

# The Central Healthcare Centre Newsletter

Sussex Road, Gorleston, Great Yarmouth, Norfolk, NR31 6QB  
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[www.centralhealthcarecentre.co.uk](http://www.centralhealthcarecentre.co.uk)

## Message from the Chair:

**W**elcome to our first newsletter at the Central Healthcare Centre, we appreciate that it may take time for everyone to settle in and for former Family Healthcare Centre patients to find their way round and for Central Surgery Patients to get used to having us around.

We all realise it will take time for things to settle, and we as patients need to support each other, the clinicians and admin staff as we move forward. During the settling in period members of the PPG will be on duty in the waiting room to help you find your way around and to answer any questions you may have, if they don't know the answer they will find out for you or point you in the direction of someone who does.

You will find in this newsletter information on opening times, available clinicians etc. We all look forward to being part of a larger purpose built practice with lots of modern facilities.

Don't hesitate to contact us on the PPG e mail or Facebook page if you have any questions or concerns.

Linda

Interim PPG Chair.



### PARKING @ CENTRAL HEALTHCARE CENTRE

We are very much aware that parking maybe an issue at Central Healthcare Centre

But we would like to draw your attention to the fact that The Tramways Public House are allowing our patients to park in their car park for a nominal fee of £1.00, payable at the bar.

We hope this will alleviate some of the concerns that patients may have over parking issues

Sussex Road  
Gorleston  
Great Yarmouth  
Norfolk  
NR31 6QBS

01493 414141  
CENTRAL HEALTHCARE CENTRE

## APPOINTMENTS

Appointments can be booked or cancelled using the Patient Online Access service. If you do not yet have access details, please visit the surgery and ask at Main Reception.

Complete the form online or visit Main Reception if you would like to sign up to receive text reminders about your appointments at  
<http://centralsurgery.com/appointments/mjog>

## PLEASE NOTE

**APPOINTMENT PHONE LINES OPEN AT 8:00AM  
HOWEVER, THIS IS OUR BUSIEST TIME SO PLEASE AVOID  
PHONING THEN IF AT ALL POSSIBLE**

## Opening times and Clinicians

### Doctors

Dr M H Magson (m)	Senior Partner
Dr M Moghaddas (m)	Partner
Dr Beata (f)	Partner
Dr K Maleki (m)	Partner
Dr Burger (f)	Doctor
Dr Prabhu (f)	Doctor
Dr S Raja (f)	Doctor

### Nurse Practitioners

Mark Vradenburg	Physician Associate/ Nurse Practitioner
Anthony Charity	Advanced Nurse Practitioner
Alison Cannon	Advanced Nurse Practitioner
Deborah George	Advanced Nurse Practitioner
Alison Wing	Nurse Practitioner
Fiona Burt	Nurse Practitioner

### Nurses

Carly Buckley	Senior Practice Nurse
Alison Ball	Practice Nurse
Betina Vince	Practice Nurse
Pamela Rose	Practice Nurse

### Healthcare Professionals

Vincent Brown	Healthcare Specialist
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### Healthcare Assistants

Dawn Cook	Healthcare Assistant
Patricia Scholes	Healthcare Assistant
Gemma Douglas	Healthcare Assistant
Karen Wilkinson	Healthcare Assistant
Marie Edwards	Healthcare Assistant

Day	Opening Times
Monday	08:00 - 18:30
Tuesday	08:00 - 12:30 13:30 - 18:30
Wednesday	08:00 - 18:30
Thursday	08:00 - 18:30
Friday	08:00 - 18:30
Saturday	Closed
Sunday	Closed

### Clinics & Services

We have a team of 6 fully-qualified Nurse Practitioners, 4 Practice Nurses and 5 Healthcare Assistants, as well as a Healthcare Specialist who can provide a wide range of services from dressings and vaccinations to chronic disease management as well as treatment of minor injuries.

- Childhood Immunisations**  
 Clinics are held on a Monday morning and Wednesday afternoon. Please remember to bring your child's record book.
- Travel Vaccinations**  
 Advising on the appropriate vaccinations for different countries can take some time, so please make an appointment with a Nurse. This should be at least eight weeks before you intend to travel
- Cervical Smears**  
 National guidelines recommend that all women between the ages of 25 and 65 years be called for cervical screening. Women between these ages will be recalled automatically. Please make an appointment with the nurse once you have received your invitation.
- Chronic Disease Management**  
 We run clinics which cover Asthma, Diabetes, Coronary Heart Disease, COPD and Hypertension. You will be contacted when you are due to attend.
- Minor Surgery**  
 We are able to undertake cryotherapy, joint injections, excisions, incisions and more. Please make an appointment with a GP/Advanced Nurse Practitioner/Nurse Practitioner first who will make the necessary arrangements if required.
- Family Planning Clinic**  
 Patients who are taking the oral contraceptive pill should be followed up annually to have a review of their health, weight and blood pressure. At this time advice can also be given with regards to other contraceptive methods such as a contraceptive implant or coil.
- Ante-natal/Post-natal Clinics**  
 These are run by the Midwife and appointments can be booked at the Main Reception desk.
- Smoking Cessation**  
 If you would like to quit smoking please make an appointment to see Andy Trohear smoking cessation advisor and will be happy to help you on your journey to being smoke free.
- Phlebotomy**  
 There are clinics run every day by members of the Nursing team who have been trained in taking bloods.

If you would like a PPG member to call you regarding a problem or query, please contact the surgery and they will pass on your details to us

"THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW."  
 — SOCRATES

CHECK OUT OUR FACEBOOK PAGE Contact us with questions or suggestions

<https://www.facebook.com/centralhealthcarecentrepvg> or email on [hcppg@gmail.com](mailto:hcppg@gmail.com)