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WOODLANDS PRIMARY CARE



Patient Newsletter No.66

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www.woodlandssurgerysidcup.nhs.uk

Our website will give you all the latest surgery news and information.

CHRISTMAS & NEW YEAR CLOSURES

Please note that the surgery will be closed on the following days for Christmas and New Year Bank Holidays;

- Wednesday 25th December 2024
- Thursday 26th December 2024
- Wednesday 1st January 2025

If you need medical assistance when we're closed, please call 111, or visit 111.nhs.uk.

STAFF CHANGES

Unfortunately we have recently said goodbye to our GP Registrars - Dr Kana, Dr Ravii and Dr Suntha. Dr Dee will also be leaving the surgery soon. We would like to thank them for their work in the surgery, and wish them the best for the future.

We will be having four new GP Registrars joining us soon - Dr Dulane, Dr Ifeoma, Dr Rane and Dr Sivapalan.

Our Physiotherapist Emmanuel will also be leaving us, and we wish him the best going forward. A new physiotherapist called Adedoyin will be joining the surgery, and will be available for appointments.

Please would you join us in making all our new staff feel very welcome to Woodlands Surgery!

SEASONAL VACCINATIONS

It's important to get your winter flu and COVID-19 vaccinations if you're eligible. Getting vaccinated every year will top up your protection and reduce your risk of getting severe symptoms.

You can get both the flu and COVID-19 vaccines if you;

- are aged 65 or over (including those who will be 65 by 31st March 2025)
- have certain health conditions
- are pregnant
- live in a care home for older adults

Other care home residents, carers and people who live with someone who has a weakened immune system can get the flu vaccine. Frontline health and social care workers can also get flu and COVID-19 vaccines.

Please visit nhs.uk/seasonalvaccinations for more information, or to book a vaccination.

MY PLANNED CARE

If you are waiting for a referral appointment, *My Planned Care* gives you advice and support whilst you wait, and helps you to prepare for your hospital consultation, treatment, or surgery.

This includes giving you information about waiting times for your hospital, and information about supporting and local services while you wait. Waiting time information is not applicable for patients on a cancer pathway.

Please visit their website for more information, and for guidance on the average waiting time for an appointment; myplannedcare.nhs.uk.

HOSPITAL RESULTS

Please note that in regards to tests requested by hospitals or other clinics, they will receive your results, as results are returned to the requester. Patients will receive a letter or follow up in due course. The surgery will also be informed of the results at a later date.

Please contact your test requester for the results. Unfortunately the surgery are unable to chase up test results that have been requested by other providers.

PHARMACY CONSULTATIONS

You can contact or visit your local community pharmacy for help and advice from a qualified healthcare professional, on a range of minor illnesses, including;

- earache (aged 1 to 17 years)
- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- shingles (aged 18 years and over)
- sinusitis (aged 12 years and over)
- sore throat (aged 5 years and over)
- urinary tract infections or UTIs (women aged 16 to 64 years)

If something is more serious, they can point you to the right place to contact or attend.

They can also offer confidential advice on a range of topics, including exercise, stopping smoking, contraception and blood pressure.

They can also support you with taking medication, and any queries you may have. Please visit nhs.uk/find-a-pharmacy to find pharmacies local to you.

FREE NHS-WIFI

If you are waiting for an appointment, you are able to use our free NHS Wifi whilst in the waiting room. Simply search for NHS-WIFI on your phone or tablet to connect.

INHALER RECYCLING

You can now recycle pressurised metered dose inhalers at participating sites.

Inhalers should not go in the bin or recycling at home. They end up in landfill, and the gases they contain contribute to climate change. Even inhalers that seem empty can still contain greenhouse gases.

Please bring your old, expired and unused inhalers to a participating pharmacy.

More information and participating sites can be found at; selondonics.org/our-residents/your-health/local-nhs-services/inhaler-return-and-recycling.

URINE SAMPLES

Please do not bring a urine sample to reception unless you have spoken to a Clinician, and they have requested you bring a sample in.

If you are asked to provide a sample, please make sure it is using one of our sterile sample pots, which are available at reception.

All samples must be brought into surgery before 12.30pm.

RECEPTION TEAM

Please be patient when waiting to speak to our reception team, as they are busy answering the phones, in addition to speaking to people at the desk.

They will answer your call as soon as they can. Thank you for your patience and understanding.

PATIENT CONFIDENTIALITY

Everyone 16 years or over needs to contact the surgery for their own results and medical information.

Due to patient confidentiality, we cannot give information about any patients 16 years or over to anyone else, without prior permission.

**GET VACCINATED.
GET WINTER STRONG.**

You can get free flu and COVID-19 vaccines this autumn if you:

- are 65 or over
- have a certain health condition
- are pregnant
- are a frontline health or care professional
- are an unpaid carer
- live with someone who has a weakened immune system.

To find out more and how to book, visit:

www.nhs.uk/seasonalvaccinations