

Holbrook Surgery Newsletter

Winter - Issue 2

January 2019

PPG Membership Grows

Holbrook Surgery Patients are very supportive of the PPG

PPG enjoyed meeting patients attending the Surgery for their yearly flu jabs and explaining about the Holbrook Surgery PPG, offered them a copy of the first newsletter and asked for their contact details to enable future copies of the newsletter to be sent out.

We are pleased to announce we now have well over a 100 members and hope this number will continue to grow when we become better known to other patients of Holbrook Surgery. Please ask family and friends that belong to Holbrook Surgery to contact us at holbrookppg@gmail.com and we will put them on our mailing list for future copies of the newsletter.

The newsletters aim to bring you news from the surgery and any updates that are published by the NHS that may be of interest to you and your family to improve your health and wellbeing.

On behalf of Holbrook Surgery and your PPG we would like to take this opportunity to wish you all a very Happy and Healthy Year.

Annual Flu Injections

In 2018/2019 the following patients and children are eligible for flu vaccination:

- all children aged 2 to three
- those aged six months to under 65 years in clinical risk groups
- pregnant women
- those aged 65 years and over
- those in long-stay residential care home care's

It is still not too late to have your flu injection

Please call the surgery to make an appointment to have your flu vaccination.

Dr. Anisha Patel

Dr Anisha Patel has been diagnosed with Bowel Cancer and has successfully had her operation and is now starting Chemotherapy. We all wish her well and look forward to her return in due course. In her absence Dr Laurence Woolley will be looking after her patients.

There is a possibility that Dr Patel will be working remotely at some stage during her recovery.

We will keep you advised of her treatment and recovery in future Newsletters. You can follow her on instagram - [doctorsgetcancertoo](#)

Dr. Woolley Performing Minor Surgery

Dr. Laurence Woolley who joined the practice in 2017 and became a full time partner in April 2018 when he took over from Dr. William and is now performing minor surgery on Monday's afternoons.



British Red Cross - Home from Hospital Service

If you need a little extra support when returning home from hospital British Red Cross may be able to help. They are offering up to six free two-hour visits, which includes assistance with shopping, light housework and meal preparation, collecting prescriptions and form filling. Pick up a leaflet at the surgery or contact British Red Cross 0300 456 1981 or see their website - redcross.org.uk/feedback.

Do You Really Need Antibiotics

Antibiotics are needed for *serious bacterial infections* such as pneumonia, urinary tract infections, forms of meningitis etc. Taking antibiotics when they are not needed increases your risk of getting an infection later that may resist antibiotic treatment and make things worse.

Antibiotics will not kill cold or flu viruses. When you have a cold or flu, for example, you can help yourself by getting plenty of rest, drinking enough fluids, trying paracetamol, washing hands frequently and by using throw away tissues rather than heading for antibiotics. Most people improve after 14 days after a cold, or less if it is a sore throat or earache. Sinusitis or bronchitis can take up to 21 days.

However, you do need antibiotics if you develop chest pain, cough up blood, difficulty swallowing, severe headache and sickness, difficulty breathing for example as these are signs which need to be assessed urgently.

Pharmacy Services

As well as helping with common illnesses – like sore throats, coughs, colds, tummy troubles and aches and pains - pharmacy teams can also help with stopping smoking, cutting down on alcohol, advice on safe sex and emergency contraception. You don't need an appointment, and the pharmacy is often open at times when it is not possible to see your GP.

Here are some other examples of the services your pharmacy can provide:

- Flu vaccinations
- Blood pressure checks
- Medicines use review (MUR). This can be especially useful for people who are taking several medicines. You can talk about how best to take your medicines, discuss any side effects and whether you can safely take any over-the-counter medicines or herbal remedies. If you're having problems, your pharmacist can offer advice or, if necessary, advise you to see your GP.
- Getting rid of unwanted medicines. If your medicine is out of date, unwanted, or some of it is left over after you have stopped taking it, don't put it in your household bin or flush it down the toilet. Instead, take it to your pharmacy to be disposed of safely.

Getting advice from a local pharmacist is the best first step for a minor health concern. But if you think you or your family members are more seriously ill, then a GP or hospital may be more appropriate.

Online Appointments and Repeat Prescriptions

Did you know you can arrange appointments with your GP, order repeat prescriptions, and access your medical records online? It is really easy to do and relieves the pressure on the receptionists. A form can be obtained from the surgery to set this up.

Self-Referral Treatments

Our last newsletter mentioned that you can self-refer for physiotherapy and hand and wrist pain. There are other opportunities for self-referral where you can avoid making an appointment to see a Doctor.

'Time to talk'. These are friendly and approachable services offering talking therapies to people needing help with a range of issues ranging from stress and general anxiety to panic attacks. Details can be found on the Sussex Community NHS website and help can be obtained by completing the online self-referral form or by calling 01403 227048

Eye care. A number of eye conditions such as dry eye syndrome and conjunctivitis can be treated by some local opticians with the treatments available, without prescription, from a pharmacy.

Hearing tests. Hearing care practices, e.g. Boots and Specsavers, provide free initial hearing tests without the need to be referred by a Doctor.

Expert Patient Programme (EPP). Sussex Community NHS Foundation Trust is running a Living Well Programme developed for people who live with a long-term health condition such as heart disease, asthma, MS, depression, arthritis, ME/CFS, IBS. The aims are to help you to take control of your health by learning new skills to manage your condition better on a daily basis and to live well. Pick up a leaflet at the surgery or contact the EPP Team 01403 227000 ext.7547 or email sc-tr.epp@nhs.net

Over the counter medicines

Self Care. A lot of minor conditions can be treated using medicines available from your Pharmacy. A list of these conditions, with appropriate treatments, can be obtained from the Holbrook surgery or from the NHS website.

Many of these over the counter medicines are no longer available on prescription.

Pharmacy Managed Prescriptions

It is estimated that over-ordering, stockpiling and not using medication, costs the local NHS around £2.5 million per year. To reduce these costs the local CCG group, in line with others have made changes. These changes mean that patients must place orders on repeat prescriptions themselves.

The pharmacy or supplier will not be able to do this for the patient. This does not change how your medicine or equipment is delivered or received. The Electronic Prescription Service (EPS) still allows you to nominate a pharmacy or supplier to fill your prescription for collection or delivery.

Horsham Locality Patients Group Meetings

Holbrook PPG attends the bi-monthly meetings of the Horsham Locality Patients' Group. This is a meeting of representatives from each PPG and key people from Health. It is a good opportunity to learn about how local health services are being developed and to give the patients' perspective. Blood tests at Horsham Hospital, and the development of extended GP access have been some of the issues recently discussed. HPLG is arranging a day seminar on Mental Health which is to be held on May 8th. This will be open to all PPG members and we will send you details nearer the time.

Holbrook PPG

The purpose of the PPG is to enable patients to be more actively involved with the surgery and to be better informed about local health issues. We hope that our regular newsletters will help with this. Are there any health issues you would like to know more about? If there was interest we would be very pleased to arrange periodic meetings when we could ask one of the GPs or another health professional to talk to us about a particular issue e.g. diabetes, high blood pressure, men's health, carers' issues, etc. Two of us will also be meeting with the GPs in the New Year. Is there anything you would like us to raise with them?

Surgery Car Park

As a result of damage in the surgery car park a decision has been taken to install CCTV. Cameras cover the car park, front and back entrances.

CONTRIBUTION FROM DR HEATLEY

The Hub

The Government pledged a while ago that the population should have access to a booked GP appointment from 8.00am to 8pm, 7 days a week. In order to fulfil this pledge, the CCG (Clinical Commissioning Group) has commissioned a set of extra surgeries run by locum GPs when they are available. These surgeries run from 4.30pm – 7.30pm and rotate around some of the Horsham practices during the week and Crawley at the weekends. The appointments are open to all patients in Horsham and slots are allocated to each surgery in proportion to their list size.

Holbrook has not needed to send patients there as yet, as providing good access to our patients is one of our priorities and we take pride in the fact we are able to manage demand internally. These appointments are only available until 12.30pm at which point the unused allocated slots open to other surgeries, which struggle to provide enough appointments for their patients.

If you would like an appointment at one of these HUB sessions you can ask the receptionist about availability.

Generally, there is a shortage of locum doctors around the area and the HUB is yet another service competing for the small number of locums available. Any patients using the emergency out of hours at the weekend will have noticed that Horsham no longer has a base with a dedicated emergency doctor and instead have to travel to Crawley, Haywards Heath and occasionally as far as Redhill or Worthing to see the on call GP. This is a major blow for a town with a population of 80,000. At the moment we do not see an easy end to this shortage with the number of GP registrars falling. We have been very fortunate in appointing Dr Laurence Woolley as a new partner taking over from Dr Ann Williams when she retired in April last year.

Illness of the Month

We have been seeing a lot of vertigo which we think must be secondary to a virus doing the rounds. It is characterised by dizziness as if the room is spinning akin to after being on a fairground ride. This typically comes on with certain head movements and usually lasts about a week gradually easing. In some more prolonged cases it can be helped by a tablet called stemetil or drug name prochlorperazine.

Remember most illness at the moment are seasonal colds and tummy upsets – they are caused by viruses and a few days of rest will see an improvement and there is no need to see a GP and you only need an appointment if the symptoms do not improve. Antibiotics do not work unless there is an infection and will not be routinely prescribed.

Dr J Heatley

Stay Safe on your Mobility Scooter



Skills & Safety Sessions for
mobility scooter drivers in
and around Horsham.

Provided by:
Horsham District Older Peoples
Forum and Horsham Town
Community Partnership

Spend a couple of hours
finding out how to be
safer on your scooter.

Hints and tips on:
cornering, turns, kerbs,
doorways, slopes,
reversing, etc.

**Get in touch to
register your interest:**

01403 269 384

horshamscootersafety@gmail.com

www.horshamscootersafety.org.uk



