

VMP AUTUMN / WINTER NEWSLETTER 2025



Dear Patients,

As the evenings draw in and the temperatures start to dip, we wanted to take a moment to share some updates from all of us at Ventnor Medical Practice.

A Growing GP Team

We are delighted to welcome two new GPs to the practice — Dr Felix Eshemokai, who joined us a few weeks ago and Dr Ahmed Amer, who starts with our clinical team this December.

With their arrival, we'll have four GPs including Dr Oluseyi Ogundiya and Dr Minee Moolman working across the practice. They are supported by a fantastic multidisciplinary team of patient advisers, pharmacists, paramedics, nurses, and social prescribers. All led by Jo Bennett, our Practice Manager.

This means more appointment availability and an even broader mix of experience to support our patients' needs.

Your practice partners are Dr Ogundiya and Tracy Savage, who continue to work closely with our dedicated practice team to keep patient care at the heart of everything we do.

eConsult Lite – A Quicker, Easier Way to Reach Us

We've recently launched eConsult Lite – a new, simplified version of the online consultation tool that allows you to contact the practice quickly and securely from our website.

Patients can use eConsult Lite to:

- Request advice about symptoms
- Ask for fit notes or medical certificates
- Send in queries about medication or test results
- Update us about ongoing conditions

eConsult Lite is available from 8am Monday to 6.30pm Friday. During opening hours, our clinical and administrative team review incoming requests and make sure they're directed to the most appropriate person — whether that's a GP, pharmacist, nurse, or member of the reception team.






This helps us respond more efficiently and ensures patients get the right care from the right clinician, first time.

If you haven't tried eConsult Lite yet, you can find it on our Ventnor Medical Practice website. We'd love your feedback as we continue to improve access for everyone.

❁ Staying Well This Autumn and Winter

The colder months can put a strain on our health, especially for those with long-term conditions.

A few reminders and simple actions can make a big difference:

-  Vaccinations – Please book your flu and COVID-19 vaccines if you're eligible. These protect not only you but also those more vulnerable in our community.
-  Chronic Conditions – Keep an eye on your regular reviews for asthma, COPD, diabetes, and heart disease. Managing your health proactively helps prevent flare-ups and hospital admissions.
-  Keep Warm and Nourished – Try to heat your main living area to at least 18°C and enjoy warm, balanced meals.
-  Pharmacy First – Your local pharmacist can offer advice and treatment for many common winter illnesses such as coughs, colds, sore throats, and ear infections – often saving you a trip to the GP.
-  Look Out for Others – Check in on neighbours, friends, or family members who might find the season challenging. A simple visit or phone call can make all the difference.

💖 Looking After Your Mental Wellbeing

Winter can be a challenging time emotionally. If you're feeling low, anxious, or isolated:

- Contact NHS Talking Therapies, Isle of Wight on 01983 532860

- Or speak to one of our patient advisers for signposting

Remember — asking for help is a sign of strength.

💬 Friends & Family Feedback

Your feedback makes a real difference — thank you for the fantastic comments we've received through the Friends & Family Test. We're proud to hear patients value our friendly staff, timely care, and supportive clinicians.

You can leave feedback anytime on our website or via the NHS App.

💖 Thank You

We'd like to thank all our patients for their continued kindness and support. The last year has seen significant growth and positive change at Ventnor Medical Practice — and your patience as we adapt new systems like eConsult Lite is truly appreciated.

Our goal remains the same: to deliver safe, accessible, and compassionate care to every patient.

Dr Ogundiya & Tracy Savage
Your Partners,
Ventnor Medical Practice