

York Medical Practice Patient Group

Patient's Newsletter – 14

May 2024

This edition provides an update on **Lifestyle Medicine** from Dr. James Carvell, some information about an important charity **Richmond upon Thames Independent Living Services (RUILS)**, as well as the latest on **Staff Changes** at York Medical Practice.

LIFESTYLE MEDICINE AT YORK MEDICAL PRACTICE

Hello, I'm Dr James Carvell a GP specialising in Lifestyle Medicine at York Medical Practice. I studied at University College London Medical school and prior to being a GP was a practising Anaesthetist. All my time spent in multiple specialities has helped me to appreciate the importance of our lifestyles in managing our own health and wellbeing.

What is Lifestyle medicine:

Lifestyle Medicine (LM) is an evidence based approach to support you with personalised lifestyle changes to tackle the root cause of many of today's long term health conditions, enabling you to prevent, manage and even reverse these conditions.

LM focuses on supporting patients to eat more healthily, stay active, sleep better, improve social connections and mental health, and reduce harmful substance exposure. These are the 'six pillars' and we will together focus on the areas patients want to make changes to and empower them to do this.

It is never too early or late to adopt these changes and I want to give patients the chance to take back control of their own health and make the most of what is important to them to live a healthier and longer life. I want to support patients to make small achievable changes to improve their health.

What are the benefits to Patients of Lifestyle Medicine

The aim is to reduce inflammation within the body long term. 'Metabolic inflammation' from many of today's unhealthy lifestyles has led to an increase in many long term conditions and in reducing this we can prevent, slow progression of or reverse the illnesses.

These changes no matter how small can lead to improved confidence, better physical and mental health and the ability to make the most of what is most important to people.

How can patients access lifestyle medicine at YMP?

We will be contacting groups of patients registered at the practice about both one to one and group consultations, but these are changes we can make now and I would be happy to speak to any patients about this.

RICHMOND UPON THAMES INDEPENDENT LIVING SERVICES (RUILS)

RUILS is a charity supporting disabled children, adults and people with long term health and mental health conditions to live independently, be part of their community and to live life to the full. They provide information, advice, advocacy, befriending and activities to their clients and their families.

They deliver a range of holistic, outcome-focused services that remove the barriers to living an independent life and enable people to stay living at home and connected to their community.

RUILS community and befriending services enable people to engage in accessible, peer-led activities in their community. This includes a community choir, allotment, creative writing and other opportunities. As a charity RUILS is always looking for additional volunteers to help with their invaluable work.

Social Prescribing has become a vital aspect of their work in close cooperation with all Practices in the Borough of Richmond.

A referral to RUILS can be made by a member of the medical staff.

RUILS has an excellent website at RUILS.co.uk.

STAFF CHANGES

DOCTORS

Dr Ben Giles has joined as a GP Registrar.

Dr James Carvell and Dr Laura Bason have both joined the practice as GPs.

Dr. Faith Chihaka has completed her GP Registrar training but has stayed on to cover Dr Yevette McGovern (who is now on maternity leave).

Dr. Ammar Shohayeb has completed his training at York Medical and has now gone to West Mid to continue training.

Dr Emma Grahame has left as she has completed her GP Registrar training.

Dr James Darby has left to go to Australia.

NURSES

Kadian Thomas has joined as a general practice nurse.

ADMINISTRATION

Lucy Hunt has joined as reception manager.

Aiden Ali and Gabriella Dos Santos have both joined as medical administrators.