

# Surgery Newsletter

Produced by the Prospect House PPG



Welcome to the first edition of the Prospect House newsletter. In it we bring you news of the latest patient initiatives, surgery news and the latest information on how to stay healthy. We'd love to hear from you if you have any suggestions for topics to include in future issues.

To contact us with your ideas please email: [prospect.housePPG@nhs.net](mailto:prospect.housePPG@nhs.net)



## Pharmacy First

How Kinton Pharmacy can support your health needs.

Kinton Pharmacy is much more than a place where you pick up your prescriptions. The staff at Kinton offer a wide range of services to support the health of the local community. Why not take advantage of their Minor Ailments Scheme? Common illnesses such as coughs and colds affect us all from time to time. If you are suffering from a common cold, hayfever, diarrhoea or other minor illness, Kinton can offer advice and recommendations on which medications will help you. If you're thinking of venturing overseas this summer once restrictions are lifted, Kinton's travel clinic enables you to get vaccinations, anti-malarial tablets, travellers' diarrhoea treatment packs and jet lag medicines without having to see a doctor face-to-face. You can even get your passport or ID photos while you wait. As the pressure on GP practices continues to build, the role of your local pharmacy becomes ever more important. If your health concern isn't urgent but you would like some advice, why not speak to us first. For a full list of our services visit our website: [www.kintonpharmacy.com](http://www.kintonpharmacy.com)

## OUR NEW PRACTICE MANAGER

We are delighted to welcome Sayma Ali to the surgery.

"I was born and brought up locally and went to The Misbourne School, where my own children now go. Over the last 4 years I have worked in general practice, working away for the last year and now happy to be closer to home. I look forward to working within my community and creating a strong working relationship with our patients and the PPG."  
Sayma



## Tick Awareness



### ***Did you know that ticks can cause Lyme Disease?***

Ticks are found all over the UK but they are particularly prevalent in the grassy and wooded areas of Southern England and the Scottish Highlands.

### ***What is Lyme Disease?***

Lyme disease is the most common tick-borne disease in the northern hemisphere. Symptoms of Lyme disease can include malaise, unexplained flu-like symptoms, soreness and achiness, light and noise sensitivity, cognitive problems, fatigue, a stiff neck, facial palsy, numbness and tingling. Left untreated, the infection can spread anywhere in the body.

### ***Prevention & Early treatment is very important***

Tick bite prevention and correct removal are crucial when it comes to avoiding Lyme disease. Insect repellent, wearing long-sleeved shirts and tucking trousers into boots are all effective ways of minimizing your risk of being bitten. If you do find a tick on your skin, it's important that you remove it correctly. For further guidance, you can visit [www.lymediseaseuk.com](http://www.lymediseaseuk.com).

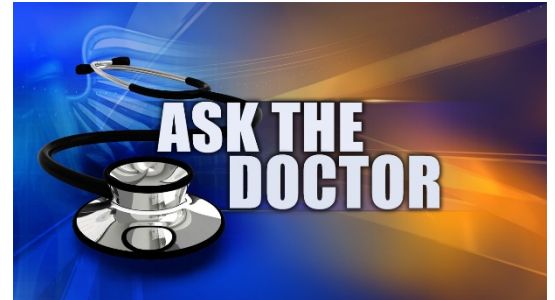
If caught early, Lyme Disease can be easy to treat, usually with a course of antibiotics.



If you develop a "target" rash similar to the one in the picture, you should contact your GP immediately or visit your local A&E if outside of normal opening hours.

## Your Questions Answered....

Why should I have my blood pressure checked regularly?



High blood pressure is known as the silent killer as it often has no symptoms but can damage your arteries, your heart and other organs and put you at increased risk of having a heart attack, stroke or developing kidney disease.

Your risk of high blood pressure increases with age. If you smoke, are obese, are physically inactive, or have diabetes or high cholesterol, you may also be at an increased risk.

The good news is that a blood pressure test is quick and painless. If you have not had your blood pressure checked in the last year and are over 40, book an appointment with the practice nurse or your GP.



## Your NHS Data



The rules regarding how and with whom your data can be shared are changing from 30<sup>th</sup> September. Further information on the changes, including how to opt out, can be found on the practice website.

**N.B. If you do not want your data to be shared, you will need to opt out before 30<sup>th</sup> September.**

# Surgery Staff Rotas

The Prospect House Surgery continues to be very much open for business and we are happy to provide in-person appointments where needed. We also continue to provide our usual routine screening service.



Dr. Ahmed Moukli: Clinical Lead  
Surgeries: Monday, Tuesday & Friday.  
Also available for early morning  
telephone appointments 7.00-8.00am



Dr Sindu Yoharajan: Salaried GP  
Surgeries: Monday, Wednesday &  
Thursday.



Sarah Walker, RGN: Practice Nurse  
All day Monday & Friday  
Tuesday and Thursday mornings.

## Booking appointments

**By telephone** between 8.30am-1.00pm and 2.00-6.00pm by ringing 01494 86 2325.

Please avoid the first half hour to keep the line free for those trying to make urgent appointments for that day.

## Did you know that you can book appointments

**On line** at any time? To be able to do this you will need to register with PatientAccess. You will find details on the surgery website.



# Blood Tests



Blood tests can be carried out at the surgery, these need to be done in the morning no later than 10am as the samples are collected by a courier and taken to the hospital.

Patients wishing to have a blood test at hospital now need to book an appointment online. **PATIENTS CAN NO LONGER TURN UP AT THE HOSPITAL WITHOUT AN APPOINTMENT**

- Patients can access the booking system at [www.buckshealthcare.nhs.uk/bloodtests](http://www.buckshealthcare.nhs.uk/bloodtests)
- Patients referred for an adult blood test can then choose a time and location that suits them and avoid overcrowding in clinic waiting areas.
- Any patient referred by their GP who walks in without a pre-booked appointment will be given details of how to make an online booking and asked to return.
- Patients who cannot access the internet and have no relatives or friends to assist with online bookings, can use a volunteer support phoneline: 07929 831150

**Please note**, this is not a general helpline and is only for those unable to book online.



ask FIRST (formerly ASK NHS) is a free app available for iOS and Android phones and devices. It contains a symptom checker, hosted by one of ask FIRST's virtual assistants. It will help direct you to the most appropriate care that is nearby. This might be by suggesting a local pharmacy, or by making you an appointment at your GP. You can also access the symptom checker on our website. ask FIRST is not replacing any services you use currently. It is a new addition, and you'll still be able to get in touch with your GP using the methods you used before.

# The History of Prospect House

Extract from a history of Prospect House by Jill Pateman. We would like to thank Jill who researched & wrote it especially for our news letter. The remainder will be included in subsequent issues.

Prospect House was built in the mid-late 1700's as a private residence and is now Grade 2 listed. It is located opposite what was Abbey Farm, the farm linked to Missenden Abbey. Old photos show the farm clock-tower, which can still be seen today. The clock was vital for calling the farm-hands to work and so they knew the time, in an age where people didn't own watches. The residents of Prospect House would have heard the bell tolling several times a day, calling men to work or to come in for meals. Farm hands were known as "Agricultural Labourers". Seeing cows in the High Street outside the gates of Missenden Abbey would have been a typical scene for the residents of Prospect House.

By the 1880's, Prospect House was being let out and may have been for many years previously. An advert in the Bucks Herald in April 1881 describes the house as a desirable residence of 5 bedrooms, with stables, a chaise house for the carriage and a large walled garden. Also an outside Wash House and outside loo! The house backed onto "Back Lane", which was one of the poorest streets in the village, along with Church Street. There was a "poor-house" in Back Lane in the early 1800's, before the Union Workhouse was built in Amersham in 1838.

This desirable residence became a GP surgery some time in the 1970's, the reception rooms converted to consulting rooms, whilst upstairs the bedrooms now provide rooms for an eye clinic together with a small conference room and some office space.

Sadly the walled garden has disappeared; carriage and horses have given way to the motor car as a means of transport and the time of day is available to all on our mobile phones rather than by the tolling of a bell.



# Why have a patient participation group?

Apart from the fact that they are now mandatory, they provide an opportunity for patients to be involved with their own health care and to be aware of what is on offer from their practice and locally.

Patients have the opportunity to contribute their own ideas, making suggestions as to how things might be improved by changing the way things are done.

A PPG acts as a support network for patients and practice so that the best health outcome for everyone can be achieved.

The PPG at Prospect House makes occasional contact with patients by email, keeping them informed of relevant practice news concerning health issues.

Without disclosing names, any feedback is shared with the practice during the PPG committee meetings which take place approximately four times a year.

The PPG currently have a section on the Prospect House web site where the Agendas and Minutes from these meetings can be found.

[www.thepracticeprospecthouse.nhs.uk](http://www.thepracticeprospecthouse.nhs.uk)

We are also a member of the National Association of PPG's enabling us to share ideas, experiences and achievements with PPG's all over the country.

If you would like to join the existing PPG group at Prospect House, we would be delighted to hear from you. Please email [prospect.housePPG@nhs.net](mailto:prospect.housePPG@nhs.net).

Your details will be held in full compliance with data protection requirements and you can of course 'unsubscribe' at any time.

Thank you.