

Dr Meyerhoff retirement



This special version of our newsletter announces the retirement of our Senior Partner, Dr Andrea Meyerhoff, who leaves the Practice at the end of June.

Many of you have seen and received care from her over the past two decades and is known in Practice for her cheery outlook on life, with smiles often turning to laughter coming from her consultation room.

Her retirement comes after two years of challenge with the pandemic, through which she has worked continuously and helped shape many of the different ways of working we have needed to introduce to keep you and our staff safe.

What better way of sharing her current thoughts than with this personal message from her.

‘One of the most significant phases of my life is now coming to an end. After 22 years working at Heathgate Medical Practice, the time has come to retire from medicine. There is never a right time to retire, even less when things are going well, so the decision has not been an easy one to make, particularly when the surgery has been my second home for such a long time.

Back in 1999, the Partners at Heathgate Medical Practice and the patients of Poringland and surrounding parishes welcomed me to the Practice as GP Trainee. I immediately felt at home and was fortunate when the opportunity of joining the Practice on a permanent basis as a GP Partner arose, just as my GP training came to an end.

I have seen colleagues from those early days retire and their replacements arrive at Heathgate with the Practice continuing to be a friendly and supportive place to work, even when workload became a challenge at times.

I had the privilege to gain your trust and hope I have repaid that in supporting you in times of need. Many dear patients have expressed their gratitude and now it is time to express mine. I am leaving on a high, knowing well that the delivery of good medical care will be provided by my colleagues.

Reflecting on my 30 years in the NHS, working in Devon, Berkshire, Sussex and the old Norfolk and Norwich Hospital prepared me well for my Norfolk adventure when we moved to the County. Settling down with my family in Norfolk was easy and, whilst I have discovered much of the County, retirement allows me to reach out to those parts further afield, together with all the friends I have met along the way.

Yes, I will miss the NHS, and above all the wonderful support and camaraderie at Heathgate, the patients, smiles and laughs we had in my consultation room.

Thank you very much for your trust and letting me be part of your life.’

Covid Spring Booster Vaccinations

The Practice is now able to offer Spring Booster Covid vaccinations for the eligible cohorts announced by the Government. In summary, these are.

- Any one aged 75 and over as of 30th June 2022
- All residents within older adult care homes (over 65 years of age)
- Individuals aged 12 and over who are immunocompromised

With regard the third cohort above, we can vaccinate patients aged 18 and over. Patients under 18 who are immunocompromised should attend one of the mass vaccination centres.

These Spring Booster vaccines are available 6 months after the date of the first booster vaccine.

Vaccination against Shingles



Post pandemic, we are heading into a period of 'catch up' for patients who are eligible for the NHS vaccination to protect against shingles. Patients aged 70 to 79 are eligible and an appointment can be made with our reception team.

Shingles can be a debilitating illness and vaccination can help prevent this. The vaccination is a one-off, with two injections (two months apart) for those who have a condition that affects their immune system. We will advise which vaccine is suitable for you.

Travel vaccinations

With the relaxing of restrictions for worldwide travel, many of you are now approaching us for travel vaccinations.

The NHS does offer a range of travel protection, including Hepatitis A, Typhoid, and Tetanus vaccinations. Other vaccines and medications often required for travel including protection against Rabies and Malaria are not available on the NHS and should be obtained from other healthcare providers such as high street pharmacies.



For us to be able to assess your need, a travel questionnaire should be downloaded from our web site, completed, and returned to us for review. We will consider this against the guidance issued from the World Health Organisation and agree a vaccination programme with you.

Stop press We are re-starting our patient reference group meetings in June. Would you like a say? Talk to us about the surgery generally and the services we offer. Register your interest at mail.heathgate@nhs.net