

# Nightingale News

**WELCOME TO THE WINTER EDITION OF OUR NEWSLETTER. WE WISH ALL NIGHTINGALE PATIENTS AND STAFF A VERY HAPPY HOLIDAY SEASON!**



**GOODBYE DEAR DR JO – WE ARE ALL GOING TO MISS YOU!**

*Our much-loved and respected Dr Jo Sudell has announced she is retiring at the end of this year.*

*Dr Sudell has been working at the Nightingale for an amazing 27 years. Although everyone we have spoken to is delighted for her, the news has also saddened many patients and colleagues who have all said how much she will be missed.*

*We caught up with Dr Sudell, to ask her about her career, her time as a doctor in Hackney and her plans for the future.*

***Tell us a bit about Dr Jo Sudell. When did you first join the Nightingale and was it your first job in general practice?***

I joined the practice in 1996 after moving back to London with a young family. I had trained at The London Hospital and done my GP training in Stepney, so it felt like coming home after working part time for three years in Oxford and three years on the South Coast in Worthing.

My brother, Chris Absolon, had taken the practice on with two colleagues after Dr Ernie Cook retired. I never knew the original surgery in Nightingale Road - although Jill White, our current Practice Manager, remembers it well - but I met Dr Cook and his formidable Practice Manager, Doris.

***Has the practice changed much over the years do you think and, if so, how?***

Physically, much has changed. The previous 'new' building with the big round waiting area had to be taken down and we had a few years in the portacabins on site before moving into this current, much larger space. As a consequence, the practice list of patients and staff numbers have also increased a lot.

Processes were very different then, too. There were very few performance indicators. I think the only annual returns we had to make were for childhood immunisation uptake and smear rates. NICE guidelines were yet to come in, we were only just working out who to give statins to, audit cycles were a new thing and we were still using Lloyd George A5 paper records!

But the Nightingale core culture has stayed the same – everyone working together, staying patient-centred and providing the best possible care to every patient.

***What have been some of the most memorable times at the Nightingale for you?***

We've had some great Christmas parties over the years. 'Nightingalers' know how to have fun! (I like to think a karaoke duet between myself and Dr Nisha Patel was very memorable.)

***What were the biggest challenges over the years?***

The response to Covid was the biggest challenge. We had to change working patterns so quickly and manage an unknown disease, whilst trying to keep vulnerable patients safe. It is one of the times though when we really pulled together. The leadership here and in the wider networks in Hackney and North East London were fantastic. People in those organisations worked round the clock to get the vaccine rolled out. Our vaccine clinics and home visiting for vaccine delivery were definitely a highlight during a very difficult time for so many people.

***Have you got any funny memories?***

Most are perhaps best not repeated here! However, bringing my young daughter into work when she was off school one day and finding she had gone next door to the nail bar with Dorothy is a fun memory 😊

***What will you miss most about working at the Nightingale?***

I will miss my patients! Some I have known since they were babies and many have shared their journeys with me over many years which has been such a privilege. I have learned so much from them, as well as from colleagues - the Nightingale family - and I will miss them all very much.

***Do you have a farewell message for your colleagues and patients?***

Thank you all so much. This has been the best place to work. Long live the NHS!

***Do you have exciting plans for your retirement?***

I am hoping to get on top of managing my allotment for the first time ever. There are plans for a long bike ride through France but the most exciting thing is, we are expecting a first grandchild in April 😊

**A MESSAGE FROM DR SARAH WILLIAMS  
ON BEHALF OF EVERYONE AT THE  
NIGHTINGALE PRACTICE**

*"Jo started working at Nightingale Practice in 1996, which makes her our longest serving GP! She has been a fantastic member of our team for all of that time and we all appreciate her amazing qualities. Standing out among these qualities are her calmness, her kindness and her compassion towards both her patients and her colleagues.*

*"Jo has been our practice lead for mental health and learning disabilities for many years. She has a genuine passion to support all patients experiencing difficulties, and has worked particularly hard to try to ensure we are offering the best care we can to patients with mental health problems or learning difficulties. Her wisdom and experience have been greatly appreciated.*

*"We know how much Jo will be missed by her patients, and she will be missed just as much by our team. She is always there at the end of the working day, putting the kettle on and offering a listening ear, no matter how late it is. She always makes time to listen. Thank you, Jo, for all the incredible work you have put in over the last 27 years and for your friendship - we will miss you greatly!*

*We all hope you have a fantastic retirement - you deserve it."*

## YOU CAN SAY GOODBYE TO DR SUDELL IN PERSON

Dr Sudell is 'hi-jacking' the patients' regular Together Better coffee morning on 28 December, from 11am – 1pm, to say goodbye to any of her patients who have time to come along. Coffee mornings are held in the back room at the surgery. Dr Sudell's coffee morning will be a 'drop in' – feel free to come along. Tea, coffee and cakes will be provided.



## HIGH BLOOD PRESSURE EVENT TO TAKE PLACE AT THE SURGERY IN JANUARY

**Here's news of an important event at the surgery coming up in 2024.**

On Saturday 20 January, between 12 noon-4pm, the Nightingale Practice will be hosting an event for all patients in the Hackney Downs PCN (primary care network) who have high blood pressure.

There will be appointments for blood pressure reviews as well as opportunities to speak with the smoking cessation (stop smoking) team. In addition, you can chat to our health and wellbeing coach, Healthwatch Hackney, Healthwise, Together Better and some of our community champions.

Make a note of the date in your 2024 diary!



## HOLIDAY OPENING HOURS AT THE NIGHTINGALE

Please be aware that the surgery will be closed on **Monday 25 December** and **Tuesday 26 December** – Christmas Day and Boxing Day. We will also be closed on **Monday 1 January**

**2024** – New Year's Day. But on all the other days over the winter holiday we will be open as usual.

It may be a good idea to make sure now that you have enough medication and supplies to see you through the holiday period. Also check in with your local pharmacy about when, or if, they will be closed.



## APOLOGY- WRONG EMAIL ADDRESS PRINTED IN OUR LAST EDITION

The email address we published in the Autumn edition of the newsletter was incorrect.

The correct email address – which you can use to contact us with any comments on the newsletter or ideas for future editions - is [nelondonicb.nightingalepractice@nhs.net](mailto:nelondonicb.nightingalepractice@nhs.net)



## PLEASE TELL US WHAT YOU THINK ABOUT THE NIGHTINGALE AND THIS NEWSLETTER

Have your say about the Nightingale. On our website, click '**Suggestions, Comments and Complaints**'. Then click '**Care Opinion**' in the page heading.

Contributions to **Nightingale News** are also welcome. You can email Jill White via [nelondonicb.nightingalepractice@nhs.net](mailto:nelondonicb.nightingalepractice@nhs.net) or leave a letter for Jill in Reception. Comments, questions and ideas for future articles are all welcome.



## THE TOGETHER BETTER GROUP AT THE NIGHTINGALE GOES FROM STRENGTH TO STRENGTH

Research has proved that being able to get out and about, talk to people and enjoy some regular company and companionship is good for your health – that's both your mental health and your physical health.

That was one of the drivers behind the establishment of a community project called **Together Better**. You will find the Together Better project in place at many GP surgeries across Hackney.

At the Nightingale Practice there is a well-established Together Better group. It started way back in March 2022 and it is very popular. Why not find out what we do and join us? It's all FREE and led by Nightingale patients and local residents!

**Our aim is to help to make Hackney a happier, healthier place to live.**



Here's what's on currently. These activities are held either in the Nightingale Surgery (in the back room) or at the Nightingale Lunch Club, which is in the estate behind the surgery.

**Seated Exercise Dance** is on Tuesdays, at the lunch club. 11.30am-1pm

**Step Aerobics** is on Wednesdays, at the surgery, 10.30am-11.30am

**Boxercise** (simple exercises based on boxing and led by a former professional) is on Thursdays, at the lunch club, 11am-12pm

**Laughter and Meditation** is on Thursdays, 5.30pm-6.30pm, at the lunch club

**The Arts & Crafts Group** meets at the surgery on Thursdays, 11.30am-12.45pm

In addition, there is a **regular Coffee Morning** every Thursday at the surgery, from 10am-11.30am. Everyone is welcome and it's a good way to get involved with Together Better if you have not been involved before.

A **Walking Group** sets off from outside the surgery every Tuesday at 2pm. The walk is led by Emanuel and lasts about an hour. It's gentle walking at a manageable pace around a local park.

Meanwhile, a new activity just getting off the ground is **Nightingale Sings**.

### Nightingale Sings



Come and experience the joy of group singing.

Enhance your wellbeing, make new friends and have fun. People of all abilities are welcome. No singing experience necessary!

DATE: Every Other Friday  
TIME: 10.30-11.30am

To register contact Tom  
07305617421  
togetherbetter.nightingale@nhs.net

Registered Charity No: 1068104

**NHS**  
North East London  
CITY & HACKNEY  
OFFICE OF PUBLIC HEALTH



Meanwhile, do you like reading? What about playing cards and other games? **Nejat** and **Andrew** are keen to welcome you to their new **Book and Game Club** that will be held on a Friday morning.







Our picture above shows Andrew (left) and Nejat (right).

Nejat says: "We plan to play a variety of different games and people are welcome to suggest things. It's good for you! Playing cards, for example, can be very good in terms of helping with memory and concentration problems." And Andrew adds: "We hope that people will feel free to bring along a book they have enjoyed and maybe share their thoughts with the group."

Tap dancing is another exciting new activity!

## Tap Dance





**Get involved with a tap dance class**



Great exercise and help improve your memory recall. Tap dance will help you find your rhythm!

Hard shoes preferred but not necessary

**DATE:** Every Friday  
**TIME:** 4-5pm

To register contact Tom  
07305617421  
[togetherbetter.nightingale@nhs.net](mailto:togetherbetter.nightingale@nhs.net)

Registered Charity No: 1068104

And finally, although it's not really the time of year for it, the Together Better Group has also

been involved with some **gardening activities** around the Nightingale Estate. Watch this space for more information in due course.

**And now meet our co-ordinator Tom ...**



For more information about any of these Together Better activities, please contact our **Nightingale Together Better Coordinator, Tom Fearon**. Tom's mobile number is **07305 617 421**. You can text or call Tom. Or you can email [togetherbetter.nightingale@nhs.net](mailto:togetherbetter.nightingale@nhs.net)

### BOOK AND GAME DONATIONS WELCOME

We need donations of books and board games for the new Book and Game Club. Can you help? If so, please contact Tom. Thanks!

### THE NIGHTINGALE COMMUNITY GARDEN: NEXT STEPS

*As many readers know, there used to be a Community Garden in the Nightingale Estate, just behind the Nightingale Surgery. A few of the Together Better crowd were involved, helping out on a regular basis. The garden was largely the brainchild of two local men, David and Les – but it was **Les Moore** who was the main champion and driving force.*



*Les always knew that the garden's tenure would be limited on that particular piece of ground. The land was earmarked for flats, and that building work is now happening. This means the garden had to close its gate this autumn – but, like the plants, hope springs eternal and there is news of some green shoots emerging. Les has written to update us about plans for the future – see below.*

#### A MESSAGE FROM LES



"All are saddened by the news that the Community Garden has had to close. This is to allow contractors to start building the long-awaited 79 socially-rented flats. However, the Garden Group have plans to take their know-how, enthusiasm and plants and planters into the community on the estate and neighbouring areas.

"So, there will be a balcony demonstration site near the Seaton Point tower block, a mini-garden on a front drive on Brackenfield Close, and lots of opportunities for local residents to try out supported gardening - right where they live!

"The members of the group are now looking for volunteers. Light duties would include: helping to sort out small plants and pots and/or, if you are feeling strong, you could help move some of the heavier stuff :0) All are welcome!"

Contact the group via **Together Better Co-ordinator Tom Fearon** on **07305 617 421** or contact the Nightingale Practice via [nelondonicb.nightingalepractice@nhs.net](mailto:nelondonicb.nightingalepractice@nhs.net)

And watch out in Nightingale News for more updates about this exciting enterprise! (Nightingale News is published four times a year so the *next* edition will be out in February/March 2024.)

#### HAPPY CHRISTMAS FROM COLOMBIA



Together Better 'originals' at the Nightingale will remember our 1<sup>st</sup> co-ordinator, Adam Cross. Adam left to study in South America but he keeps in touch. Here's a selfie taken at the top of a cathedral in Colombia. Adam says: "I regularly think about you all and I will come and visit when I'm back."