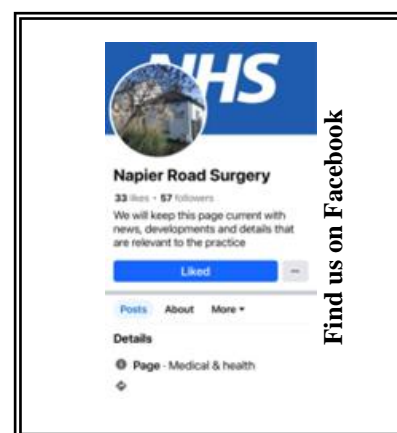
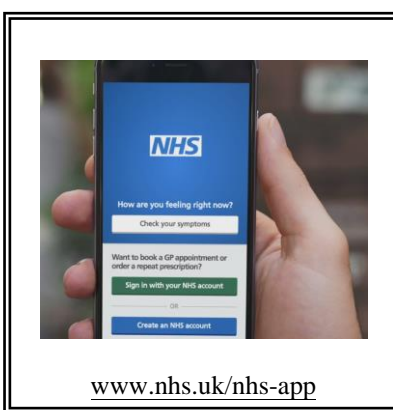
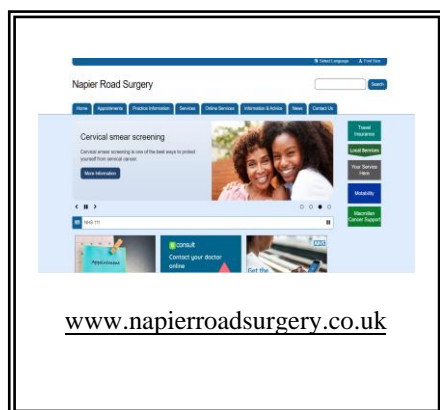
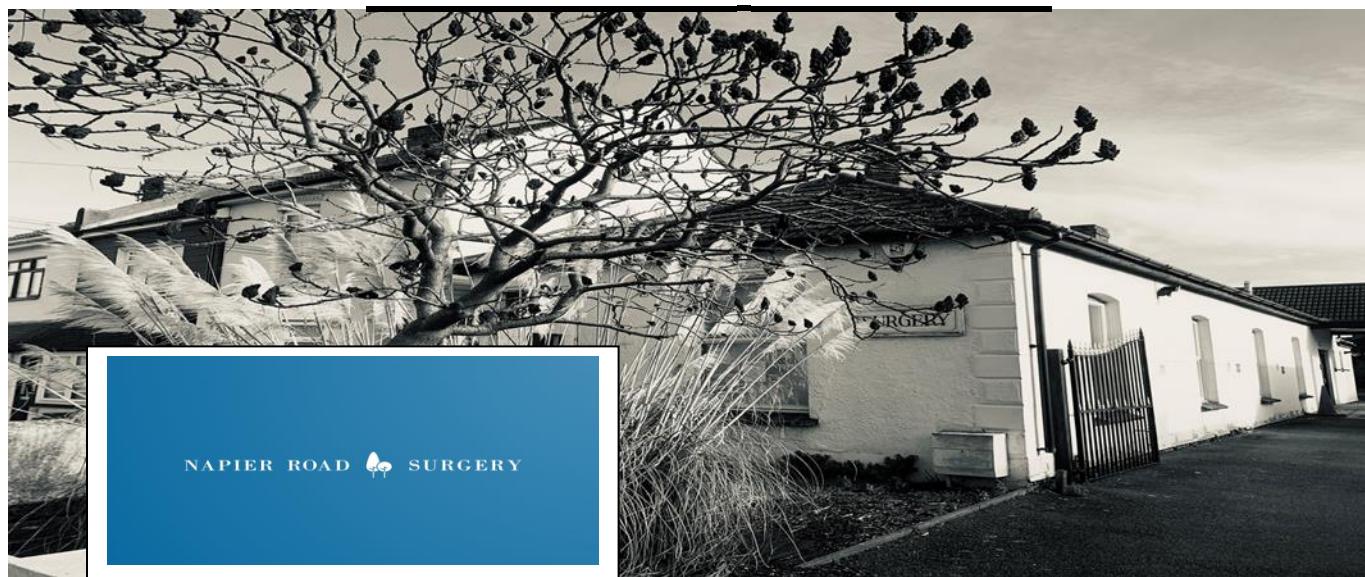


NEWSLETTER – Autumn 2024



Notice from the PPG

Should you wish to be part of the PPG or share your ideas and suggestions and make a difference at your surgery please email jackiewoodgate@yahoo.co.uk

Can you help with planned events at the surgery....
Would you like to be a member of the Patient Participation Group....

Notice from the surgery

Appointments - Once again, we ask when booking an appointment to see the GP should you wish to discuss more than one issue that a double appointment is booked with reception, this will prevent longer waiting times at the surgery. Normal appointment times are up to 10 minutes.

Prescriptions - Please be advised that prescriptions take up to 72hours to process the prescription request. We do not take requests over the phone. All acute items and repeat medication have to be requested in writing if you are not using the NHS app.

Email: kmicb.napierroadsurgery@nhs.net

Medication Reviews – It is Napier Road Surgery's policy that all patients prescribed repeat medication have at least an annual medication review with either the Pharmacist or Pharmacy Technician. This is to ensure safe and effective prescribing.





FOCUS ON HEALTH



Shingles vaccine

The shingles vaccine helps protect against shingles. It's recommended for all adults turning 65, those aged 70 -79 and those aged 50 and over with a severely weakened immune system.

What the shingles vaccine is for?

Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

The shingles vaccine helps:

- reduce your chances of getting shingles
- reduce your chances of getting serious problems if you do get shingles

Who should have the shingles vaccine?

The shingles vaccine is recommended for some older adults and people with severely weakened immune system.

People who turned 65 on or after 1st September 2023

From 1st September 2023, you're eligible for the shingles vaccine when you turn 65. You'll be offered 2 doses of the vaccine. These are given between 6 and 12 months apart. Your GP should contact you to make an appointment to have your shingles vaccine. Contact your GP surgery if you think you're eligible for the shingles vaccine and you've not been contacted about it. You will remain eligible until your 80th birthday (but you can have your 2nd dose up until your 81st birthday)

If you turned 65 before 1st September 2023, you'll be eligible for the shingles vaccine when you turn 70.

People aged 70 – 79

Everyone aged 70 – 79 is eligible for the shingles vaccine. Depending on the type of vaccine you have, you'll have either 1 dose or 2 doses (given 6 and 12 months apart). Contact your GP surgery if you missed your vaccine. You're eligible up until your 80th birthday (but you can have your 2nd dose up until your 81st birthday)

People aged 50 and over with a severely weakened immune system

You're eligible for the vaccine if you're aged 50 or over and you're at higher risk from shingles because you have a severely weakened immune system. You'll be given 2 doses of the shingles vaccine. These are given between 8 weeks and 6 months apart. Ask the surgery or care team if you're not sure if you're eligible for the shingles vaccine.

You can get shingles more than once, so it's important to get vaccinated even if you've had shingles before.
For more information visit:

www.nhs.uk/vaccinations/shingles-vaccine/



WHAT'S HAPPENING AT THE SURGERY!

13TH November 2024 - 2-4pm

NHS APP SESSION

Napier Road Surgery will be working in partnership with Digital Kent to run an NHS App Digital Workshop, aimed at helping you with your NHS App.

Digital Kent is a project run by Kent County Council, aimed at supporting Kent residents with their digital access, skills and confidence, and is working with the NHS to support patients with their digital health outcomes.

If you are interested in learning more about the NHS App, and how it can help you manage your health, we will be offering this support on *[Wednesday 13th November 2-4pm]*

The NHS App can be a fantastic way of easily managing your health records, prescriptions and appointments, and we will be on hand to help you learn how to feel confident in navigating the NHS App on your phone, tablet or laptop. We do recommend that you bring your phone/tablet/laptop to the workshop so they team can support you with any queries you may have.

To register interest, please phone the surgery on 01634 580480



Patient Participation Group

What does a Patient Participation Group do, can you help?

In practice, PPGs can play a number of roles, including:

- Advising the practice on the patient perspective
- Organising health promotion events
- Communicating with the wider patient body
- Running volunteer services and support groups to meet local needs
- Carrying out research into the views of those who use the practice (and their carers)
- Influencing the practice or the wider NHS to improve commissioning



Tips to try and help reduce your cost of living

1. Track your spending and set a budget
2. Haggle where you can, phone, Broadband and TV services. If your mobile phone contract is coming to an end, switch to a sim only contract
3. Turn down your thermostat, are you eligible for a grant, add layers and blankets, heat the person not the room.
4. Chop your food spend – draw up a weekly food plan, batch cook
5. Switch of standby, modern LED bulbs use 90% less electricity than traditional incandescent lights.

www.helpforhouseholds.campaign.gov

www.moneysavingexpert.com/deals/supermarket-coupons/

www.vouchercodes.co.uk

Feeling lonely or isolated?

If you are feeling lonely or isolated, help is at hand. Contact AgeUK to receive a free weekly friendship call. They will match you with one of their volunteers. The service is flexible to suit the different needs of everyone who takes part. Age UK Advice Line 0800 678 1602. Free to call 8am – 7pm, 365 days a year.

Mental Health

Can I improve my mental health?

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. Click on this link to find out more: 5 steps to mental wellbeing - NHS

www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/

Helpful telephone numbers:

NHS Talking Therapies 01983 532860, NHS 111 option 2, Samaritans 116 123

Children and young people – if you are looking for urgent mental health help for a child or young person, please phone the Single Point of Access (SPA) on 0800 011 3474

Over 18: Anyone experiencing **an urgent mental health crisis** can call 111 and select the option for mental health, when prompted, to speak to a specially-trained mental health practitioner.

November 2024
1st – 30th November

November 2024, also known as Men's Health Awareness Month, is an annual global campaign that encourages men to grow Mustaches and participate in various activities to raise awareness about men's health issues.

This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention.



Long Term Condition Reviews

These include Asthma, COPD, Diabetes, Hypertension, Chronic Kidney Disease, Coronary Heart Disease, Stroke/TIA, Atrial Fibrillation). It is Napier Road Surgery policy that all patients diagnosed with these conditions have at least an annual review with either the Doctor or Nurse. We recall by birth month. The aim is to make sure your condition is being controlled as well as possible and to identify any areas where we can make changes to help you.

Napier Road Statistics - **(1st Jan – 30 Sept 24)**

GP routine appt face to face & telephone – **1651**
GP acute appt face to face & telephone – **1770**
GP eConsults – **365**
GP worklist (queries from patients) – **1715**

Nurse

Long term issue reviews – **474**
Vaccinations – **335**
Smear tests – **188**
Other (includes ECG, swabs, contraceptive pill etc) – **65**
NHS Health Checks – **50**
New patient checks - **213**
Mother & Baby postnatal & 8 week checks - **40**

Medication reviews with Pharmacist – **300**

Mental Health Nurse – **144**

Missed appointments - **221**



Napier Road Surgery Services

Do you need to see a doctor, or can the general practice team help you?

A range of healthcare professionals work at or are attached to our surgery to help you get the right care for you. Our reception staff are triage trained; they are trained to ask the right questions in order to get you the most appropriate care.

Practice Nurse (PN)

- Asthma/COPD reviews, blood taking, BP monitoring, lifestyle advice, smear tests, HRT advice, travel advice & immunisations, ECGs, spirometry, B12 and hormone injections, diabetes checks, hypertension reviews, NHS health checks.

Social Prescribers

- Social prescribers are a means of enabling GP's, nurses and other health and care professionals to refer patients to a range of local, non-clinical services in order to improve the patients' health and wellbeing.

Practice Pharmacy Team

- The Pharmacy team are responsible for the medicine management of all patients in the practice. They assist the GPs in ensuring that the patients are on the right medications for their condition and monitor these going forward. Speak to the pharmacy team about any queries regarding your medication.

Community Care and Treatment Services

- Their duties include, taking blood, chronic disease monitoring, wound care, dressings and removal of sutures/stitches, ear care, minor injuries and more.

First Contact Physio (FCP)

- The FCP team are the best first point of contact for any muscular or joint problems. They can provide diagnosis and treatment for your condition, as well as refer you on to specialists if that is required. Their service is designed as an alternative to seeing a GP.

Mental health and Wellbeing Team

- The surgery now has a Mental Health Nurse at the surgery 1 day a week. They can help by providing coaching support to help you manage your condition, working with you to identify your health and wellbeing goals as well as advising you of helpful resources and peer support groups.

Eye Conditions

- Eye conditions can be managed by your local Opticians. They can treat a majority of eye problems such as; sticky eye, floaters, pain in and around the eye, and blurred/reduced vision. Opticians can also refer you onto Ophthalmology at the hospital if required. They maintain emergency appointments on a daily basis should you require your eye looked at urgently.

District/Community Nurses

- The District Nurses deliver care to all the patients who are housebound and cannot be seen by a Nurse at the surgery. They meet on a regular basis with the GPs to discuss their workload and determine the care each patient will require. Although they do liaise with the GPs, they manage their own caseload.

NHS 111

- When the surgery is closed or when you are advised to, please contact NHS 111 by calling 111 or visiting <https://111.nhs.uk/> They can offer advice out of hours and refer you on to the hospital (such as A&E) should you require going there. If you suspect a heart attack or stroke, call 999

NHS Website

- www.nhs.uk this website contains a great deal of information to manage non-life-threatening conditions at home. People are often surprised by what they can treat themselves. You may find this useful for when you do have to wait to be seen by the surgery or you may even find that the self-help advice is all you need, and the issue goes away.