

Message from the head:

I hope everyone is doing well. I have really enjoyed this week seeing all the fantastic work the children have been doing with you at home. I would like to take this opportunity, at the end of our third week of remote learning to thank you for your continued support. I know how difficult this situation is for you all and we really appreciate what you are all doing.

Attendance at the zoom sessions was excellent this week with many classes having a full house for most of the week. I have to admit that personally, when this is all over, I'll be glad to come off zoom and have meetings face to face! As much as I'd rather be doing face to face I am glad we have it for the time being so we can continue to 'see' each other and stay in contact. Nursery and Reception parents you should have received a letter today with news about a session we will be trying with your children from next week. If you didn't get this letter with the joining details please contact the office.

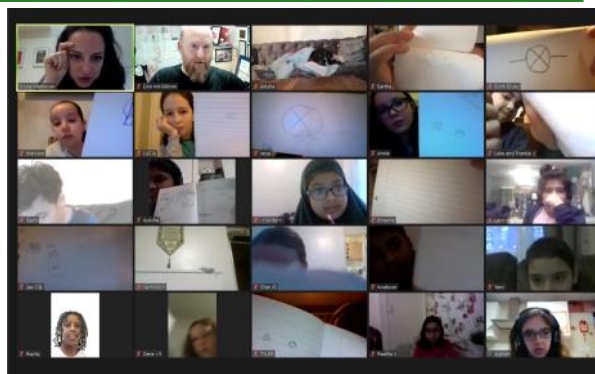
I hope you will enjoy looking through this week's newsletter and seeing the children in the different classes and the work they have been doing. It is so difficult to let them know how proud we are of them, please share the newsletter with them too—teachers would often share the newsletter with their classes at the end of the day on a Friday before they leave school—maybe you can do that for us and help them to see how much we appreciate their hard work.

It looks like we might actually have a dry weekend coming up so hopefully you will all be able to get out for some much needed exercise. It's been doubly tough lately with the lockdown coinciding with a particularly wet spell of weather. If you are looking for something to entertain the children this weekend, I've set the children a challenge in my assembly today (you can find it on the school website—<https://www.fleet.camden.sch.uk/parents/home-learning-for-school-closure-january-2021/home-learning-assemblies>). I'd love to see how they get on. Feel free to try yourself too!

I hope you all have a relaxing weekend and I look forward to seeing all the fabulous work the children send in next week. Be safe.

Morning Zoom sessions

While we have given out a number of iPads and Laptops over the last three weeks we still have a small number available. Please do let us know if you still need one—if you've already told us and haven't got one yet please chase us and ask again! If you have children sharing devices please also let us know and if we can we will give you extra. Ideally each child in a family should have a device each and we will do everything we can to support this.



Morning Zoom sessions

Another week of successful morning zoom sessions. Please remember to let the office know in advance if there is a reason why your child will not be in their session—just as you would inform us of an absence when school is open.

A few reminders of behaviour that is expected and helps to make the sessions most useful:

- Children should be on mute unless the teacher asks them to unmute/respond
- Please ensure the children are not typing in the chat box when the teacher is talking. They should focus on the teacher and only use the chat box if/when instructed to by the teacher
- Wherever possible, the children should be sat upright at a table/desk/counter when on the call—avoid lying on beds, sitting on the stairs, wandering around the house—this is to aid concentration and focus
- Children should have a pencil and paper ready to use in each zoom session along with anything else their teacher may have asked them to bring to the session

Reading and books

There is a 'virtual' school library with links to free stories and videos from famous children's authors on the 'Oak Academy' website—following the link: <https://library.thenational.academy/>

If you are short of reading material, don't forget that we can arrange for you to collect a pack of books for your child. Please speak to your child's class teacher to arrange. Some classes have also been set tasks as part of their weekly work using our online reading programme 'Bug Club'. Again, ask your teacher if you are having problems accessing books this way.

Topics

Topic Letters and Snapshots will be sent out via parenthub/text on Monday. In the meantime here are the topic titles for this term:

- Year 6: Blackout!**
- Year 5: To India and Beyond!**
- Year 4: Heroic Humans**
- Year 3: Hall of Flame**
- Year 2: Seeds and Thneeds!**
- Year 1: Wild!**
- Reception: Super Stories!**
- Nursery: Once Upon a Story**



Some topical artwork from Home Learning this week:
The White House by Tawfiq in Year 4



Parents can sign up for a free pack of activities to use from home and support physical exercise during this lockdown.

See Sustrans Outside In: <https://www.sustrans.org.uk/campaigns/outside-in>

Activities include videos, games, weekly challenges, themed activities and more.

It is designed by Sustrans' knowledgeable, experienced and fun-loving Schools Officers. The four-week activity pack is full of cycling, walking and scooting themed fun. **Outside In** weekly updates are packed with creative, active and interesting indoor and outdoor activities for all the family.

Dear Parent/Carer,

The Mental Health Support Team (MHST) is an early intervention service that aims to support children, families and schools across the borough of Camden. We are pleased to be able to offer an online Webinar series for all parents and carers of primary school children in Camden.



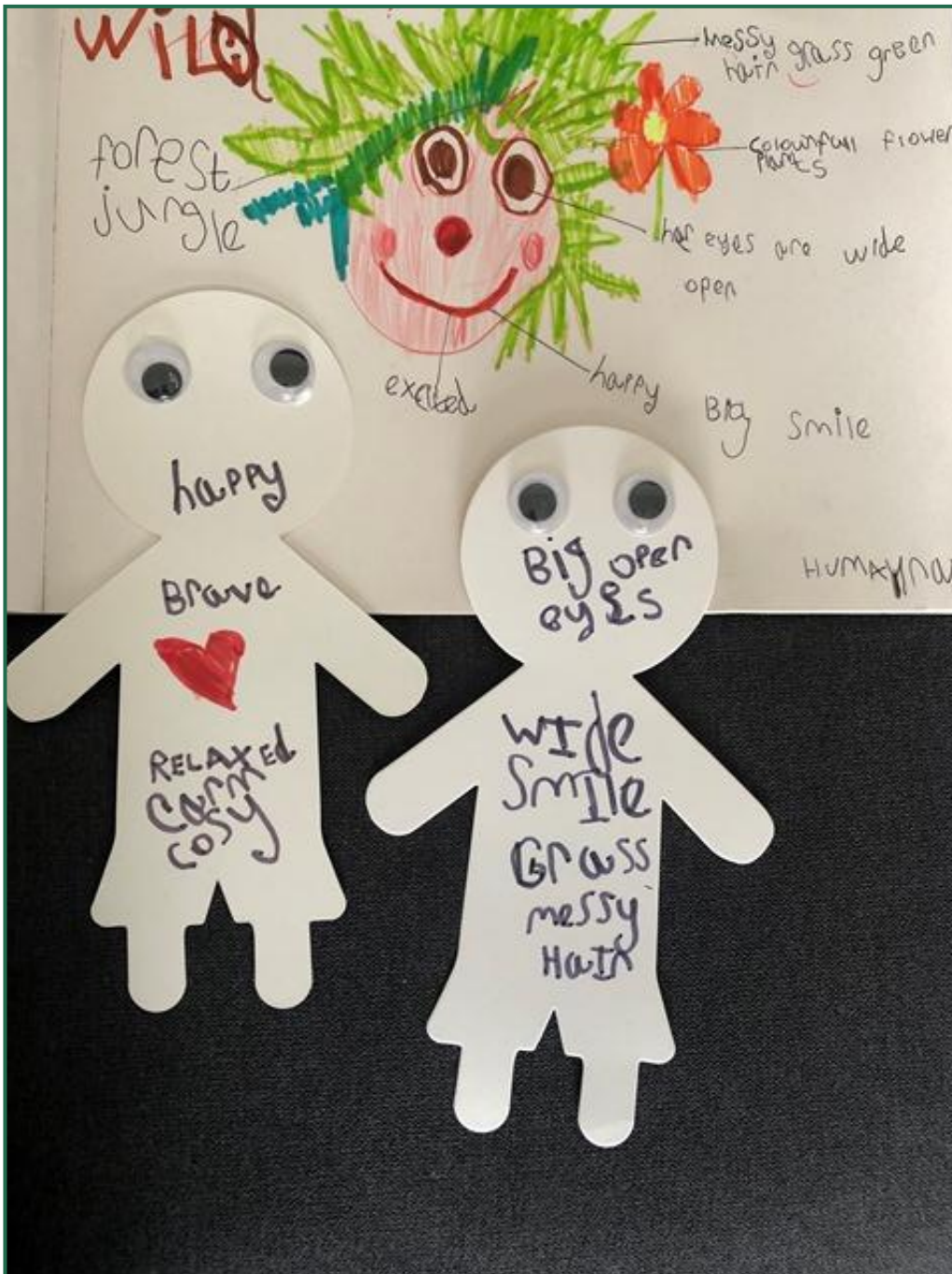
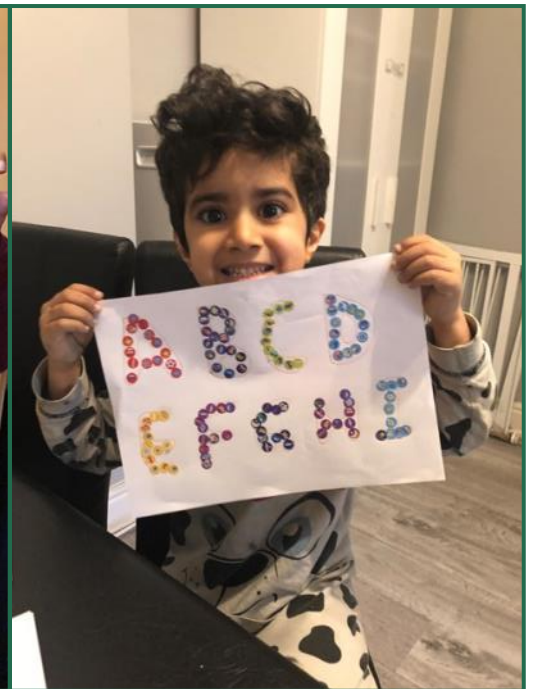
The series will include online workshops via Zoom. The five topics covered, scheduled dates and times are:

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents that are interested. You can opt in for all five sessions, or whichever most appeals to you. We offer two options of the same workshop on 'Understanding and supporting your child with worries'. You can either select option A - 12pm on Thursday 28th January 2021 or option B - 5pm on Wednesday 27th Jan 2021, whichever one works better for you.

Topic	Day and Date	Time
Introduction to the Mental Health Support Team: Why Early Intervention Matters	Wednesday 20 th Jan 2021	5-6 pm
Parent/Carer Self-Care	Thursday 21 st Jan 2021	12-1 pm 1-1.20 pm -Q&A
Understanding and supporting your child with worries - Option A	Wednesday 27 th Jan 2021	5-6 pm 6-6.20pm -Q&A
Understanding and supporting your child with worries - Option B	Thursday 28 th Jan 2021	12-1 pm 1-1.20 pm -Q&A
Routines	Thursday 4 th Feb 2021	12-1 pm 1-1.20 pm -Q&A
Parent/Carer and Child interactions	Thursday 11 th Feb 2021	12-1 pm 1-1.20 pm -Q&A
Introduction to the Mental Health Support Team: Why Early Intervention Matters	Wednesday 24 th Feb 2021	5-6 pm

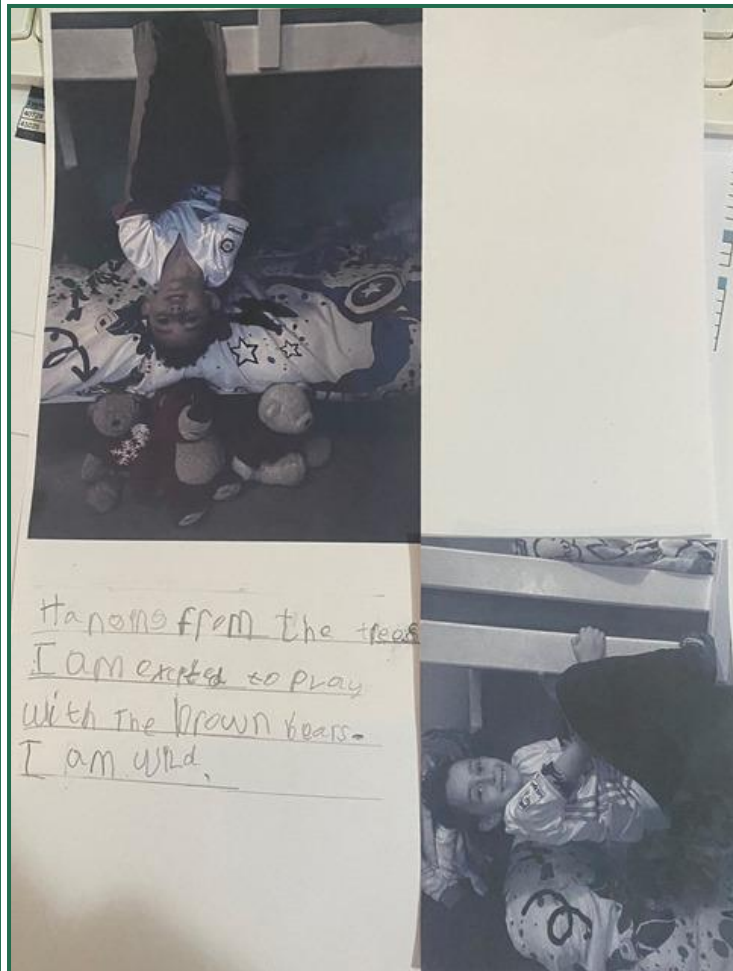
To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage <https://www.eventbrite.co.uk/e/parentcarer-webinar-series-tickets-135509262853> .

We look forward to seeing you!



Home Learning this week





**Home
Learning
this
week**



I keep catching glimpses of friends and people I know also carrying their belongings and their small suitcase like me. The hazy smoke slightly obscures my vision as I stumble away from the train towards my mother. I see hundred of children doing the same, trying to stay with their parents. I whip my head from side to side looking for my sister so she doesn't get lost.

The cacophany of noise is like a hammer to my skull. My head is pounding as I get onto the train with my sister and friends. The overlapping voices of thousands of kids fill the train while simultaneously the goodbyes of hundreds of parents fill my head. The train whistle blows and I cover my ears with my hands as the roar only gets louder.

The smell of thousands of bodies makes me want to gag as me and my sister try and get away from the chaos. Smells of dozens of perfumes overwhelm my senses from the many mothers and grandparents who are saying goodbye to their loved ones. The stench only gets worse as more and more people flood into the musty train station.

I feel the hands and clothes of the many people who squish past me. The wooden doors and carriges give me an endless amount of scratches and splinters. I sit on the soft leather cushions as my feet just skim the disgusting train floor. We squish up against the window like hundreds of chickens being squashed into a pen. Our hands wave frantically as we say are last goodbyes.

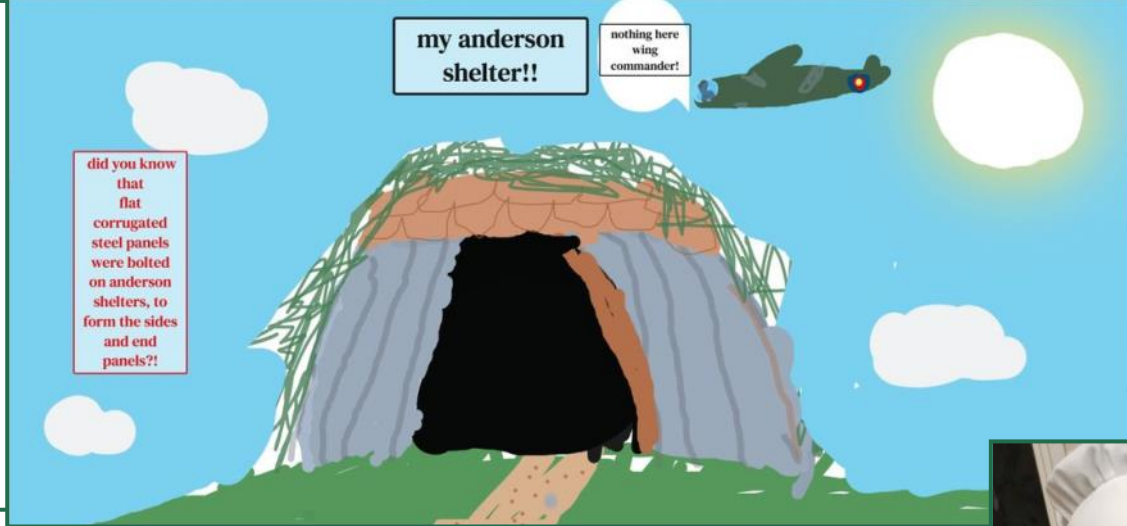
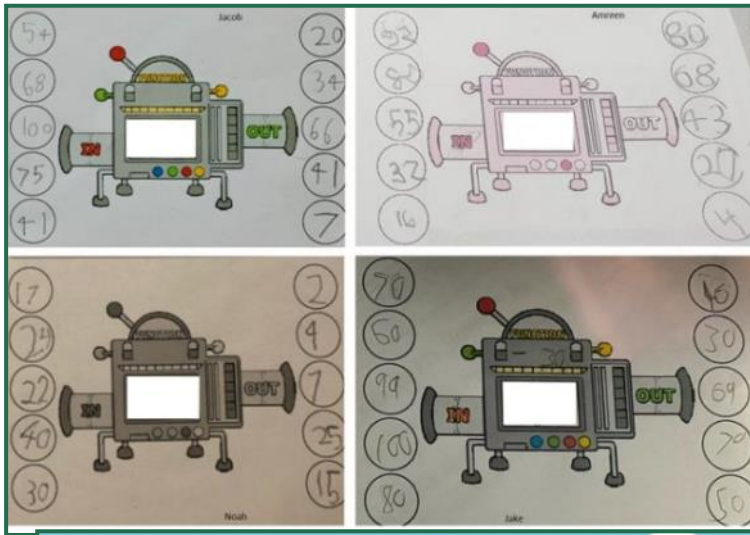


Anderson shelter



Home Learning this week





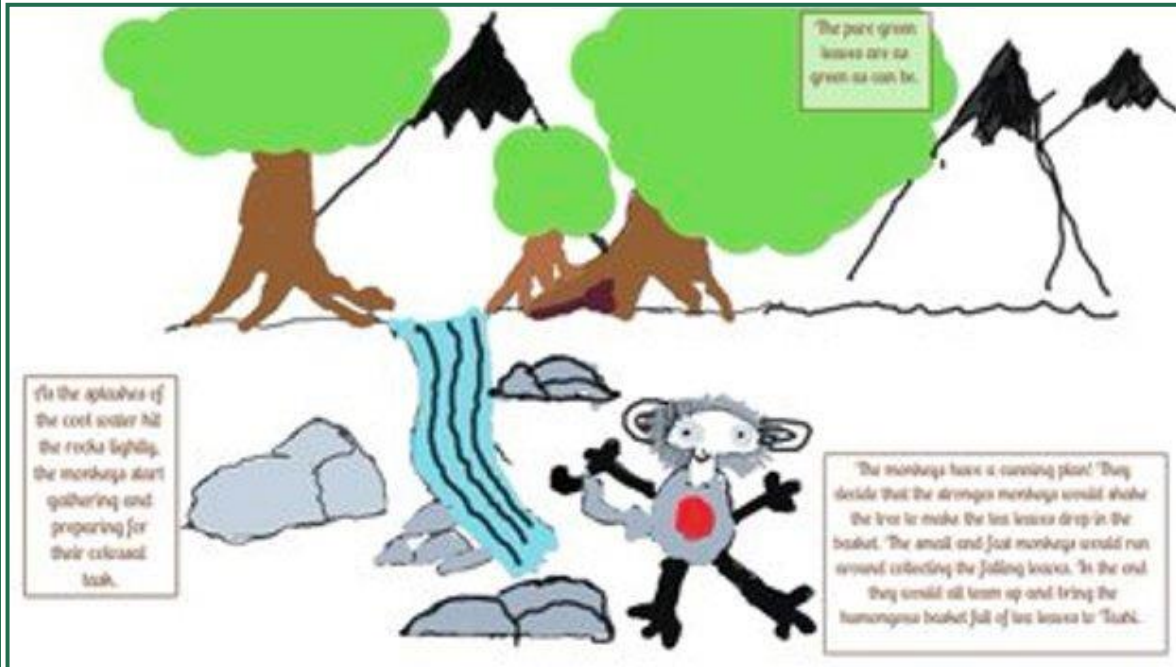
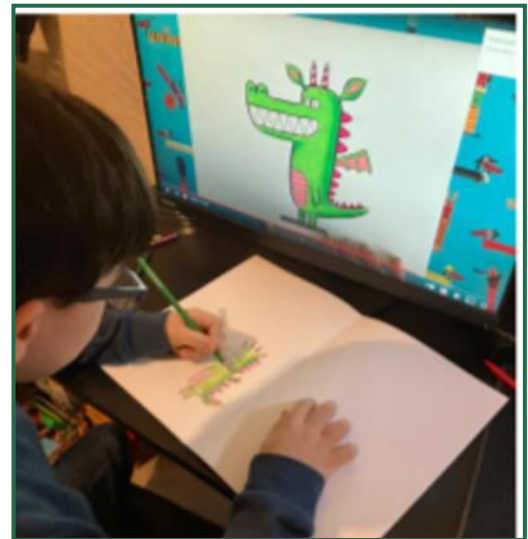
Home Learning this week

Titre: Les Deux animaux

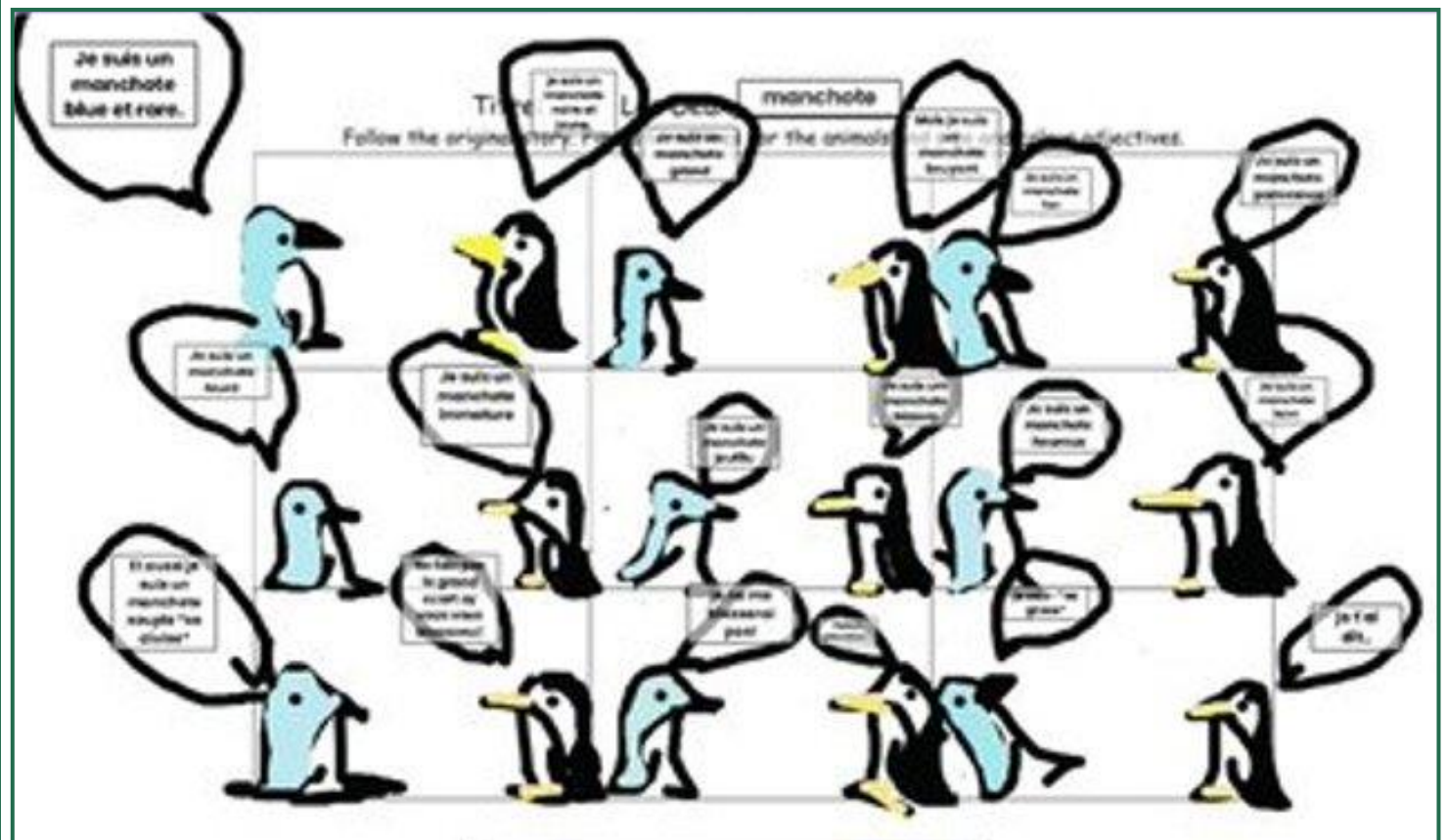
Follow the original story. Find alternatives for the animals and size and colour adjectives.

Je suis une grosse rouge panda	Je suis une petite poisson	Je suis une rouge panda noir et blanc	Je suis une mignon rouge panda	Je suis une poisson LAIDE!
Ha, ha, ha! Tu es une petite poisson noir et laide! Tu es triste?	non je suis content	CONTENTE?		
Le grand dangereuse renard aime manger les petite poisson noir.	quel grand dangereuse renard?	ce grand dangereuse renard !!!		





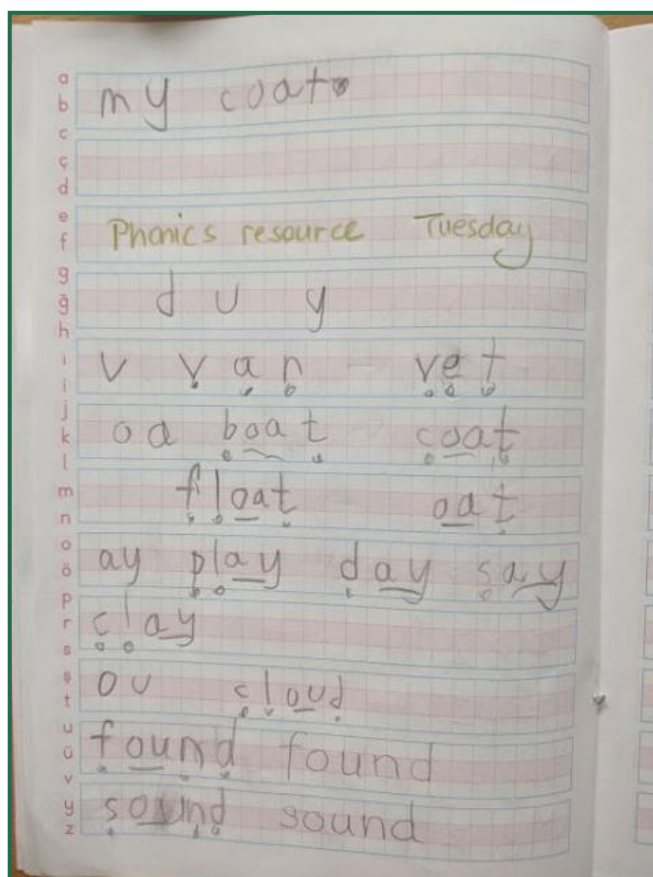
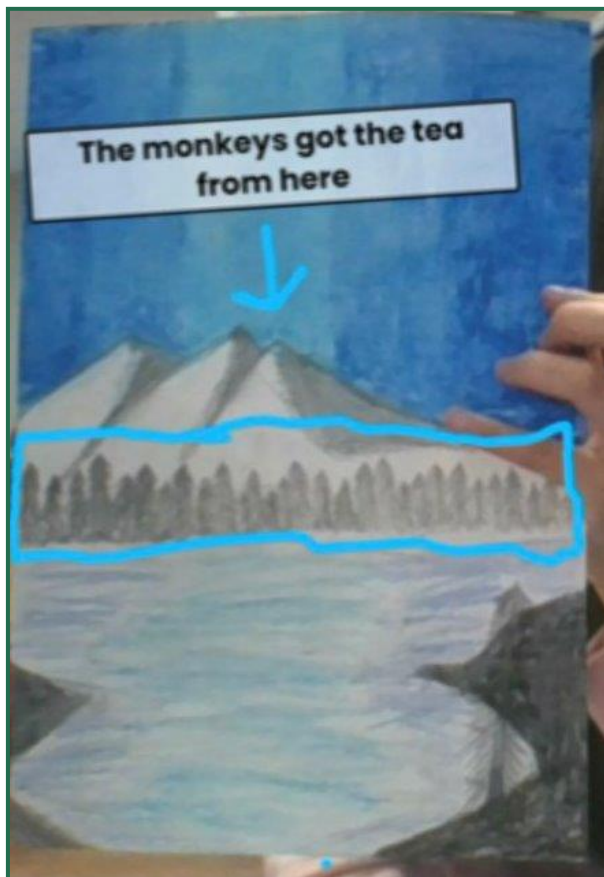
Home
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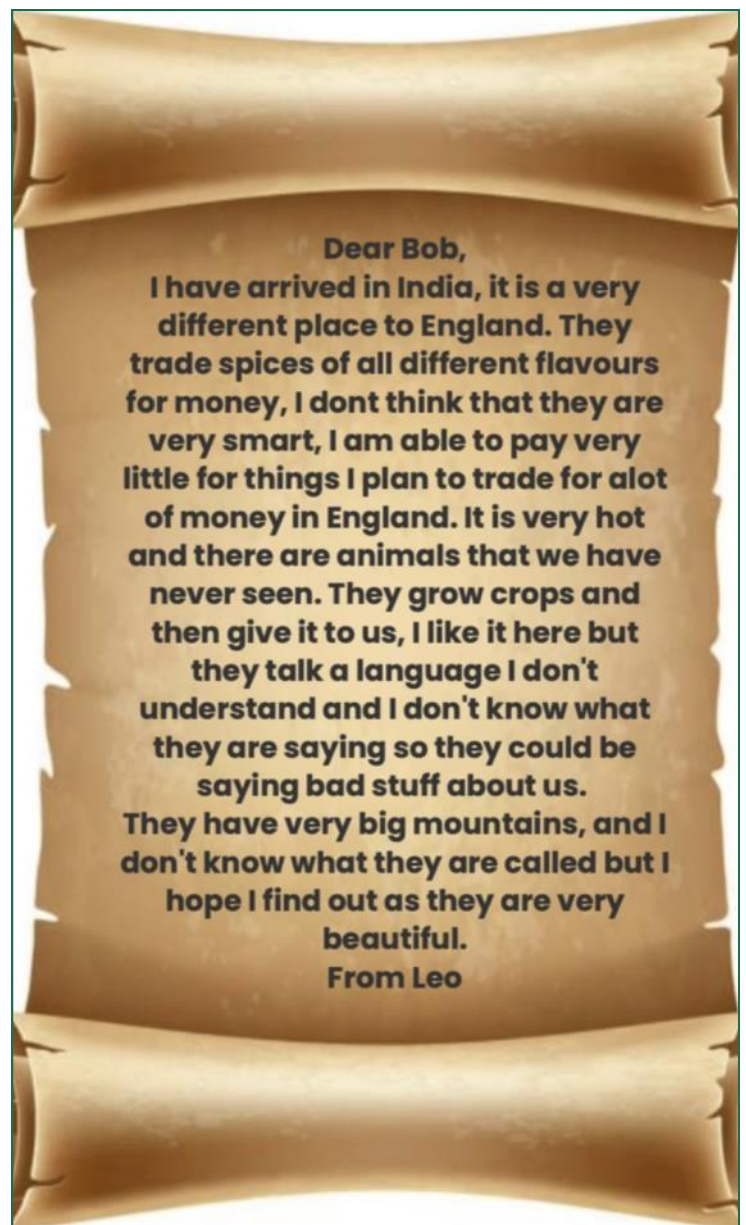
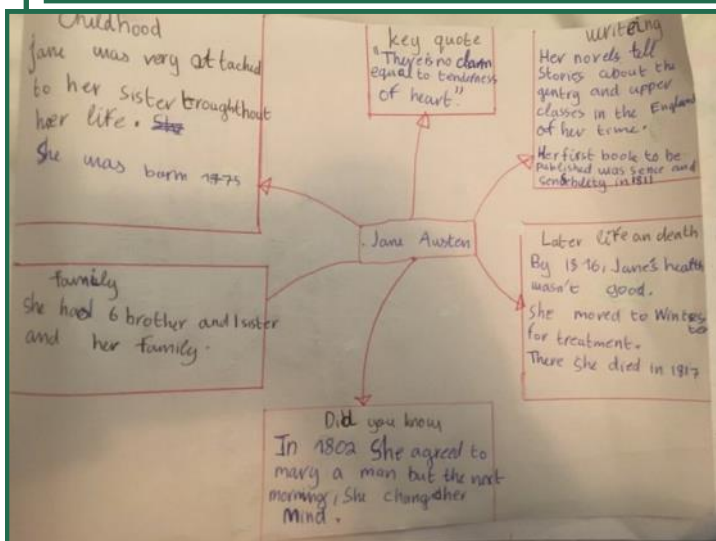


'Extreme' Reading Project in Year 5!

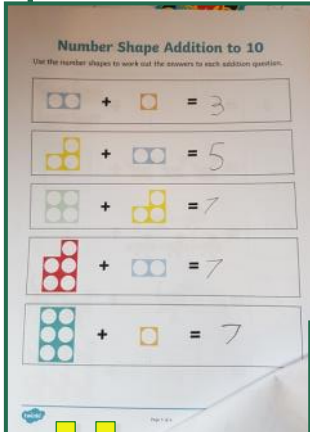
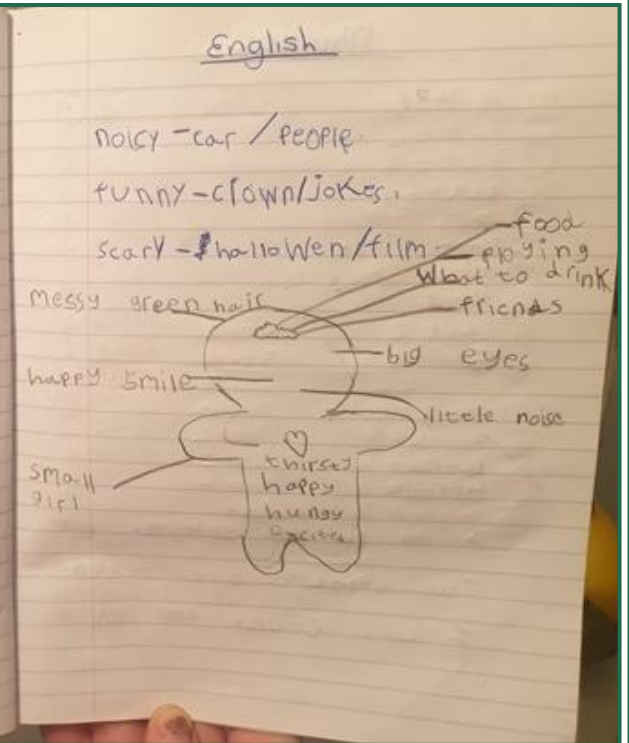
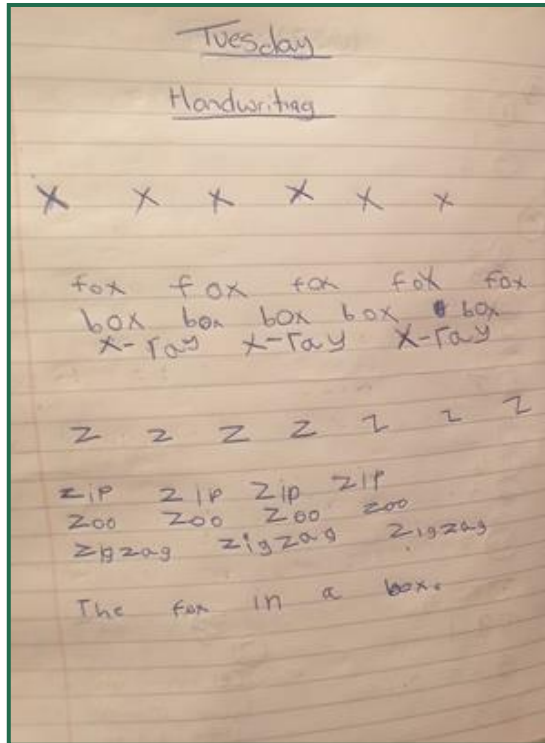
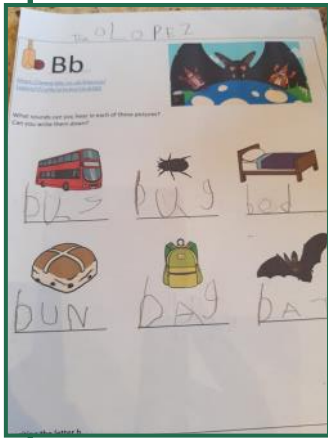




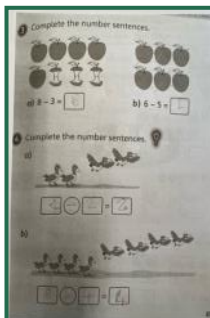
Home Learning
This Week



Home Learning this Week

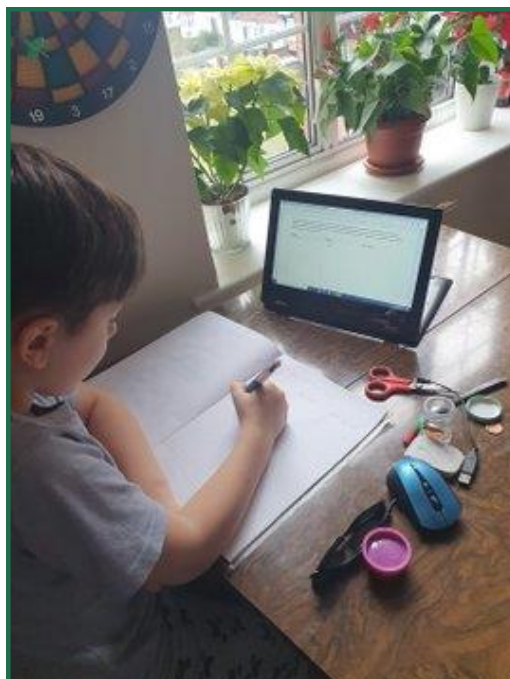


Home Learning this week



This is my summary of Dragon Mountain! Billy Chan is going to boring camp dragon where he meets his teammates Charlotte, Dylan and Ling-Fei. But little did he know a surprise was waiting for him. A surprise with a little body, big horns and bright scales. DRAGONS! Billy and his team has to bond with the dragons and help save the world! will he succeed or will the world END!

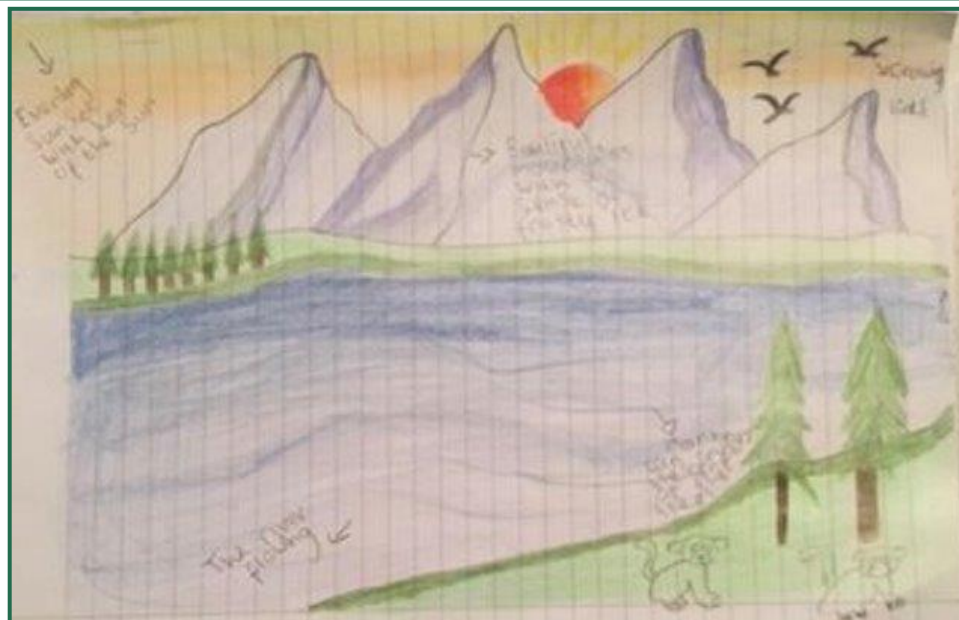
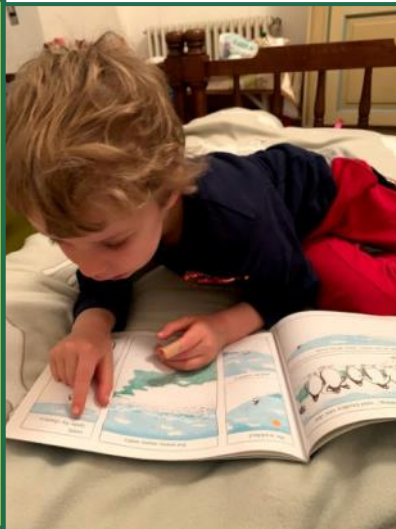




Home Learning this week

Dear Friend,
As you know, I'm in India. It's the hottest place ever, I've literally been sweating all the time. They have really strange animals here like this enormous grey block with 4 legs, a long tube which sticks out of its face and giant floppy ears. You wouldn't believe how spicy their food is, it's like eating fire! On the bright side, I've got so many high quality silks and tongue tingling spices, I may even be unbelievably rich when I come back. None of the Indians are fighting back which is great for us as we can tell them what to do, pay them a poor salary and become rich all at once! It's as if they don't even care that we are taking advantage of them! These natives are surely uncivilized, they don't know God and deserve to be subdued, don't they? Wish me luck.
Looking forward to seeing you in London at our favourite cafe.
Your dearest friend

Home Learning this week



Picnic Order Form		
Fruits	Savory	Desserts
Apple <input type="checkbox"/>	Tom Sandwich <input type="checkbox"/>	Ice Cream <input type="checkbox"/>
Kiwi <input type="checkbox"/>	Peanut butter <input type="checkbox"/>	Chocolate <input type="checkbox"/>
Cherries <input type="checkbox"/>	Chicken saki <input type="checkbox"/>	Chocolates <input type="checkbox"/>
Bananas <input type="checkbox"/>	Leads wrap <input type="checkbox"/>	Cookies <input type="checkbox"/>
Strawberries <input type="checkbox"/>	Spring rolls <input type="checkbox"/>	Apple Pie <input type="checkbox"/>
Grapes <input type="checkbox"/>		Blackberry Pie <input type="checkbox"/>
Pears <input type="checkbox"/>		
Drinks	Salads	Vegetarian
Orange juice <input type="checkbox"/>	Beetroot <input type="checkbox"/>	Cheese Mashed <input type="checkbox"/>
Mango juice <input type="checkbox"/>	Cucumber <input type="checkbox"/>	Spinach Pie <input type="checkbox"/>
Apple juice <input type="checkbox"/>	Tomatoes <input type="checkbox"/>	
	Carrots <input type="checkbox"/>	

Home
Learning
this
week

Y4 & Y5 Brass
Practice:
[https://
www.rod-n-
tom.com/fleet](https://www.rod-n-tom.com/fleet)



Stars of the week!



Well done to these children who have been chosen by their class teachers to be the 'Star of the Week' - these are testing times, everyone adjusting to home learning again. We want to keep things as normal as we can so this term will continue with recognising our stars of the week even while we are in lock-down. Lisa will send your certificate via the post. Look out for it arriving! Well done to all these children, and to all the rest who might not have been picked this week but could have been.



Reception—Teo

I'm so impressed with all of the wonderful home learning you have been doing! You work hard each week to have a go at all of the activities that are set. I love that you have been exploring your own interests too and finding fun things to do like your London Zoo activities.

Year 1—Ayra

Who has approached her Home Learning and other activities (she's learning to play chess!) this week and every week so far with a positive attitude and lots of enthusiasm! I'm really proud of you, Ayra - well done!



Year 2—Mason

Well done for all your effort and focus this week. You've been working hard on all the tasks set and have completed everything with care and thought. You have been working hard on your handwriting and doing lots of extra reading too.

Year 3—Conor

for your incredible efforts with your home learning! You are being so dedicated and I'm so impressed with your attitude! We're really proud of you - well done and keep up the amazing work!

Year 4—Isabella

You've engaged with all the Home Learning independently and with great gusto! We were particularly impressed with your summary of Dragon Mountain. Well done!



Year 5—Maureen

For putting so much effort in to all of your learning this week, particularly maths where you have pushed yourself to do all of the challenges. I've also noticed an improvement in the vocabulary you are using in your writing which shows focus and determination to improve - well done!

Year 6—Jaydon

for your brilliant attitude towards your learning this week. You have come into school and been an excellent role model, helping others and being very focused on your work. Well done for having such a super approach. Keep it up!

Weekly Wellbeing Update

New Tip...

Relationships with parents are valued hugely at Fleet and we're very much missing seeing everybody as regularly as we usually would. Therefore we'd like to look at alternative ways of communicating and helping each other; at this difficult time we'd like to know how best to support you. Links to the Parent Questionnaire which has a wellbeing section can be found on page 5. Please take the time to complete and return it so that we can tailor our support to help as much as possible.

Wellbeing Tip of the Week!

An initiative brought to you by Camden Learning's Health and Wellbeing Team—a new one each week!

Week 10 – Take things one-step at a time

It's hard to know how things are going to look in 1 week, 1 month or even 1 year from now. This can be quite daunting to think about and might cause some anxiety. Instead of focusing on this, try a strategy called “chunking” – breaking things down into manageable pieces. If you have a big piece of work you need to get done or a stressful day ahead, try “chunking” your time into bite-sized pieces or make yourself a ‘To Do list’ so you can tick things off as you go. At the end of your day, you can look back and be proud of all the chunks you managed to achieve.

Check out these videos for parents developed to help you support your primary aged children:

1. How to Talk to you Child About Covid-19
<https://www.bbc.co.uk/bitesize/articles/zkboxwnb>
2. Encouraging Your Child to Take Care at School
<https://www.bbc.co.uk/bitesize/articles/z8g6jsg>
3. How to Deal with Anxieties
<https://www.bbc.co.uk/bitesize/articles/zj4p2v4>
4. Communicating with School
<https://www.bbc.co.uk/bitesize/articles/z7ksxbk>



Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



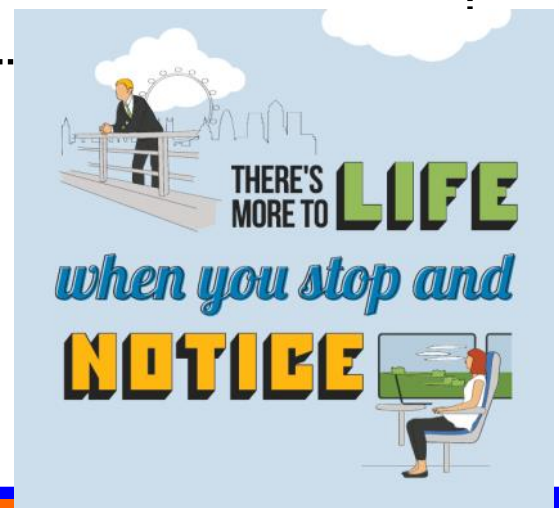
This year we're running the Fleet Happiness Project across the school. This is a project that we ran a few years ago with the aim of looking specifically at ways that we can increase our own, and others', happiness.

We'll be focussing on 10 themes across the year with lots of activities, assemblies and learning in class about each one.

Last term we focussed on 4 different themes:

- **Direction:** setting goals for the short and long term
- **Meaning:** thinking about how we connect to the world around us and how we make a difference.
- **Acceptance:** appreciating how we are all different
- **Giving:** focussing on all the things we can give to each other.

Next up we'll be thinking about Awareness. Look out for the activities in your Home Learning and remember to share what you've been doing by sending in photos for the attention of Miss Wall at admin@fleet.camden.sch.uk.





Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

Find us on **easyfundraising.org.uk**

<http://www.easyfundraising.org.uk/causes/fleetps>

4,300 online sites will give us a free donation
when you shop with them - at no extra cost to you!



Download the easyfundraising App



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users

From our house to yours...



BRINGING RAZZAMATAZ TO YOU WITH DANCE SINGING AND DRAMA ONLINE TUITION EVERY SATURDAY. INTERACTIVE QUALITY LESSONS WITH A DEDICATED TEAM WHO WILL ENSURE YOUR CHILD GROWS IN CONFIDENCE, IMPROVES THEIR WELLBEING AND PHYSICAL FITNESS ALL WHILST HAVING LOTS OF FUN!
EMAIL: BELSIZEPARK@RAZZAMATAZ.CO.UK OR CALL ON: [07425 918328](tel:07425918328) TODAY FOR MORE INFORMATION AND TO BOOK A FREE TASTER SESSION FOR YOUR CHILD

Now that we are in Lockdown no. 3, we at Razz Towers have become old hands at how best to keep our students Singing, Dancing and Acting and above all smiling online. We offer a full programme of classes on Zoom every Saturday making sure that our students are keeping both mentally and physical fit whilst at home and are also ready to bounce back into the classroom once lockdown is over. This term we have auditions for our Summer Showcase, Pyjama Day, Mad Hair day and much more to look forward to. Come and join the fun. Call or email Victoria on the contact details given above and book a **FREE Taster Session** of your child Today!



From National Online Safety

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.



www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Sources: Remote education good practice. DfE guidance. | Safeguarding and remote education during coronavirus (COVID-19). DfE guidance.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.11.2020

**PLEASE ENSURE YOU ALL HAVE THIS APP INSTALLED AND NOTIFICATIONS TURNED ON
THIS IS OUR PRIMARY MEANS OF COMMUNICATING WITH YOU**



Fleet Primary School

would like you to join their channel on Parent Hub.

Just tap “Add a School ” in the app and enter the handle below...

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

Instructions for Parents



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose “Add a School” and enter the school handle (above).

Visit www.parenthub.co.uk to find out more

Coronavirus: Weekly update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit camden.gov.uk/coronavirus – includes information in different languages
- Check the rolling news pages at news.camden.gov.uk
- Follow Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil) and Facebook facebook.com/LBCamden
- Speak to someone at the Council directly by calling 020 7974 4444 (option 9).



SIGN UP to the Council's coronavirus e-newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates



Our fantastic NHS is working hard to deliver the COVID-19 vaccine to those most at risk from the virus. Thousands of people across Camden have had it already – a figure that is rising daily.

The vaccine is safe, effective and free to everyone. It gives the best protection against COVID-19 and has been through rigorous testing. When you're eligible for the vaccine, the NHS will contact you directly. It's important to note that while the vaccine gives hope that we can start to get this deadly virus under control, we must also continue to follow public health advice and lockdown restrictions. Case rates in Camden and London are still dangerously high. So please continue to stay home – and if you do need to leave for essential reasons, keep a safe distance from others, wear a face covering and make sure you wash your hands frequently.

It takes a whole community effort to have an impact, and I urge each of you to play your part to keep yourself and others safe.

Councillor Georgia Gould, Leader of Camden Council

STAY AT HOME TO SAVE LIVES AND PROTECT OUR NHS

NATIONAL LOCKDOWN RESTRICTIONS

With cases of coronavirus still so high in London, please stay at home unless you're leaving the house for an essential reason and follow other lockdown restrictions. It's also vital to follow public health advice to prevent yourself catching the virus or passing it on:



If leaving your home, act like you have COVID-19, and treat others like they have it too



Wear a face covering in indoor and busy outdoor public spaces, unless you're exempt



Wash your hands regularly and thoroughly



Keep 2 metres apart from people you don't live with

For more information on lockdown restrictions, visit gov.uk/coronavirus

Got symptoms?



New, persistent cough



High temperature



Loss of, or change to, sense of smell or taste

Self-isolate and get a free test by calling 119 or via nhs.uk/coronavirus

If you need help booking a test, call Camden Council on 020 7974 4444 (option 9), who can help you access support at the same time.

Symptom-free testing for workers

Camden Council is offering free rapid COVID-19 tests to people who do not have symptoms and must leave the house for work. Tests will be available for people who live or work in the borough and:

- Cannot work from home and therefore have to leave their house to travel to work
- Cannot access any form of COVID-19 testing from their employer.

Tests have a 45-minute turnaround time and aim to identify people who do not have symptoms of COVID-19 but may be infectious so could still pass it onto someone else.

Find out more and book a test online at camden.gov.uk/rapidtest

COVID-19 vaccine



The COVID-19 vaccine will help to reduce the number of people catching, and dying from, COVID-19. It will also help to protect those around us.

Care home patients and staff, health and care professionals, people over the age of 70 and those who are clinically extremely vulnerable will all have been offered the vaccination by mid-February. They've been prioritised because they are at greatest risk from the virus.

When you're eligible for the vaccine, the NHS will be in touch, so please wait for them to contact you. When it's your turn, you can choose to have it at a local vaccination centre – in Camden or a neighbouring borough – or at one of four GP surgeries in the borough. Please rest assured that whether you go to a local GP surgery or a vaccination centre, it will be a COVID-secure environment, which means extra precautions are in place to keep you safe.

In the meantime, please make sure that you're registered with a GP practice so the NHS can contact you when it's your turn. Find out how to register at nhs.uk For more information on the vaccine, visit nhs.uk/coronavirusvaccine



"I had the COVID-19 vaccine to protect myself, my family and my patients. From reviewing the research and trial data, I honestly feel it is a safe and effective vaccine and I didn't experience any side effects – except for a dull ache in my arm for a few days. I've experienced first-hand the devastating effects of COVID-19 on my patients – particularly those that are elderly, frail or have underlying health conditions – so I really hope my patients get the vaccine."

Dr Vikram Dave, GP, Holborn Medical Centre