


<p>Dr. Carolyn Prior Dr. Pandu Balaji Dr. Emanuel Hacıaturian Dr. Haroon Mufti Dr. Anna Draper Dr. Tom Nicholson</p>	<p><b>WOODLANDS PRIMARY CARE</b></p> 	<p>Patient Newsletter No.68</p> <p>Dated: APRIL 2025</p> <p><a href="http://www.woodlandssurgerysidcup.nhs.uk">www.woodlandssurgerysidcup.nhs.uk</a></p> <p>Our website will give you all the latest surgery news and information.</p>
<p><b><u>SELF-CHECK IN FOR APPOINTMENTS</u></b></p> <p>If you are attending for an appointment, please use our self-check-in machine, which is located on the wall in our reception area, past the reception desks.</p> <p><b><u>EASTER CLOSURE</u></b></p> <p>Please be aware that on <b>Friday 18th April</b> (Good Friday) and <b>Monday 21st April</b> (Easter Monday), the surgery will be closed for the Bank Holidays.</p> <p>If you have an urgent medical problem (that is not life threatening) and are unsure what to do, NHS 111 can be contacted by dialling 111 or online at <a href="http://111.nhs.uk">111.nhs.uk</a>.</p> <p>The surgery will re-open on Tuesday 22<sup>nd</sup> April at 8am. We would like to wish all of our patients a Happy Easter!</p> <p><b><u>YOUR LIFE, YOUR CHOICE</u></b></p> <p>Your Life, Your Choice Bexley is an easy-to-use online platform that helps you find local services, support and social activities in the community, putting you in charge of living the life you want.</p> <p>Whether you are looking for assistance, support, or social activities, the platform offers a range of options throughout Bexley. You can do a quick search of providers who will be matched to support your needs.</p> <p>Please visit <a href="http://bexley.gov.uk">bexley.gov.uk</a> for more information.</p> <p><b><u>MIND IN BEXLEY</u></b></p> <p>Mind in Bexley provide help for anyone struggling with their mental health or supporting someone who is. They assist people in their recovery, helping them take control of their wellbeing and lead fulfilled, productive lives.</p> <p>They offer a range of services, including talking therapies, recovery workshops, employment support, digital hub training, family and carer support, plus more.</p> <p>Please visit <a href="http://mindinbexley.org.uk">mindinbexley.org.uk</a> for more information, and to access their services.</p> <p><b><u>WEIGHT LOSS INJECTIONS</u></b></p> <p>Please note that the surgery cannot provide weight loss injections privately to patients. We are currently only able to issue the injection to eligible diabetic patients. Please speak to our Nursing team for more information.</p>	<p><b><u>NHS APP NOTIFICATIONS</u></b></p> <p>If you are using the NHS App, you can turn on notifications; the app uses notifications to tell you when you have a new message.</p> <p>NHS App notification preferences are now managed in your device settings. They can be turned on by following these steps:</p> <ul style="list-style-type: none"> <li>• Log in to the NHS App</li> <li>• Select the Account icon in the top corner</li> <li>• Select Settings</li> <li>• Select Manage Notifications</li> <li>• Follow the link to your device settings</li> </ul> <p>Turning your notifications on or off may take up to 24 hours to take effect. Please visit <a href="http://www.nhs.uk/nhs-app">www.nhs.uk/nhs-app</a> for more information.</p> <p><b><u>HOSPITAL RESULTS</u></b></p> <p>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.</p> <p>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.</p> <p><b><u>BLOOD PRESSURE MONITOR</u></b></p> <p>High blood pressure can lead to heart attacks, strokes, and other illnesses. Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms; the only way to find out is to have a blood pressure check.</p> <p>There is a self-service blood pressure monitor in the surgery waiting room. This is a walk-in service, no appointment required. Please speak to our reception team for more information.</p> <p><b><u>MYCHART PATIENT APP</u></b></p> <p>MyChart gives you access to your health information and a direct connection to your hospital care team. At the surgery we <i>do not</i> 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.</p> <p>Please visit <a href="http://www.mychart.org">www.mychart.org</a> for more information.</p>	<p><b><u>YOUR GENERAL PRACTICE TEAM</u></b></p> <p>There are a range of health professionals who work together within the surgery, to help you get the right care when you need it. In addition to GPs, our team includes;</p> <ul style="list-style-type: none"> <li>• nurses</li> <li>• specialist MSK physiotherapist</li> <li>• clinical pharmacists</li> <li>• mental health practitioner</li> <li>• social prescribing link worker</li> <li>• dietician</li> <li>• care co-ordinators</li> </ul> <p>Our receptionists are trained to discuss your medical concern thoroughly and confidentially, so you can be seen by the right health professional for your situation. Please contact the surgery if you would like to book an appointment.</p> <p><b><u>QUIT SMOKING FOR 2025</u></b></p> <p>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.</p> <p>Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?</p> <p>Visit <a href="http://www.nhs.uk/better-health/quit-smoking">www.nhs.uk/better-health/quit-smoking</a> for more information.</p> <p><b><u>FREE NHS-WIFI</u></b></p> <p>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.</p> <p><b><u>TRAVEL VACCINES</u></b></p> <p>If you require travel vaccinations or travel advice, please submit an online consultation via our surgery website, or complete an assessment form, available from our reception team. The Nursing team will review and get back to you.</p> <p>You may be charged for travel vaccinations and medication. Antimalarial medication is available over-the-counter from pharmacies.</p> <p>Vaccines need time to take effect, and some may require a course over several weeks. Please make sure you arrange your vaccinations in plenty of time before you travel.</p>

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](http://www.nhs.uk/nhs-services/pharmacies)