



Patient Newsletter & Open Meeting Invitation

June 2026 – Issue No 3

Hello there,

Hampstead Group Practice is as busy as ever looking after our nearly 17,500 patients, and we are also in the process of renewing our lease with our landlord, the Royal Free Hospital.

Staff News: We are delighted to welcome 2 new partners – Dr Komal Badiani and Dr Sacha Dhanjal, both of whom had already been working at the practice for some time, and, in addition, we have Claire O'Sullivan, our new Practice manager. Please see below for more information.

BMA (British Medical Association) action: Access of appointments is good at the practice especially when benchmarked locally and nationally and we continue to strive to deliver great care to our patients which has become more challenging with various contract changes over time. The practice is likely to be participating in 'collective action' instigated by the BMA's General Practitioners Committee (GPC) England due to a dispute over the 2026/27 GP contract imposed by the government, which 99% of BMA members rejected. At present this action involves stopping signing up for new voluntary Data Sharing Agreements (DSAs) that allow third parties (commercial firms, charities, researchers) access to anonymised patient data for "secondary" purposes and reviewing existing DSAs. This action will not impact patient care.

Our newsletter includes more information about staff news, hayfever, measles, upcoming events, accessing care outside opening hours, our Patient Participation Group and a new social group for over 75s.

We are holding our next Open Patient meeting on the **22nd June** – details are below.

Wishing you a healthy summer,

Dr Sarah Morgan

Patient Open Evening

Monday 22nd June 2026

at 6:30PM–7:30PM

Venue: The Atrium, Royal Free Hospital,

Pond Street, NW3 2QG

or if you would like to join remotely,
please go to our website for more details

There will be an opportunity to meet with the Practice Partners and management team to discuss the services that we provide and any suggestions you may have about the practice
Light snacks and refreshments will be available

Introducing our new Partners



Dr Komal Badiani

'I qualified from University College London (UCL) Medical School in 2009 and additionally have an MA in Medical Ethics & Law from Kings College London. After completing my GP training in Barnet in 2015, I joined the surgery as a salaried doctor in 2016 and became a Partner in 2026. I enjoy the variety of general practice and having the opportunity to support patients through all stages of life. My particular interests are in Learning Disability and Medical Education and I am an Honorary Clinical Lecturer at UCL as well as being a GP trainer.'



Dr Sacha Dhanjal

'I feel privileged to be working as a GP Partner at Hampstead Group Practice. I originally trained here many years ago and feel very fortunate to have returned to continue my career. I qualified from University College London and have experience working both within the NHS and abroad. I enjoy all aspects of general practice and aim to provide kind, patient-centred care. I have particular interests in dermatology and minor surgery, mental health, and disease prevention.'

Welcome to our new Practice Manager



Claire O'Sullivan

'Starting as a receptionist in 2014, I progressed through roles in reception, administration, operations, and management, building a strong understanding of general practice and the teamwork behind excellent patient care. I'm now proud to be the Practice Manager at Hampstead Group Practice. I'm passionate about creating a positive and supportive workplace where staff feel valued, heard, encouraged, and able to thrive. I believe happy and motivated teams provide the best experience for our patients and help create a welcoming, compassionate practice environment.'

Hayfever Season is well and truly here!



Hay fever is common and affects up to 1 in 2 people. It is caused by an allergy to pollen. Grass pollen is the most common cause affecting people from about May to July. Allergy to tree pollens tends to start earlier from March to May.

Symptoms are variable from person to person but tend to include a runny, itchy and/or blocked nose, sneezing and itchy eyes. Hayfever does not cause a fever, i.e. temperature greater than 38°C, which if present is usually caused by an infection. It can exacerbate symptoms in those with asthma.

Symptoms tend to be less severe if you reduce your exposure to pollen. You can check pollen counts on many websites such as www.netweather.tv/weather-forecasts/uk/pollen. The following may help when the pollen count is high i.e. above 50:

- Stay indoors as much as possible and keep windows and doors shut.
- Avoid cutting grass, large grassy places and camping.
- Shower and wash your hair after being outdoors, especially after going to the countryside.
- Wear wraparound sunglasses when you are out.
- Keep car windows closed and consider buying a pollen filter for the air vents in your car. These should be changed at every service.

Hay fever symptoms can get better for over half of people as they get older.

Common treatments are an antihistamine nasal spray or medicine and/or a steroid nasal spray and also eye drops. These treatments can be obtained from your pharmacy without a prescription and if you are entitled to free prescriptions, you will be able to obtain it without a charge via the Pharmacy First/NHS Minor ailment scheme. Antihistamine medicines such as loratadine and cetirizine may be used from the age of 2 years and fexofenadine from the age of 12 years. Hay fever nasal sprays such as Beconase and Pirinase for nose symptoms are available over the counter for ages 18+, and sodium cromoglicate eye drops for eye symptoms are available for ages 6+. For those under 18, we can advise they buy saline nasal sprays or nasal rinses.

It is best to commence treatment before pollen season and your symptoms start and to continue taking throughout the season.

If your hay fever symptoms are not controlled on the medication that you are taking after 2-4 weeks, you should discuss this with your doctor. You may need to try a different treatment or add in another treatment.

This information was taken from:

www.patient.info/allergies-blood-immune/hay-fever-leaflet
please visit for more detailed information.

We wanted to inform you know that there have recently been several confirmed cases of measles in our local area.

Measles is a very contagious viral infection that can sometimes lead to serious complications in both children and adults. It often begins with cold-like symptoms, a high temperature, and feeling generally unwell, followed by a rash a few days later. You can find more information on the NHS website:

www.nhs.uk/conditions/measles

If you think that you or your child may have measles, please contact Hampstead Group Practice or NHS 111 urgently for advice.

The best protection against measles is the MMR vaccine. If you or your children have not yet been vaccinated, please contact our reception team on 0207 435 4000 and we will be happy to arrange this for you.

Upcoming Health Education Event

Wednesday 24th June 2026 at 5pm

at Hampstead Group Practice (75 Fleet Road, London, NW3 2QU)

Dr Montana Jackson, a Sport and Exercise Medicine Registrar, will be leading an interactive workshop on osteoporosis and exercise, exploring how physical activity can help maintain bone health, improve strength and balance, and reduce the risk of falls.

The session will provide practical, evidence-based advice in a friendly and supportive environment, with plenty of opportunities to ask questions.

If you have osteoporosis or are interested in learning more about how exercise can support your bone health, this workshop is for you. Interested in attending?

Please email us at hgp@nhs.net to register your interest and receive further details.

Accessing care outside opening hours:

111 can direct you to the best place to get help when Hampstead Group Practice is closed.

How to contact 111?

- Call 111 (for other languages, ask for interpreter)
- Get help online (for people aged 5 or over) by going to: <https://111.nhs.uk/>
- If you have a hearing problem - text relay. Call 18001 111 using the Relay UK app or a textphone. This is available 24 hours a day.
- For British sign language (BSL), go to signvideo.co.uk/nhs111

If the practice is closed and you wish to book an appointment, the Extended Access Service (EAS) offer appointments with Doctors and Nurses outside normal contracted hours.

To book directly, please call: 020 7428 5701.

The EAS phonelines are open
Monday to Friday 6.30pm-7.45pm
& Saturday 9.15am-4.45pm.

Please note that the Extended Access Service is run separately to Hampstead Group Practice and will not be able to deal with general queries during the extended access hours.

Patient Participation Group

Our Patient Participation Group (PPG) is a group of volunteers who are consulted on a range of matters relating to Hampstead Group Practice. You are welcome any time to engage with our active PPG and can email them on hgp@nhs.net.

Our PPG works constructively to improve the provision of health care. The group meets 3 times a year and works as a link between patients and the practice.

Patient feedback helps the practice improve and shape its future. If you are interested in sharing your views or providing constructive feedback to the PPG, please also email them on hgp@nhs.net



Reengage, a nationwide charity dedicated to reducing loneliness and social isolation among people aged 75 and over, recently launched a new monthly social activity group in Camden in partnership with Bluebird Care.

The group takes place on the third Thursday of every month from 10:00am–11:30am at Belsize Community Library.

The next session will take place on 18th June.

There will be free tea, coffee, cakes, and biscuits, and the sessions are designed to provide a warm and welcoming space for older people in the area to socialise and connect with others in the community. The group is also dementia friendly.

If you are interested in joining, please email:
Atiyah.DaCosta@reengage.org.uk



Opening Hours
Monday to Friday
8AM – 6:30PM



Contact Us
Telephone: 020 7435 4000
Email: hgp@nhs.net



We would love to know your feedback, please leave Hampstead Group Practice a Google Review



We are excited to announce that Hampstead Group Practice is now on Facebook and Instagram! Follow to stay updated with health advice, community news, and everything happening at our practice.



Instagram: [@hampstead.gp](https://www.instagram.com/hampstead.gp)

Find us on Facebook:

[Hampstead Group Practice](https://www.facebook.com/HampsteadGroupPractice)

