

TILEHURST SURGERY 'the potteries'

Newsletter Autumn 2018

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Tilehurst Surgery Walking Group

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join our fortnightly walks on Monday mornings, leaving at 10.30am from the garden of the Tylers Rest Pub, for a gentle 30 min walk around the local area. Many of the walkers then gather for a coffee and chat in the Pub after the walk.

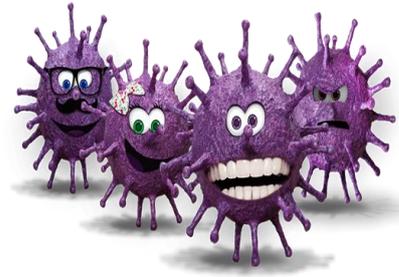
Upcoming dates:

17th September,
1st, 15th & 29th October



Flu Vaccination 2018

Seasonal flu is a highly infectious illness caused by a flu virus. The virus infects your lungs and upper airways, causing a sudden high temperature and general aches and pains. You could also lose your appetite, feel nauseous and have a dry cough. Symptoms can last for up to a week.



You may be invited for a flu jab if you:

- are 65 years of age or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- **or have a serious long-term health condition, including:**
 - chronic (long-term) respiratory diseases, such as asthma
 - chronic heart disease, such as heart failure
 - chronic kidney disease
 - chronic liver disease, such as hepatitis
 - chronic neurological conditions, such as Parkinson's disease
 - diabetes
 - problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as HIV and AIDS
 - being seriously overweight (BMI of 40 or above)
- are a child aged between 2 and 3 on 31st August 2018 – that is, a child born between September 1 2014 and August 31 2016.
- are a child who is 4 years old provided the child was 3 on 31st August 2018. These children should be offered the vaccination at their general practice.
- Children in reception class and school years 1, 2, 3, 4 and 5 will be offered their vaccination in school. In a couple of areas it might be offered in primary care settings.

Our drop-in Flu Clinics (no need to book)

Saturday 22nd September 08:30 – 10:30 (Adults Only)
Saturday 20th October 08:30 – 10:30 (Adults and Children)
Saturday 10th November 08:30 – 10:30 (Adults and Children)

Practice Staff Changes



Sue Whiteley

On 6th September, after more than 17 years at the surgery, we said Farewell to Deputy Practice Manager Sue Whiteley. We wish her all the best in her retirement and welcome in her place David Griffin.

We welcome our new permanent GP Dr Selina Soukup and our first year GP trainee, Dr Ioana Kovacs. Dr Kovacs is a fully qualified doctor who is training to become a GP under the supervision of our trainer, Dr Jamnicky. As part of her training, she will be required to do some video surgeries. Patients will always be asked for consent before and after the appointment to make sure they are happy with this. The videos are for training purposes, and will be viewed by Dr Jamnicky and Kovacs only, after which time they are deleted.



Dr Selina Soukup



Dr Ioana Kovacs

The Treatment Room Team has also seen some changes - we said goodbye to Nurse Jayna and Healthcare Assistant Tracie and welcomed Nurse Bobby to the Team.

“Tell them you’ve served”



Served in the armed forces?
Member of an armed forces family?
Tell the NHS!

Veterans and reservists have priority access to NHS hospital care for any condition related to their service (subject to the clinical needs of others).

The NHS also has veteran-specific services, like mental health and prosthetics. Members of an armed forces family should maintain their relative position on any NHS waiting list, if the family is moved about the country.

So when attending hospital, general practice or clinic, please tell them if you are a veteran, reservist or member of an armed forces family!

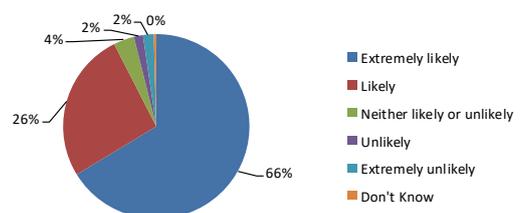
Please ask reception for a form to complete.

Patient Feedback

Thanks to everyone who completed the Friends & Family questionnaire and took time to give us specific feedback.

In the period June – Aug 2018 we had 697 responses, of which 92% were either extremely likely or likely to recommend us to family and friends.

How Likely Are You To Recommend The Surgery To Friends & Family?



Patient Participation Group (PPG)

Tilehurst Surgery currently has a small PPG Group who meet around 6 times a year. The aims of the PPG are:

- To provide the Doctors with strategic advice about the healthcare needs of our local community.
- Assist with Health Promotion.
- Ensure that all patients are kept fully informed of the effect on the Surgery of NHS changes.
- Help to promote Volunteer Services.
- Fundraising for the Surgery.

We would like to expand the group and would welcome more members. We are keen to recruit a cross section of our patient list and need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups to ensure that this group is heard.

For further information please ask at reception or look on our website www.tilehurstsurgery.co.uk

Surgery Extension

The building work continues! Steel girders are in place for the 1st floor extension and the new rooms on the ground floor are also taking shape.

Thank you for your continued patience and support.



Help From Your Pharmacy

Your local pharmacy is the place to go to get any prescription medicines and clinical advice for minor health concerns. But they do a lot more than that.

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.

Many pharmacies are open until late and at weekends. You don't need an appointment – you can just walk in.

Most local pharmacies have consultation rooms for private conversations. Your pharmacist can also talk to you confidentially without anything being noted in your medical records, which some people may prefer.

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

Help with your medicines

Pharmacists are trained experts in managing minor illnesses and using medicines safely. They can advise you on the safe use of prescription and over-the-counter medicines.

Pharmacy technicians can also help with things like inhaler technique, or helping you understand the correct dose of a new medicine and how often you need to take it.



10 Health Benefits Of Stopping Smoking



Smoking is bad for your health, but exactly how will stopping make life better? Here are 10 ways your health will improve when you stop smoking.

Stopping smoking lets you breathe more easily

People breathe more easily and cough less when they give up smoking because their lung capacity improves by up to 10% within 9 months.

Stopping smoking gives you more energy

Within 2 to 12 weeks of stopping smoking, your blood circulation improves. This makes all physical activity, including walking and running, much easier. You'll also give a boost to your immune system, making it easier to fight off colds and flu.

Ditch the cigarettes and feel less stressed

The withdrawal from nicotine between cigarettes can heighten feelings of stress. As the stress of withdrawal feels the same as other stresses, it's easy to confuse normal stress with nicotine withdrawal, so it can seem like smoking is reducing other stresses. But this is not the case. In fact, scientific studies show people's stress levels are lower after they stop smoking.

Quitting leads to better sex

Stopping smoking improves the body's blood flow, so improves sensitivity. Men who stop smoking may get better erections. Women may find their orgasms improve and they become aroused more easily. It's also been found that non-smokers are 3 times more appealing to prospective partners than smokers.

Stopping smoking improves fertility

Non-smokers find it easier to get pregnant. Quitting smoking improves the lining of the womb and can make men's sperm more potent.

Stopping smoking improves smell and taste

When you stop smoking, your senses of smell and taste get a boost.

Stop smoking for younger-looking skin

Stopping smoking has been found to slow facial ageing and delay the appearance of wrinkles.

Ex-smokers have whiter teeth and sweeter breath

Giving up tobacco stops teeth becoming stained, and you'll have fresher breath. Ex-smokers are also less likely than smokers to get gum disease and prematurely lose their teeth.

Quit smoking to live longer

Half of all long-term smokers die early from smoking-related diseases- including heart disease, lung cancer and chronic bronchitis. Men who quit smoking by the age of 30 add 10 years to their life. People who kick the habit at 60 add 3 years to their life.

A smoke-free home protects your loved ones

By stopping smoking, you'll be protecting the health of your non-smoking friends and family, too. Breathing in secondhand smoke increases the risk of lung cancer, heart disease and stroke.

You can self refer to the Surgery's Stop Smoking Service by visiting www.tilehurstsurgery.co.uk or ask at reception for a referral form.