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Welcome to our Autumn Newsletter

As the leaves turn golden and the evenings draw in, autumn is a lovely moment to pause and think about how we look after ourselves in the colder months ahead.

The change of season always brings a shift in our routines. Darker mornings, cooler days and more time spent indoors can all take their toll, from lowered immunity to dips in energy and mood, often in ways we don't notice until winter is well under way.

At DoctorNow, we've always believed that a little care and planning now can make all the difference. Making the most of the daylight, staying active and eating well are all simple steps that help you, and the people you love, stay well through to spring.

Inside, we take a closer look at our lifestyle consultations, which offer focused time with a GP to build healthier habits that last. You'll also find the latest updates from the practice, and a look back at how our Thame practice has grown, eight months on.

As always, our teams at Beaconsfield and Thame are here whenever you need us, with care that's personal, unhurried and tailored to you. Here's to a healthy autumn, and a winter you're ready for.



Farewell Dr Parnell

One of our longest standing GPs, Dr Kate Parnell, is moving overseas and stepping away from her role as a GP at DoctorNow in December. This is an exciting new chapter for Kate, although she will be greatly missed by her patients and colleagues. We are very grateful for the care, commitment and warmth Kate has brought to the practice, and we know her patients will join us in wishing her every happiness in her new adventure. While Kate is leaving her clinical role, she may remain involved with DoctorNow in a non-clinical capacity, so we hope this will be farewell rather than goodbye! If you are a patient of Dr Parnell's, Kate will discuss your care at your next appointment and recommend a colleague who best suits your needs.

Beaconsfield practice hours

From **Friday 30 October**, the practice will close at **18:00 on Fridays**.

This change will allow us to increase the number of appointments available during our busiest hours, helping more patients access our services throughout the day when demand is highest.

By focusing our clinical resources during peak demand, we can provide greater appointment availability and improve access to care for our patients.

From **18:00 on Fridays**, our out-of-hours service will continue to be available for VIP OOH members.

Whilst the practice is closed you can book or cancel appointments and request repeat prescriptions through the DoctorNow mobile app or web portal.



Introducing Dr Galt

We are delighted to introduce Dr Elena Galt, who joined the DoctorNow team in October 2026. Having grown up in Buckinghamshire, Dr Galt is excited to return to the area and join DoctorNow, bringing with her years of clinical experience. Dr Galt will be primarily working from our Beaconsfield practice, and has a particular interest in mental health, women's health and older adults. If you would like to book an appointment, get in contact with the team or book directly via our DoctorNow app.



Lifestyle Medicine

The way we live each day shapes our health more than we often realise.

Most of us only think about our health when something goes wrong. Preventative medicine turns that around. It helps you understand your risks and spot early warning signs before small concerns become bigger problems. Health checks give a valuable snapshot. The real difference, though, lies in what we do next.

This is where lifestyle medicine comes in. Many common long-term conditions are closely linked to how we live. These include type 2 diabetes, high blood pressure, heart disease, fatigue and low mood. What we eat, how we move and how well we sleep all play a part. So do stress, our relationships and our use of alcohol or tobacco.

Lifestyle medicine is a clinical specialty built around these six areas. It uses practical, evidence-based changes to help prevent, manage and often reverse chronic illness. It tackles root causes, not just symptoms. And it is not about perfection. It is about small, realistic steps that last.

Introducing our dedicated lifestyle consultations.

At DoctorNow, we're delighted to now offer dedicated lifestyle medicine consultations. These are led by our specialist team of GPs: Dr Katie Hannaford, Dr Rebecca McKenzie, Dr Mia Murray and Dr Fleur Paxton. Your first appointment lasts 30 minutes. It gives you time to talk through your health, your goals and what matters most to you. Your GP will then help you build a personalised plan with clear, manageable steps. Regular follow-ups track your progress and adjust your plan along the way.

It is never too early to start. Beginning while you feel well is one of the best investments you can make in your health.

To find out more or book a consultation, visit our website or call 01494 410 888.

Flu Vaccine at DoctorNow

Don't let flu put your winter on hold.

Flu vaccines are still available at DoctorNow. National vaccine supply has changed, so we have updated which vaccine we offer to each age group, in line with UK Health Security Agency (UKHSA) guidance for the 2026/27 season, which asks providers to keep certain vaccines for older adults.

Patients aged 65 and over will be offered a vaccine recommended specifically for older adults, and patients aged 6 months to 64 years will be offered a vaccine suitable for their age group. Earlier in the season we offered the older adult vaccine to patients aged 50 and over, but going forward this will be offered to those aged 65 and over.

All the vaccines we offer are licensed in the UK and used in line with UK guidance. If you're not sure which vaccine is right for you, our team can help when you book.



October is Breast Cancer Awareness Month

Breast cancer affects thousands of people every year. It is most common in women, but men can develop it too. Caught early, it is much easier to treat. This month, we're encouraging everyone to make checking their breasts a regular habit.

Know the signs

Most breast changes are not caused by cancer, but any new or unusual change should be checked. Get to know what's normal for you and look out for:

- A new lump or thickening in the breast, upper chest or armpit
- Skin changes such as dimpling, puckering or redness
- Nipple changes, such as inversion, a rash or discharge
- A change in size or shape
- Persistent, unexplained pain

Screening and TLC

The NHS invites women and people assigned female at birth aged 50 to 71 for a free mammogram every three years. If you're invited, please attend, even if you feel well.

Remember TLC: Touch your breasts, Look for changes, Check anything unusual with a GP. If something doesn't feel right, our GPs are here to help. Book a consultation today.

November is Men's Health Awareness Month

Looking after your mind matters just as much as looking after your body. Work, home life and money worries can all affect how you feel. You don't need to wait until things feel overwhelming to talk about them or ask for support. If you'd like to talk, we're here to listen.

Noticing how you're feeling

We all have ups and downs. But if difficult feelings stay with you, or start to affect daily life, it may help to talk to someone. You might notice you're feeling low or irritable, sleeping more or less than usual, pulling away from people or things you enjoy, relying on alcohol to unwind, or feeling overwhelmed.

Starting the conversation

Reaching out can feel like the hardest step, but it's often the most helpful one. Asking someone you care about how they're doing can mean more than you know. If you'd like to talk things through, you can book a confidential consultation with one of our GPs, who will listen without judgement and help you find the right support.



Thame

It's been eight months since we opened our Thame practice, and our team has thoroughly enjoyed welcoming both new and existing patients. We've been delighted by the response from the local community and are grateful for the trust so many of you have placed in us.

As demand grows, we've increased appointment availability, making it easier to access the care you need. We're also pleased to welcome Andy McCrae, Physiotherapist and Director of Elite Physical Medicine, who brings expertise in musculoskeletal health, rehabilitation and injury management. We're delighted, too, that Dr Neal Evans, our highly experienced pain management specialist, is now seeing patients at Thame, offering expert care for acute and chronic pain closer to home.

Our focus is the same as it always has been: providing high-quality, personalised healthcare in a peaceful setting. Thank you to everyone who has helped make our first eight months such a success. We look forward to continuing to welcome both new and returning patients.

To book an appointment in Thame, please call us on 01844 395 988 or use the DoctorNow mobile app or web portal.

In partnership with



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