

**OLD COUSLDON MEDICAL PRACTICE WISH YOU ALL A
VERY
HAPPY CHRISTMAS AND HEALTHY NEW YEAR**

NEWSLETTER

DECEMBER 2018

Christmas Holiday Surgery Closure Times

The surgery will be closed on the following days:

Tuesday, 25th December – Christmas Day

Wednesday 26th December – Boxing Day

Tuesday 1st January 2019 – New Year's Day

If you require medical assistance when the surgery is closed, the GP led Hubs will continue to be open 8am – 8pm. The nearest Hub is at Purley War Memorial Hospital. If you suspect that you have a fracture, you need to attend the Emergency Department.

Extended Hours Access Hub

Patients will now be offered an appointment at the Extended Hours Access Hub, Purley War Memorial Hospital, when the receptionist is unable to offer an appointment during core hours of the practice. Appointments will be offered between the times of 6.30pm – 8.30pm Monday to Friday and can be booked up to two weeks in advance. Appointments will also be offered / available over the weekend as well as weekday.

REPEAT PRESCRIPTIONS

Patients are advised to make sure that they have an adequate supply of their medication during the Christmas and New Year period, allowing sufficient time for the surgery to prepare prescriptions and for the Pharmacy to dispense.

Spring Health Presentation

Dr Sharon Thanan, one of our own GPs will be giving a presentation about Peri Menopause in the Spring.

Details of the date and venue will be in the March Newsletter. Virtual Group members will be informed electronically.

Croydon University Hospital

Emergency Dept. (A & E)

The new Emergency Department at Croydon University Hospital opened on Sunday, 2nd December.

The Emergency Department is for emergencies only and not general medical conditions that can be dealt with at the surgery or one of the GP Hubs.

New Members of the Practice team

We welcome new members to the reception and administration team who joined the practice on the 3rd December.

Trina King, Louisa Nelson and Karen Whaley are members of the Reception team, Jan James and Hannah McFall a junior, to the Admin team.

Croydon Social Prescribing

Croydon Clinical Commissioning Group and the NHS are embracing social prescribing and are the leaders certainly within the London boroughs. The Social Prescribing Team has won awards for their work. Surgeries are involved across Croydon and fall within 6 GP networks. There are 8 surgeries within the Purley network and our practice is taking the lead.

Social Prescribing is a way of linking patients in primary care with sources of support within the community. It provides GPs with a non-medical referral option to refer patients' to a range of local, non-clinical services. Recognising that patients' health is determined primarily by a range of social, economic and environmental factors, Social Prescribing seeks to address patients' needs in a holistic way.

Croydon Talking Therapies

Formerly known as IAPT, the service is returning to the surgery in January. Reception will be able to advise of clinic days and times.

Not Yet a Virtual Group Member?

If you would like to become a member of the practice virtual group, ask reception for details or contact the PPG at:

haveyoursay1@live.co.uk

As a member you receive electronically copies of the Minutes of PPG Meetings, Newsletter and are occasionally asked for feedback about specific areas of health.

Flu Vaccinations

It is not too late to have a Flu vaccination.

Flu can be more severe in people aged 65 or over and patients at high risk including Children younger than 5, especially children younger than 2 years, Pregnant women and patients who have medical conditions such as Asthma, Neurological disorders, Heart disease, Diabetes, Kidney and Liver disorders.

Flu can lead to serious complications such as bronchitis and pneumonia (a lung infection), resulting in some cases being admitted to hospital.

Don't put it off, contact your GP to get a flu vaccination now.

Vaccinations can also be given at a Pharmacy. Please inform reception if you have had the vaccination elsewhere.

Be Healthy this Winter

Many winter ailments such as colds, sore throats, cough, sinusitis or painful middle ear infections (earache) cannot be treated with anti-biotics.

What works well – Rest, drink plenty of fluids, take pain relievers such as Paracetamol or Ibuprofen and talk to your pharmacist for advice on getting the relief you need.

Children don't often need anti-biotics – most childhood infections are caused by viruses. Anti-biotics only treat illnesses caused by bacteria, not viruses.

Some pharmacies run what's known as 'minor ailment scheme' for specific ailments, such as coughs and colds, diarrhoea and vomiting. When pharmacies provide medicines as part of the minor ailment scheme, you get the medicines under the NHS. You won't pay a prescription charge for children under the age of 16.

Elderly Members of the Community

For many people, in particular older members of the community who do not have a family, this time of the year can be very lonely. Can we all play our part by checking that people who are on their own are safe and have everything they need.

South East Cancer Help Centre Purley Support Centre

Monthly Cancer Support Groups provide mutual support and information to patients living with or recovering from Bowel Cancer, Breast Cancer, Oesophagus and Gastric Cancer, Ovarian Cancer and Prostate Cancer, as well as group therapies and group activities that create an atmosphere of relaxation.

For further details contact:
020 8668 0974

Samaritans Croydon and Sutton

If something's troubling you, get in touch:
020 8681 6666 (local call charges apply)
116 123 (this number is free to call)

GP Hub Purley War Memorial Hospital, Brighton Road, Purley CR8 2YL Tel: 0208 401 3238

GP Hub East Croydon Medical Centre, 2 Brickwood Road, Croydon CR0 6UL Tel: 0208 256 1046

GP Hub Parkway Health Centre, Parkway, New Addington, CR0 OJA 01689 808810