



Better Health Start for Life

www.nhs.uk/start-for-life - the place for trusted NHS advice and guidance to help you have a healthy and happy baby during pregnancy, birth and parenthood. The first few years of a baby's life, spanning from pregnancy to the age of two, are crucial for their healthy development. During this time, the connections formed between parents and carers and their babies foster a sense of love and security, laying the groundwork for their future well-being and mental health. Babies don't come with a manual, but they do work hard to try to be understood. Knowing how to interpret their body language, facial expressions, noises, and cries can help you effectively meet their needs. Start for Life's 'If They Could Tell You...' campaign is aimed at helping parents understand their baby's needs, enabling them to foster strong relationships. For the latest advice on how best to build your relationship with your baby, you can find support and free resources, including tips and learning materials, at the **Start for Life Hub**.



Breastfeeding

Breastfeeding is a skill that takes time to get the hang of. Lots of mums wonder if their baby's feeding well and getting enough – especially in the first few days. But once you've mastered it, you'll probably find it's the easiest and most satisfying way to feed your baby.

We're here to provide lots of helpful information and advice on breastfeeding.



Introducing Solid Foods

Introducing your baby to solid foods, also referred to as weaning or complementary feeding, starts when your baby is around 6 months old.

Your baby should be introduced to a varied diet, alongside their usual breast milk or first infant formula.

It can be confusing knowing when and how to start introducing solid foods. We're here to guide you through the weaning journey and explain what it all means.



Early learning and development

90% of your child's brain growth happens before the age of 5. Right from the start, all those little moments you spend together with your child are building their brain. Every smile, cuddle, chat and game makes a huge difference, helping them learn to communicate, develop confidence and make friends.

Find lots of ideas, easy tips and activities you can do together with your child.



Bonding with your baby

Healthy development of your baby begins during the first 2 years of their life.

From the moment your baby is born, and even during pregnancy, your interactions with them help them feel loved and secure.

The way you care for your baby, and the experiences you have together, really do matter.



Whooping Cough Vaccination in Pregnancy

Whooping cough (pertussis) rates have **risen sharply** in recent years and babies who are too young to start their vaccinations are at greatest risk.

Young babies with whooping cough are often very unwell and most will be admitted to hospital because of their illness. When whooping cough is particularly severe, they can die.

Pregnant women can help **protect their babies by getting vaccinated** – ideally from 16 weeks up to 32 weeks pregnant. If for any reason you miss having the vaccine, you can still have it up until you go into labour.

For more information visit www.nhs.uk

Home Kidney Testing Service

Millions of Britons are at risk of chronic kidney disease (CKD) but most don't do their annual urine test because life gets in the way. The NHS has commissioned Healthy.io, as part of a national NHS programme, to deliver a service providing **at-home urine test kits** so patients at risk of chronic kidney disease can conduct this important test at home **using a smartphone** and enabling **early detection**.

This test is for patients with diabetes. If you are eligible, you will be sent a text message to confirm. A testing kit and instructions will be sent to your home and your results will be sent to your GP.



We value constructive feedback that helps to drive improved services, so don't hesitate to share your thoughts.

If your feedback relates:-

1) **THE SHRUBBERIES MEDICAL CENTRE MON – FRI 8.00 – 18.30** please ask for a feedback form at reception or go to our website

[Feedback - The Shrubberies Medical Centre](#)

2) **HEALTHBRIDGE DIRECT EVENING & WEEKEND CLINICS**

Go to their website [Contact – HealthBridge Direct](#)

Or phone **020 3981 3500**

We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested? Please contact **Michelle Greene 07941 077350**



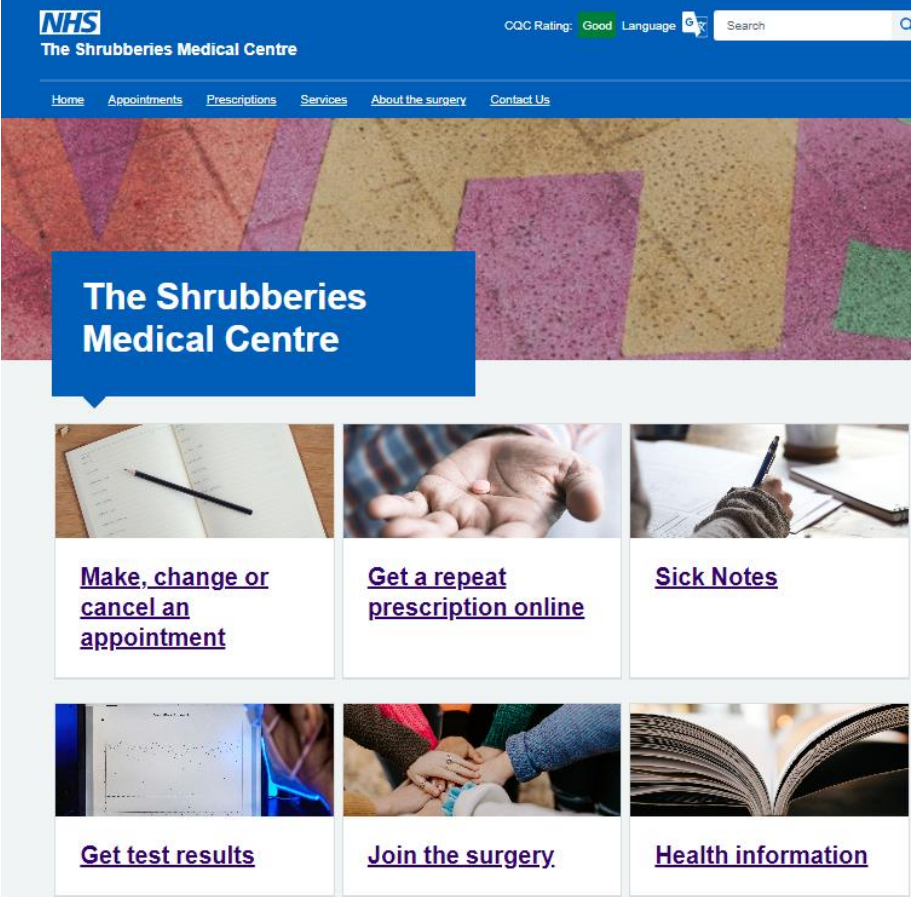
On-line registration



If you have had a new baby or know someone who would like to join the Practice, scan the QR code which will take you to the GP registration site on the NHS website.

theshrubberiesmedicalcentre.co.uk

We are pleased to announce that our website has had a makeover! We have included exciting new content and links and updated the design, functionality and structure. We really hope you like it. Do let us know what you think!



Did not attend Appointment

Between 1 May and 31 May we booked **2671** appointments.
64 patients did not attend (DNA)

Each missed GP appointment costs the NHS an average of **£30** per person (Source: [NHS](#)).

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

Who's who!

(Partner) BSc (Melb.), FDSRCS (Eng), MBBS (Lond.), DCH, DFFP, DRCOG, MRCGP

Dr Sarah Heyes was born in the UK then relocated to Australia aged 17. She graduated from the University of Melbourne Dental School and went on to spend a total of 7 years as an Oral and Maxillofacial Surgeon in Australia and the UK.

She qualified from St Bartholomew's and the Royal London Medical School in 2000 and has gone on to complete diplomas in Child Health, Obstetrics and Gynaecology, Family Planning and membership to the Royal College of General Practice.

She has previously been a Professional Executive Committee member of Redbridge PCT and is currently the Clinical Director responsible for the GP practices in Woodford Green, South Woodford and Wanstead.

