

Surgery News

Firstly, the good news is that our main computer is back to its normal ultra-reliable self. It turned out that the main cooling fan had got so clogged up with dust that it no longer worked, leading to the overheating that I mentioned last month. The solution wasn't quite as simple as Hoovering out the insides, but all it took in the end was a replacement fan, then all our troubles were over. Apologies again to anyone who was inconvenienced by the problem – and thanks and praise to all the staff who battled through the difficulties it created without once running out screaming onto The Green. Well, not while I was watching anyway.

As I mentioned last month, our new Registrar, Dr Subha Nambi has now started with us and is settling well into The Hollies routine – even the slightly eccentric bits. I have now learned a little more about her and I thought you would like to share it

Dr Nambi did her medical degree at Madras Medical College in India and, as with all our Registrars, is already an experienced hospital doctor. For the last few years she has been working at Colchester General and this is her first taste of general practice. I don't think we have put her off yet.

She has been married to Dr Arul Nambi (who was our Registrar two or three years ago) for 10 years, and they have two boys, Akilan who is 8 and Nithilan who is just 5 months. Her mother has bravely shouldered the lion's share of the childcare during the day whilst the two Dr Nambis work, which I reckon earns her a special mention. I don't know how the NHS would survive without the support that families give to our young doctors, nurses and other staff.

The new Dr Nambi claims that she doesn't have time for any hobbies – all her time is taken up with family and her work as a doctor. I can well believe it. I'm sure that everyone will join me in wishing her a happy and successful few months while she is with us.

Unbelievable though it might seem, it is time to mention flu jabs again. The jabbing season seems to come round quicker each year.

We should be getting our first delivery of jabs around the middle of September and, by the time you read this, we will be ready to book appointments. As Saturday morning sessions have proved to be popular for working people over the last couple of years, there will be two this year, other sessions being scattered at varying times throughout different days of the week between now and mid-December. A couple have been arranged at Little Clacton village hall as usual. As ever, each appointment will be just one minute long, so I'm afraid there will be time for the jab and nothing else. If you have other issues that need dealing with, please make a separate appointment.

It's the usual suspects who qualify for a free jab under NHS rules:

- * Anyone aged 65 or over
- * Pregnant women
- * People suffering from conditions such as asthma, COPD, diabetes or stroke
- * Anyone with chronic heart, liver or kidney disease
- * Patients living in long-stay residential care homes
- * People who are immunosuppressed due to illness or medical treatment

Additionally, some individual carers might qualify, though anyone who is employed as a professional health or social care worker should be vaccinated not under the NHS, but by their employer as part of an occupational health programme.

If you think that you might be due a free jab, please ask at reception so that we can check for you. I wouldn't leave it too long before doing so, as demand last year was huge and I'm expecting the same again this year.

Having depressed you all with the thought that summer is almost over, I'm going off for a holiday now. Here's hoping for a long, balmy Indian summer.

Hugh Cronin
Practice Manager