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doctor
now
feel better



DoctorNow Thame is officially open!

We are delighted that DoctorNow Thame officially opened its doors at the beginning of February.

Our new practice is located at The Threshing Barn, Mill Road, Thame, Oxfordshire, OX9 2HA; a beautiful barn conversion designed in the familiar DoctorNow style. It offers a calm, characterful and comfortable setting, with easy parking and convenient access. Our Thame location has been thoughtfully chosen to provide services to a wider community and better support members who live further from Beaconsfield, making

it easier to access the same high-quality care closer to home.

You will be looked after by our experienced DoctorNow team, including Dr Katie Hannaford, Dr Vik Kapoor, Dr Rosie Hoy, Dr Bec McKenzie, Dr Richard Angwin and Dr Brian McGirr.

Appointments are available on weekdays, selected evenings, and Saturdays and can be booked by calling 01844 395 988.

introducing **Heidi health**

We're excited to share that many of our GP's are now using Heidi Health, a digital clinical note-taking tool designed to give our doctors back what matters most: time with you.

Heidi captures consultation notes automatically, so our GPs can stay fully present during your appointment rather than typing at a screen. The result is a more focused, personalised experience.



welcoming

Feet First to DoctorNow Beaconsfield

We're delighted to share some exciting news with you.

Feet First Podiatry Clinic has officially launched at DoctorNow, Beaconsfield - bringing their expert lower limb care directly to you in a convenient, trusted location.

Feet First Podiatry Clinic is an established, leading private podiatry practice based in Thame, now in Beaconsfield. They pride themselves on delivering professional, warm and highly personalised care with a strong focus on long-term outcomes.

The team provide comprehensive podiatry and lower limb services, including:

- ✓ **Routine foot care and nail treatments**
- ✓ **Ingrowing toenail management**
- ✓ **Verruca treatments (including advanced Swift microwave therapy)**
- ✓ **Fungal nail treatment**
- ✓ **Diabetic foot assessments**
- ✓ **Foot pain and musculoskeletal assessment**
- ✓ **Gait analysis and pressure plate assessments**
- ✓ **Custom orthoses and 3D printed insoles**

Whether you are experiencing pain, have a long-standing issue, or simply want preventative foot care, their experienced clinicians are here to help.

Appointments with the Feet First team can be booked via their website www.feet-first.org or by calling their reception team on 01494 313 499, who would be happy to assist. The team look forward to welcoming you to Feet First Beaconsfield.



Lifestyle medicine at DoctorNow

Lifestyle medicine is an evidence-based approach to preventing, managing, and treating chronic disease - while helping you live longer and with more vitality.

It supports lasting behavioural change across everything that shapes your wellbeing: nutrition, movement, sleep, mental health, and environment.

Most people associate 'lifestyle' with diet and exercise. We go further. Alongside nutrition and movement, we consider environmental factors like toxin and microplastic exposure, and social factors such as loneliness, all of which significantly impact your long-term health.

Almost every major chronic condition can be improved through lifestyle medicine, alongside medication where needed - including type 2 diabetes, heart disease, cancer, obesity, and autoimmune conditions.

It's also our most powerful prevention tool. Most chronic diseases take 15-20 years to become apparent, meaning the choices you make today are shaping your health decades from now. Starting early, even while you feel well, is the smartest investment in your future health.

If you are interested in booking a Lifestyle consultation with one of our specialist GP's, contact our team on 01494 410 888.

Doctor Now app

Your health data in safe hands.

As cyber security risks within the healthcare sector continue to evolve, we have taken proactive steps to strengthen the protection of your personal health information. Following a comprehensive risk assessment in line with guidance from our insurers, we have moved to delivering pathology results and referral letters exclusively through the Doctor Now app.

Your results are now shared via encrypted, secure in-app messaging, providing greater privacy and protection than email can offer.

If you haven't yet downloaded the app, now is the perfect time. Alongside secure results delivery, the app gives you instant access to appointment booking and rescheduling, repeat prescription requests, and instant updates to your personal details. Everything you need, in one secure place. **To get started, visit [doctornow](#) or speak with a member of our team.**



Add travel health to your checklist

Summer is closer than you think – and while you're planning flights, hotels and itineraries, your health needs a place on that checklist too.

Whether you're heading somewhere exotic or simply escaping to the sun, a travel health consultation with one of our travel health team ensures you're properly prepared. From destination-specific vaccinations and antimalarial advice to managing existing conditions abroad and knowing what to do if you fall ill, we'll make sure you travel with confidence.

Because the best holidays are the ones where health is the last thing on your mind.



Hello to Dr Chris Davidson-Fox

We are delighted to introduce Dr Chris Davidson-Fox, who joined the DoctorNow team in February 2026.

Dr Davidson-Fox brings with him a wide range of clinical experience and has special interests in General Family Medicine, Paediatrics,

Men's Health and Acute Medicine. Dr Davidson-Fox will be consulting out of both our Beaconsfield and Thame practices.

If you would like to book an appointment, you can do so by calling the team on **01494 410 888** or directly via our **DoctorNow Private GP app**.

If you enjoy our newsletter...

We post regular updates on both Instagram & Facebook; you can follow us by scanning the QR codes.

Contact

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