

# FEBRUARY 2021 NEWSLETTER



## Litfield House Medical Centre

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[www.litfieldhouse.co.uk](http://www.litfieldhouse.co.uk)



Dear GP

With restrictions still in place, we are continuing to make Litfield House safer for Staff and Patients. All staff must now take a weekly Rapid Antigen Test and we are also trialling "Breathe Assured Medical Grade Air Purifiers" with a view to installing them in some of our rooms.

Onto other news... over the last few months, we have been working hard to update a few of our rooms, a couple of which are available for hire, they are as follows:

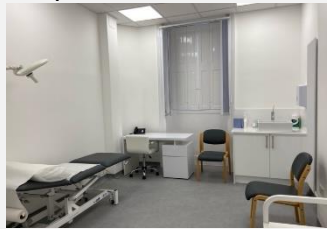
### Berkeley Room



*Trisha Tanner*

Practice Manager

### Montpelier Room



## Consultant of the Month – Dr Helen McCarthy



I'm a Clinical Psychologist with 30 years' experience working in Adult Mental Health, initially in the NHS in London and South Wales and more recently in private practice. I have a particular interest in the psychology of weight loss and have published "[How to Retrain Your Appetite](#)" – a self-help guide to changing unhelpful eating habits in a way that sticks. My practice at Litfield House is partly seeing individuals for behavioural weight loss interventions. People usually attend monthly with email/text support in-between the sessions. The focus is on sustainable, specific habit change and the approach is based on research from experimental and applied psychology. I teach people strategies derived from Clinical Psychology interventions to help them sustain their motivation and enhance their 'willpower'.

I also see a few patients who are referred for psychological trauma, which is my other particular area of interest. I am an Accredited EMDR Practitioner and in addition to standard EMDR training I have trained in Attachment-Focused EMDR and the Comprehensive Resource Model (both of which have an emphasis on resource building to enable patients with complex trauma to be able to benefit from treatment without being re-traumatised).

I love working at Litfield House, both because Trisha and the staff are so supportive and friendly and because of its beautiful location. Being able to walk into Clifton village at lunchtime is a real highpoint of my working day! Or at least it was until lockdown.

## Upcoming Events

Upcoming lectures in our first series of GP CPD zoom lectures for 2021 are as follows:

### **11<sup>th</sup> February 2021 @ 7pm**

**Speaker:** Professor Raj Persad – Consultant Urological Surgeon

**Topic:** The Prostate – The Gland Which Punches Well Above its Weight.

**Sponsor:** Dermal

### **25<sup>th</sup> February 2021 @ 7pm**

**Speaker:** Denise Hunt - PSPA Volunteer Educator and Carol Amirghivand – Director of Engagement - PSPA

**Topic:** Progressive Supranuclear Palsy and Corticobasal Degeneration

**Sponsor:** L'Oreal

### **4<sup>th</sup> March 2021 @ 7pm**

**Speaker:** Gaynor Harrison – Lilly Diabetes Medical Associate & Diabetes Specialist Nurse and Victoria Ruzsala – Specialist Diabetes Pharmacist – North Bristol NHS Trust

**Topic:** Practical Use of Oral Therapies in Type 2 Diabetes

**Sponsor:** Boehringer Ingelheim

These free lectures are certified, and you will receive a certificate, which will give you points towards your Continual Professional Development. Email [marketing@litfieldhouse.co.uk](mailto:marketing@litfieldhouse.co.uk) to confirm your space.

## Consultants and Surgeons

**Litfield House Medical Centre Home Page:**

<https://www.litfieldhouse.co.uk/>

**Surgical Suite:**

<https://www.litfieldhouse.co.uk/surgical-suite>

**by speciality**

<https://www.litfieldhouse.co.uk/specialities>

**by consultant:**

<https://www.litfieldhouse.co.uk/consultants>