

September 2025

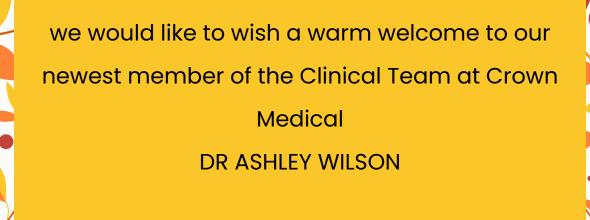
Practice News

New Way to Access Care at Crown Medical Practice!

From [insert launch date], all patient requests will go through Anima – whether submitted by you online or by our team on your behalf.

- **▼** Faster responses
- Smarter prioritisation
- Easier access to the right care
- Submit your request via our website or speak to reception if you need help.

Let's make your healthcare journey smoother and more efficient!



Doctors

Dr Anitha John
Dr Paul Joshi
Dr Shiny Sam
Dr Shama Sood
Dr Rachel McGrath
Dr Ashley Wilson

Advanced clinicians

Elaine Sherrin-Jones

Janette Nicholson

Alison Davies

Advanced Paramedic Practitioner

David Sheldon-Moore

Nursing team

Practice nurses
Kerrie Clemons
Karen Thompson

Nurse Associate

Claire Peace

Healthcare assistant

Jo Holmes

Using the NHS App

Did you know that we sometimes send you messages via your NHS App? If you're not registered, now is the time to sign up! It's never been easier to see your notifications. You can you also access 111 if you're looking for further medical advice. Check whether you need to access urgent medical care, or you may want to visit your GP following the steps in the app. https://digital.nhs.uk/services/ nhs-app/toolkit/walkthrough-videos

Back to school

After a long summer, it can be difficult to settle back into the routine of early wake-ups and getting back to school. There are a few tips you can follow to help make it a little easier.

- Establish a sleep routine before school starts
- Always eat a good breakfast
- Try to get some exercise
- Prepare uniforms, bags and books the night before
- Discuss any emotions

If your child is transitioning from primary school to secondary, or starting school for the first time, this can be an especially anxious time. Help them adjust confidently by taking them to shop for their uniform and supplies, practising the routine before the day, visiting the school, and talking about any challenges they might have. The first day is always the hardest but after a few days, they will soon find their feet.

Find more helpful advice here:

https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2020/07/CAMHS-going-back-to-school.pdf

Catch-up vaccines

Measles, mumps and rubella are highly infectious illnesses, with potentially life-changing complications, that can easily spread between unvaccinated people. Children need two doses of the safe and effective MMR vaccine. Both doses are needed to ensure full and lasting protection against measles, mumps and rubella. If your child has missed either of these two doses, please contact us for an appointment. It's never too late to catch up and protect those around you.