Injections

## Dr Vikas Kapoor

General Family Medicine, Musculoskeletal Medicine, Joint Injections, Dermatology, Occupational Health & Mental Health.

## Dr Mia Murray

Women's Health, Family Planning, Minor Surgery, Joint Injections, General Family Medicine & Menopause/HRT.

## Dr Brian McGirr

Heart Disease, Asthma, Musculoskeletal Medicine, Paediatrics, General Family Medicine, Minor Surgery & Joint Injections.

## Dr Richard Angwin

Men's Health, Cardiology, Respiratory Medicine, Paediatrics, Minor Surgery, Musculoskeletal Medicine, Joint Injections & Pronokal – Weight Loss Programme.

## Online booking

You may already be aware that we offer online booking to help make access to appointments easier. There will be a follow up letter regarding this in January, however, in the meantime, if you wish to register for online booking, please contact one of the patient services team who will be happy to assist you. This will enable you to book GP appointments via our website at your convenience including outside our normal practice hours.

## Car park management

In 2023 a car park management system was introduced at our premises due to the growing number of the general public using our carpark. We want to avoid any of our patients receiving a PCN (Parking Charge Notice), therefore, this is a gentle reminder to take a moment upon arrival to enter your registration details into the iPad provided in the reception area. By simply typing in your registration, this will ensure you don't receive a parking ticket and allows our team to focus on more important matters such as your appointment and experience with us. The team are always on hand to assist if required. Thank you for your understanding and assistance.



# Looking ahead to 2024

At Doctor Now, one of our most valuable commodities is time and we are conscious that as demand increases, for both the NHS and private practice, it is important that we are using our time wisely to continue offering the best care to our patients. Commencing in January 2024, we will be undertaking a thorough review of our service to ensure we are consistently providing the most effective care pathways, including access to our highly experienced Consultant Specialists and Allied Health Professionals

across a wide range of medical disciplines. We remain committed to delivering exceptional care and working with our patients as we strive to enhance the quality of our services and optimise every aspect of your journey with us.

We will also be exploring how technology can make access easier to our online booking and membership portals, plus research innovative solutions and collaborative approaches to ensure the continued delivery of excellent patient care.

*Wishing you a restful & enjoyable festive period, and a Happy New Year!*

---

## Contact

Telephone: **01494 410 888** | Email: [info@doctornow.org](mailto:info@doctornow.org)  
Little Hall Barn, Windsor End, Beaconsfield,  
Buckinghamshire HP9 2JW

**DoctorNow**  
& *the* **BeaconsfieldClinic**  
*together we care*