

Dr. Carolyn Prior

Dr. Pandu Balaji

Dr. Emanuel Hacıaturian

Dr. Haroon Mufti

Dr. Anna Draper

Dr. Tom Nicholson

WOODLANDS PRIMARY CARE



Patient Newsletter No.67

Dated: JANUARY 2025

www.woodlandssurgerysidcup.nhs.uk

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

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.

RESPIRATORY HUB

We are now able to book patients with an Acute Respiratory Infection (ARI) into an appointment at a local respiratory hub.

Appropriate bookings include;

- coughs
- cold
- sore throat
- ear ache
- sinus issues

Appointments are available every weekday at The Albion Surgery in Bexleyheath. If you would like to book an appointment, please contact the surgery on 0208 300 1680 - line 1 for appointments.

MYCHART PATIENT APP

MyChart gives you access to your health information and a direct connection to your hospital care team, with tools to help you actively participate in your care.

At the surgery we do not have access to anything put onto the MyChart app, or information on how the app works. If you have any queries about what is showing on your hospital record, please contact the relevant hospital department.

Please visit www.mychart.org for more information.

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
- impetigo
- infected insect bites
- shingles
- sinusitis
- sore throat
- urinary tract infections (UTIs)

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, skin issues, blood pressure and more.

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.

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.

QUIT SMOKING FOR 2025

When you quit smoking, good things start to happen. You'll begin to see almost immediate improvements to your health. It's never too late to quit and it's easier to stop smoking with the right support.

Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?

Visit www.nhs.uk/better-health/quit-smoking for more information.

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.

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.

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.

Most pharmacies can help you with **seven common conditions** without needing a GP appointment



Providing NHS services

Speak to your pharmacist if you suspect you have:

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



**Visit your
Pharmacy First!**

More Information:

www.nhs.uk/nhs-services/pharmacies