

HEATH LANE SURGERY NEWSLETTER: AUTUMN 2019

OUR EXTENSION

Those of you who have visited the practice may have had the opportunity to see our new waiting room and/or to have also been seen in one of our new consulting rooms. We hope you agree that the wait and disruption was worthwhile!!

NHS 111

If you are ill or hurt and need help fast but it is not a 999 emergency please use NHS 111. You can go online to 111.nhs.uk or phone 111. The people at NHS 111 are trained to help you such as a nurse, doctor and even a dentist. They will ask you some questions about what is wrong and tell you what to do next. If you need expert help they will see you get it. NHS 111 can also:-

- book an appointment for you to see your GP
- book an appointment for you to see an emergency dentist
- help you speak to someone who can provide mental health support
- book you into another NHS service
- arrange for you to pick up medicine at a pharmacy near to you
- give you advice on how to look after yourself so you can do what is needed yourself
- send an ambulance if you need one
- tell you if you need to go to A&E or an emergency department

Calls to NHS 111 are free from mobiles and landlines.



NHS 111 is open all day and night every day of the year.

NATIONAL HEALTH & WELLBEING CAMPAIGNS

12 – 16 November - **Anti-Bullying week**. The theme for this week is "Respect".

19 – 25 November - **Alcohol Awareness week**. The aim of this week is to get people to think about alcohol, how it affects us as individuals, families, communities and society as a whole.

25 – 10 December – 16 days of **Action Against Domestic Violence**. A time to take action to end violence against women and girls around the world.

1 December – **World Aids Day**. An opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.

'FLU VACCINATION

'Flu kills an average of 8,000 people every year and can be particularly serious in older adults, very young children and people with underlying health conditions. The 'flu vaccine remains the best defence we have against 'flu and protects those people who are most vulnerable. Certain groups of people are at higher risk from 'flu including adults aged 65 and over, those with underlying health conditions, pregnant women and frontline health and social care workers. In 2019-20 the 'flu vaccination will be offered to:-

- Those aged 65 years and over
- Those aged 6 months to under 65 years in clinical risk groups
- Pregnant women
- Those living in a residential or nursing home
- The main carer of an older or disabled person
- Children aged 2-3 (On 31st August 2019) and all primary school aged children

- Employers of frontline health and social care workers also have a responsibility to ensure their staff can get the free vaccine.

More people than ever are now eligible for the 'flu vaccine and 25 million people in England will be offered it for free by the NHS. For the first time the nasal spray vaccine is being offered to all primary school aged children, which means an extra 600,000 will be protected.

If you are eligible to receive a free 'flu vaccination and haven't done so already please contact the surgery to book an appointment.

“CATCH IT, BIN IT, KILL IT”

‘Flu is very infectious and the virus can live on hands and hard surfaces for up to 24 hours. This is why it is important to “Catch It, Bin It, Kill It”.

“Catch” any sneezes in a tissue, “Bin” any tissues immediately and “Kill” the virus by washing your hands with soap and warm water. Avoid contact with sick people and wash your hands often with soap and water or use an alcohol-based hand rub. If you are unwell, look after yourself, drink plenty of fluids and stay at home so you don’t spread ‘flu to others.



“Catch It”



“Bin It”



“Kill It”

OVER THE COUNTER MEDICINES

Medicines for minor conditions such as coughs, colds and hay fever that are available to buy from pharmacies and supermarkets are no longer available on prescription.** Your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of minor health concerns. Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community. The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and, if your symptoms suggest it is more serious, they will ensure you get the care you need.

Please help the NHS to use resources sensibly.

**Exemptions apply

Visit www.nhs.uk/common-health-questions/medicines/why-cant-i-get-prescription-over-counter-medicine

You can buy over the counter medicines for any of these conditions:-

Acute sore throat	Minor burns & scalds	Conjunctivitis
Mild cystitis	Coughs, colds & nasal congestion	Mild dry skin
Cradle cap	Mild irritant dermatitis	Dandruff
Mild/moderate hay fever	Diarrhoea (adults)	Dry eyes & sore tired eyes
Mouth ulcers	Ear wax	Nappy rash
Excessive sweating	Infant colic	Sunburn
Sun protection	Infrequent constipation	Infrequent cold sores of the lip
Teething/mild toothache	Infrequent migraine	Threadworms
Insect bites/stings	Travel sickness	Mild acne
Head lice	Prevention of tooth decay	Indigestion/heartburn
Warts & verrucae	Haemorrhoids (piles)	Oral thrush
Ringworm/Athlete’s foot	Minor pain, discomfort & fever (aches/sprains/headache/period pain/back pain)	



JOIN YOUR LOCAL PPG!

Patient Participation Groups are a great way, as a patient, to play a more active role in the work of the surgery and ensure that the patient voice is always heard.

Here at Heath Lane Surgery our PPG holds quarterly meetings, where we receive updates from staff at the surgery and are able to feed in our thoughts on the services provided and where any improvements can be made.

Though not the place to be raising concerns about our own personal health concerns/issues, we can use our experience as patients to feed in ideas and suggestions to help improve the service provided still further.

The PPG also plays an active role in flu days, social prescribing, attending Locality and Network PPG meetings, and the wider health scene.

We are moving some of our meetings to daytime, to hopefully encourage people who might not be able to make evening meetings to attend.

As PPG members you don't have to attend all meetings or, indeed, any, as you can be a virtual PPG member and stay in touch with us online.

If you'd like to join the PPG, please e-mail me, via: comedymat@yahoo.co.uk

Thank you.

Mathew Hulbert.
Chair, Heath Lane Surgery PPG.