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Patient Participation Group

Do you as a Patient have ideas on how we can improve the surgery?

If you are interested in joining the PPG please do not hesitate to ask at reception. You will be contacted by Tracey Nyilas (Practice Manager) who will give you more information about the group.

Next meeting:
20th January, 6:30pm,
Wheatfield Surgery

Contact Us

60 Wheatfield Road
Luton, LU4 0TR
(01582) 601116
www.wheatfieldsurgery.co.uk

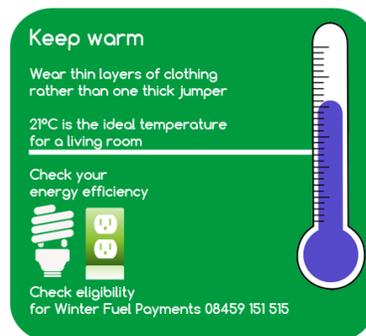
Have you had your flu jab? Please call us to book an appointment or to find out if you are eligible for them. We also offer Pneumococcal vaccinations for eligible patients.
01582 601116

Staying Well This Winter

If you are aged 65 or over or have a health condition, you are more vulnerable to the cold weather. Eating a balanced diet and keeping active is essential. It makes you feel more energetic and benefits your body's defense system. But this doesn't mean you have to do 2 laps around the block! The NHS website contains information on exercising for older people, which ranges from sitting exercises to strength retaining exercises <http://www.nhs.uk/Tools/Pages/Exercises-for-older-people.aspx>.

Keeping warm can help prevent you from catching colds, the flu and other conditions. Wearing several layers when outside is a lot more beneficial than just wearing one woolly jumper and a coat; as the more layers, the more insulation. Drawing your curtains will help to keep the warm air in and having warm meals and drinks will raise your body temperature. The recommended bedroom temperature for cold weather is 18°C and changing your duvet to a winter duvet is very helpful.

Colds and *most* coughs and sore throats can be eased by over the counter remedies. Colds should not be treated with antibiotics as antibiotics are used to treat infections by bacteria, not by viruses. Getting a flu jab (Influenza vaccine) will help protect you from the flu virus. The surgery offers the flu jab for free to eligible patients, such as those with asthma, those who are pregnant and patients ages 65 and over.



Keep warm

Wear thin layers of clothing rather than one thick jumper

21°C is the ideal temperature for a living room

Check your energy efficiency

Check eligibility for Winter Fuel Payments: 08459 151 515



Keep well

Eat 5 portions of fruit & veg a day

Get a flu jab

Stay active

Wear several thin layers of clothing

Wash hands often

Stay well this winter

We offer urgent same-day GP appointments. However we also have GP appointments which can be booked up to 4 weeks in advance.

You can book appointments online! When you are next at the surgery, ask reception for your SystmOnline log in. You will need to show identification before this can be given to you. Leaflets are available on how to use SystmOnline.



Breast Feeding Room



We are currently in the process of updating the breast feeding room (located opposite reception to the left).

At this moment in time, the room contains general furnishings and decorations including a sink. Please inform reception if you are to use the breast feeding room so that the GP/nurse you are seeing is aware of where you are.

What our nurses do!



There are currently 5 practice nurses at Wheatfield Surgery: Audrey Roberts, Ali Knight (maternity leave), Barbara Botterill, Laura McClements (maternity leave) and Banu Murali. All of our nurses are qualified to prescribe medication and can deal with the following:

- Minor Illness incl vomiting (Banu and Audrey)
- Dressings
- BP Checks
- Contraceptives/Family Planning
- Immunisation
- Family Planning/Contraceptives
- Stitches
- Asthma and Diabetes
- Ear Syringing
- Smear Tests
- Sprains/Strains
- Haemorrhoids/Piles

Training Practice

We offer placements for doctors who would like to become a GP. We have been placing doctors within our surgery for several years now and find it works well for both the trainee doctor and for the patients. When booking an appointment with a trainee, you will be informed of this before booking.

Dr Sathiyamoorthy started placement with us on the 2nd December 2015. You are now able to pre-book appointments with him.