

The Surgery Newsletter

Produced by the Prospect House Patient Participation Group



Hello Patients.

In this issue, the main topics from the practice are about Taking Care of Yourself including when going on holiday and especially during very hot weather.

Feedback about Newsletter content is always welcome.
Please write to prospect.houseppg@nhs.net



Health and Wellbeing for YOU !

Here are five ways to be physically and mentally as healthy as possible.

1. If you are aged 40-74 and have not had a stroke, you are eligible for an NHS Health check every 5 years. This is a free check-up of the health of your heart and blood vessels (cardiovascular health). It can tell you whether you are at higher risk of getting problems, such as heart disease, diabetes, kidney disease and stroke.

An invitation will be sent to you from the practice and you should then contact the surgery to arrange a blood test. This will be followed by a face to face or telephone. appointment to discuss the results and carry out tests such as measuring weight and height together with questions about if and how much you might:- Smoke, Drink, Exercise .

Click on the links below for further information on the NHS Health Checks.

Please ensure that you take up and attend any NHS screening invitation as soon as possible.

[What is an NHS Health Check?](#)

[Why do I need an NHS Health Check?](#)



2 Talking cafe sessions run by the PCN are available at

**The Lifestyle Centre
Amersham HP6 5AH**

every Thursday 10 am to 12 pm
OR

**Hugenden Village Coffee
Shop HP14 4NX** on first Monday
of month at 1pm to 3 pm,.
commencing August 3rd .

Visit a local **health and well being coach** for advice on healthy eating, weight management, sleep and mental wellbeing. You can self refer or ask your GP . You can attend a group session in person as above or online to learn more about gut health, managing cholesterol levels, lifestyle changes to help improve your physical and mental health.

3. Try the [Healthy Choices short quiz](#) .

The main link to website is

[Chiltern Health and Wellbeing](#)



4. *Summer Season Advice"

For information on the topics below, please follow the links. For practical advice on treatment, go to your local Pharmacy or phone 111.

For insect bites and ticks, [follow this link](#)

For water, other drinks (not JUST water) and hydration, [follow this link](#)

For sunscreen and safety, [follow this link](#)

This summer's heat has resulted in direct and indirect effects. Very good advice is available at this [HealthWatch Bucks](#) link.

5. NHS - When and where to get travel vaccinations

A travel risk assessment will need to be completed. Please allow a minimum of 6 weeks before you travel because some vaccinations involve several doses, or take time to build up protection.

Contact the surgery to request a travel form (telephone, email, Evergreen). Our Practice Nurse will review your travel form and the surgery will be in contact with you to either book an appointment for vaccines or confirm that you already up to date.

ARE ANY TRAVEL VACCINATIONS FREE IN THE UK?

Yes, some are. The NHS provides certain travel vaccines free of charge when the destination is deemed to carry significant risk.

Vaccines Free Through NHS GP Include:	Vaccines Not Covered by the NHS Include:
Hepatitis A (for some destinations)	Yellow fever
Typhoid (for some destinations)	Rabies
Cholera (for some destinations)	Japanese encephalitis
Polio, Tetanus, and Diphtheria (if you're not up to date)	Tick-borne encephalitis
	Hepatitis B (in most cases)

*Free on NHS for school leavers (ages 14-15) and first-time university students under 25. All others, including Hajji/Umrah pilgrims, pay privately.

It's worth reading up on whether travel vaccines are covered by the NHS before booking a private clinic. You might save money on the vaccines that are available free. But don't leave it too late: NHS appointment slots fill up quickly in summer.

Flu vaccination clinics will be held at the surgery and are expected to start from the first week in October

LOCAL HEALTH TALKS ORGANISED BY OUR AREA PRIMARY CARE NETWORK

There are frequent information sessions in our area, Some are online, some face-to-face. They are organised by either the local PCN (Primary Care Network of which our surgery is part) or by surgeries within the PCN.

If you are interested in any of the following sessions, please go to **Mid Chiltern PCN**

GUT HEALTH

Saturday 18th July via webinar, 10:00 am to 11:00 am

Saturday 15th August via webinar, 10:00 am to 11:00 am

Saturday 12th September via webinar, 10:00 am to 11:00 am

HEALTH AND WELLBEING, PRE-DIABETES and MENOPAUSE, dates to be announced. Your interest can be registered by following the link above.

LOCAL SESSIONS ORGANISED BY PROSPECT HOUSE

Our last health talk was in February about Diabetes. Or next session is on July 16th when the subject will be Men's Health. The surgery has invited patients who would benefit from this. If you have not received an invitation but are interested for you or a family member, please contact the surgery ASAP.

Our "Question of the Month" feature was to be about Men's Health but will now be answered more appropriately in the next issue, after the above talk.

If you have any suggestions for questions, please email us at prospect.houseppg@nhs.net

PPG BOOK EXCHANGE

You can donate books you have read to the surgery and for £1 take home another. Proceeds from the sale of books are going towards our next purchase of wipe clean toys for the childrens' corner in the waiting room.

OPENING HOURS AND TRAINING

Opening: Monday-Friday

08.00-18.30 Dr IQ powered by Evergreen is available for on-line consultations

08:00-18:30 Reception is open

08:30-18:00 Telephone lines are open

Urgent on the day telephone appointments are released at 8:30 and at 14:00. Follow link to **PH web site** for more information.

and on Facebook for up to date surgery news at **Prospect House on Facebook**

Training days : Wed 15/07, Tues 15/09,

Thurs 15/10, Tuesday 17/11 .

DEMENTIA CARE

Karen, our Practice Manager, and her reception staff have put together this display board in our surgery to create awareness of those suffering from Dementia, their Carers and where help and support can be found. The 50 forget-me-nots were crocheted by a group of ladies from South Heath to whom we are very grateful.

Click on "**Helping your brain to stay healthy**" for useful NHS information. There are many other local support services for both Carers and those for whom they care. Go online to find out or ask a neighbour or family friend to go online for you.

