

NOVEMBER 2020 NEWSLETTER



Litfield House Medical Centre

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Dear GP

New Government guidelines have been issued again, but I'm pleased to announce that Litfield House will remain open and our virtual lectures will still take place.

LITFIELD HOUSE 2020 CHARITY DONATION



Onto other news... every Christmas Litfield House donates to a local charity. This year, our charity is Square Food Foundation which uses food and cooking to reduce hunger, improve health and build resilience across the city. As well as distributing more than 25,000 healthy, home-cooked meals to local families during lockdown, they teach cooking in schools and in the community. Their services include a drop-in and cook club for older people, training for care home cooks and life skills for people at risk of homelessness, women trapped in sex work and people with disabilities.

To find out more or to donate to this registered charity (Registered charity no. 1173323), visit: <http://www.squarefoodfoundation.co.uk/>

Wishing you and your family stay safe and healthy over this very challenging time.

Trisha Tanner

Practice Manager

Consultant of the Month



Angelica MacArthur-Kline BA(Hons), MSc Clin Psych AFBPS is a Consultant Clinical Psychologist at Litfield House Medical Centre. She offers a responsive, sympathetic service to GPs and Consultants. Angelica started as an Adult Mental Health Clinical Psychologist at Ealing NHS Hospital, London in 1984. She worked most recently at Southmead Hospital, Bristol as a Clinical Health Psychologist before starting a full private practice in 2006.

She has a strong interest in the mind/body link and takes referrals for stress, anxiety and depression in patients with work related stress and burnout as well as with debilitating conditions as IBS, fibromyalgia, post viral fatigue and the psychological aftermath of traumatic

medical events such as Covid 19 and other life threatening conditions.

Angelica is keen to equip patients with better understanding, insight and self-regulation regarding the complex interaction of mind and body in physical and mental health conditions. She also enables a closer examination and perhaps reconsideration of lifestyle habits and choices which might have led to persistent overriding of signs of stress, exhaustion, unhelpful forms of 'self-medication', unhappiness and illness.

The Covid19 pandemic has thrown up a new need for psychological therapies to support health anxieties, loss and bereavement, unemployment, working from home and loneliness. Medical and nursing staff are also particularly in need of support during this difficult time.

Angelica can be contacted through the Litfield House Medical Centre website or directly on amkpsychexpert@gmail.com.

Upcoming Events

We are pleased to announce we have two more lectures for 2020, which are as follows:

12th November 2020 @ 7pm

Speaker: Dr Albert Power, Consultant Nephrologist
Topic: Diabetes & Diabetic Kidney Disease
Sponsor: NAPP Pharmaceuticals

26th November 2020 @ 7pm

Speaker: Dr Charlotte Bradbury, Consultant Haematologist
Topic: Initial and Long Term Management of DVT and PE.
Sponsor: Bristol Myers Squibb

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 to confirm your space.

If any of your colleagues are interested in attending our events, please ask them to register their details on register their details to: <https://mailchi.mp/bf6018c44f61/gp-lecture-signup>

Consultants and Surgeons

Please click on one of the following links to see a full list of our Surgical and Day Consulting Room:

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>