

# OLD COULSDON MEDICAL PRACTICE



## NEWSLETTER MARCH 2018

### Welcome to New Practice Manager

We welcome Arif Ladha, who joined the practice on the 2<sup>nd</sup> January 2018 to take up his position as Practice Business Manager.

Arif has considerable experience having held practice manager positions in two previous practices.

We all look forward to working with him to maintain the high profile of the practice.

### Shingles Vaccinations - Who's eligible

Patients who are aged 70 years, plus anyone in their 70s who was born after 1<sup>st</sup> September 1942 and has not had the vaccine.

Patients who are aged 78 years plus anyone aged 79 years who has missed out on the vaccine.

Contact the surgery to make an appointment if you are eligible to receive the Shingles vaccination.

### Smear Tests

A Smear Test is to detect any abnormalities and can prove life-saving. Public Health England is urging women aged 25 – 64 to take the test when invited by their practice. The test is a simple procedure carried out by one of the practice nurses.

### Bowel, Lung and Prostate Cancer

If you are worried that you may have symptoms of bowel, lung or prostate cancer, make an appointment to see your GP who will organise for tests to be undertaken.

## DATE FOR YOUR DIARY

A Health Presentation will take place

**Monday 19<sup>th</sup> March 2018**

7.30pm

## IMPROVING YOUR LIFESTYLE

**Presentation by Dr Randle**

at

**Cameron Hall, Canon's Hill**  
Rear of Old Coulsdon Congregational Church

If you would like to attend, please contact reception at the practice. 01737 558288 or email [haveyoursay1@live.co.uk](mailto:haveyoursay1@live.co.uk)

### Are You a Young Carer?

The number of young carers in the UK has increased in the past four years. Caring for someone with a disability is a huge responsibility. Most people who have become a carer is because someone close to them needs and relies on them. It is important that you inform your GP that you are a Carer.

Carer's allowance is a benefit for people who spend at least 35 hours a week caring for disabled people in their own home. It is currently worth £62.70 per week.

If you think that you might be eligible, contact Help for Carers. Tel: 020 8649 9339

### REMAP – seeking Volunteer Engineers and Craftsmen

Remap a charitable organisation that make bespoke equipment where someone has a disability that is too low down in the Fair Access to Care criteria to qualify them for official help, and the equipment they need is not commercially available. Remap are reliant upon volunteers with engineering and craftsmen experience.

If you have experience, time available and think you could help, contact Remap at 0845 1300 456. [www.remap.org.uk](http://www.remap.org.uk)

### **No Longer Need your GP Appointment**

If you have made an appointment to see the doctor and then find it is not necessary to attend, please contact reception to cancel in order that the slot can be allocated to another patient.

### **TEA DANCE**

The Patient Participation Group has organised Tea Dances that take place the second and fourth Thursday in the month at the Cameron Hall, Canon's Hill. Time 2.00-4.15pm. Entry: £3 per person.

The session enables you to socialise with others, improve your mobility and at the same time learn ballroom dance with Lorraine Drolet, a professional dancer.

### **Patient Participation Group is seeking two new members to join the Working Group**

If you are interested in local health issues as well as national, can commit to monthly evening meetings, and would like to join the PPG Working Group please advise the Reception Manager or email the PPG direct at [haveyoursay1@live.co.uk](mailto:haveyoursay1@live.co.uk) for further information.

You may prefer to become a member of the PPG Virtual Group whereby you do not need to attend any meetings. V.G members receive information and PPG Working Group meeting minutes by email. We welcome comments and views that you think will be of benefit to the practice and patients. If you would like further information leave your name and email address with Reception.

### **Parents in Partnership**

If you have a son or daughter with special needs and/or disabilities aged 0 - 25, Parents in Partnership provide information, advice and support and representation to families. Further information can be found on their website: <http://www.pipcroydon.com/>  
Email: [office@pipcroydon.com](mailto:office@pipcroydon.com)  
Tel: 020 8663 5626

### **Stroke Campaign**

New statistics released by Public Health England estimate that around 30% of people who have a stroke will go on to experience another stroke.

Everyone needs to be aware of the signs. Calling 999 as soon as you see even one of the symptoms develop – in the face, arms and speech is essential. Speedy treatment will help prevent deaths and disability.

### **FAST** – face, arms, speech, time

Every minute counts and knowing when to call 999 will make a significant difference to someone's recovery and rehabilitation.

Adults aged 40 – 74 are eligible for a free NHS Health Check which is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes and dementia. As we get older we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk. Those in the age group can expect to receive a letter from their GP or local authority inviting you for a free NHS Health Check every five years.

Additional symptoms of stroke or mini stroke can include sudden:

- Loss of vision or blurred in one or both eyes
- Weakness or numbness on one side of the body
- Memory loss or confusion
- Dizziness, unsteadiness, or a sudden fall, especially with any of the other symptoms.

People over the age of 30 are being encouraged to take part in Public Health England's online '**Heart Age Test**' to find out their 'heart age' which will show their potential risk of having a heart attack or stroke and gives them the opportunity to take action.

### **London Fire Brigade Home Fire Safety visits**

London Fire Brigade offer free home fire safety visits. Visits can take place any day of the week and at any time that is convenient to you. The assessment takes as long as necessary. First time visits are allocated up to 90 minutes.

You can book your visit on line or alternatively, call 0800 028 4428