

# Sydenham House & Musgrove Park Newsletter

May 2018 produced by the Patient Participation Group

Sydenham House Medical Centre: 01233 645851 Musgrove Park Surgery 01233 625527

## Patient Participation Group

Hello! My name is David and I am the Chairman of the Patient Participation Group (PPG) at Sydenham House Medical Centre. The PPG has been running since 2003 with a membership of 18 to 20 people over the years. I joined the group in 2013 and became the Chair in June of that year. The group meet four times a year this is usually on a Thursday around lunchtime. The Practice Manager and a GP are normally in attendance. In addition to this, we also have a group only meeting which is referred to as the "Open Forum" and this meeting is about our way forward on things we can do that will support and help the surgery as well as highlighting where there are problem areas. We aim for these meeting to take place at least twice a year. We are always looking for new members who would like to be proactive in order to improve our patients' experience in the Practice; new people and fresh ideas are very welcome especially from those willing to participate. If you would be interested in joining our group please speak to our Practice Manager Jackie Morris or one of the reception staff to initiate contact. *David PPG*



## Travelling with Medication

Due to new criteria, if you require a GP letter for travelling with medication, you will need to make this request in writing, at least 4 weeks in advance and will need to provide the following information:

- Name and passport number
- Dates of travel to each destination including flight details
- The name of the prescribed drug(s)
- Total quantity and dose needed for travel
- If the medication will be required **DURING** the flight.

There will be a £20 administration fee.



**NHS 111 service** If you need medical help or advice when your surgery is closed call 111 free from land-lines and mobiles.

**Call 999 only in an emergency;** chest pain and shortness of breath **IS** an emergency.



## This is your newsletter!

What would you like to see here? Give us your ideas! If you have any tips to share with everyone or if you have questions that you would like to ask the doctors or nurses—perhaps for more information on certain conditions and how to manage them, we will do your best to give you answers. So please contact us initially via the main reception who will pass your contact details to us.

Thank you for your support. *PPG*

## It's Spring Again!



How wonderful to have a breath of fresh air at last! But just be aware as the seasons change, so do our health problems! Sneezing sniffy heads, the runny nose and watery eyes, yes it's pollen time! Not all of us will enjoy this time of year, so if this is you, be ready for it with over the counter medication; get stocked up and that should save you a trip to the doctors waiting room.

Asthma is another one that can flare up in the springtime with the pollen, as well as the air temperature change, with dust round the house and doing that good old spring clean! So do be very conscious and try to keep your Asthma under control, but if you are having problems or you are using your inhaler more often than usual you should speak your doctor.

Then we have the good old common cold - it's not just for winter! Spring is actually its peak time so just remember that colds spread! What can we do? Its down to basic prevention; cover your mouth when coughing and having tissues handy to blow it and throw it! Making sure that you are washing your hands regularly and avoid touching your eyes, nose and mouth. Your local pharmacy always stocks a good selection of remedies so nip down and have a chat with the Pharmacist for some advice on what to try.

## Your GP's Tips

Did you know that your pharmacist really can deal with many minor ailments that could save you time sitting in the surgery waiting for your appointment.



A few minutes with the pharmacist could sort the problem and on with the rest of your day and your pharmacist will always advise you to see your GP if they think that it is necessary.

## Your Nurse's Tips

We can do various health checks including blood pressure, ECG, contraceptive pill checks, asthma and diabetes reviews, so that you do not have to always have to see the doctor.

Travelling abroad? We do not run a travel clinic here but we can advise you on vaccines and how to obtain further travel health advice and vaccinations.

## Surgery Opening Times:

**Monday to Friday**

**8.00am - 6.30pm**

Remember that Saturdays are for pre-booked appointments only.

PLEASE DO NOT BE A DNA! DNA means Did Not Attend

**If you are unable to attend keep your booked appointment please call the surgery and let us know so we can then offer it to someone else who needs it.**



### **Bowel Screening**

I lost my best friend to bowel cancer two years ago. We just never think it'll happen to us or people that we know, to be honest I think we are all the same with that until it happens, I watched her life go down and slowly disappear; it really was heart breaking to see - so what can we do to help ourselves? Being more aware for a start and getting tested when the opportunities are there!

I really didn't know that about 1 in 20 people will develop bowel cancer in the UK during their lifetime, and it's the third most common cancer and the second leading cause of cancer deaths in the UK - over 16,000 people die from it each year but early detection has been shown to reduce the risk of dying from it, and these stats are not about frightening you but to bring about an awareness that getting screened regularly can save lives.

Bowel cancer screening can also detect polyps; these are not cancer but may develop into a cancer over time, so if detected can be easily removed so reducing the risk of bowel cancer developing in the future.

So if you are registered with a doctor and aged 60-74 you will be offered bowel screening and it's free, it's done in the privacy of your home - it's just really a no brainer! SO GET TESTED!

You will then be invited to join in the screening every two years until you reach the age of 74.

If you are over 74 and would like to join in with this screening programme you can request the screening kit every two years by calling a free phone number which is 0800 707 6060

Results of your screening will be sent direct to you usually about 2/3 weeks after you have done your test. *Helen PPG*

### **Did you know...? Minor Injury Units**

There are Minor Injury Units running from other GP surgeries in the Ashford area, so if you have a minor injury it is not always necessary to go to the William Harvey Hospital's A & E Department and sit waiting to be seen - you could go to one of these:

|                                     |              |
|-------------------------------------|--------------|
| <b>Kingsnorth Medical Practice</b>  | 01233 610140 |
| 8.00am – 6.00pm Mon-Fri             |              |
| <b>Wye Surgery</b>                  | 08443 878419 |
| 8:30am – 6.00pm Mon-Fri             |              |
| <b>Hamstreet Surgery</b>            | 08444 773989 |
| 8.00am – 6.00pm Mon-Fri             |              |
| <b>Woodchurch Surgery</b>           | 01233 860236 |
| 8.00am – 6.00pm Mon-Fri             |              |
| <b>Ivy Court Surgery, Tenterden</b> | 01580 763666 |
| 8.00am – 6.00pm Mon-Fri             |              |
| <b>Charing Surgery</b>              | 01233 714490 |
| 8.00am – 5:30pm Mon-Fri             |              |



### **Don't let "STRESS" take over your life**

Stress affects us in many ways. We may feel overwhelmed by pressures building up in our life, these maybe work, home or juggling many things. These are my 5 stress busters that helped me and maybe useful to you:

- Learn how to say NO. You are not a superhero and can't be everywhere and do everything at once, so pace yourself. If you are burnt out or stressed it will affect your health and wellbeing and it may be difficult to concentrate, so be kind to yourself.
- Make a daily list of what you have to do, then a second list of other things that need doing but not so urgent, the second list is a bonus so if you are unable to tackle any items on your second list don't worry, it's not so important.
- Don't cram too many things onto your important list - allow yourself time in the day for "You Time". Time management is important - use time wisely, put important items like meetings into your diary or mobile phone as reminders.
- Delegate whenever you can; ask others to help you, for instance ask a colleague to attend meetings on your behalf, or give pocket money to your children to do jobs round the house, it helps them value having to work for things and will give them good life skills. Remember people often feel involved more if you give them a task, and if you don't have time or skills to do something, pay someone to do it. You deserve time out, so pay a babysitter, ask a friend or family. You need time for fun and relaxation.
- Practice visualization relaxation, relax the body each part at a time, breath in slowly to a count of 6 and then very slowly breath out to a count of 6; imagine laying on a sandy beach with the waves gently flowing on to the sand, think about the warmth of the sun and relax, play soothing music if it helps. Enjoy your life, have fun, work hard but do not be come a slave to others demands and take time out to learn to manage your time wisely.



Just one last thing, you are not alone! It may feel like you are but 526,000 workers suffered work related stress and 12.5 million working days were lost due to work relate stress so be kind and forgiving to yourself it's not your fault - It is the pressures of our everyday lives. *Pauline PPG*

### **Foodie Tips**



If you want your bananas to last longer try wrapping them in some tin foil around their stems where they join together. It is a good little tip but if you get to the point where they have got a little soft and rather speckled, even if the skin has turned really brown, do not throw them away at that stage - use them to make the best banana bread ever, exceptionally yummy! *Helen PPG*