

# Wilson Practice News

December 2016



## CHRISTMAS IS COMING please plan ahead

Over the two festive weekends, we are **CLOSED** for  
**FOUR** and then **THREE CONSECUTIVE DAYS**:

**Christmas Eve/Day**  
**plus Boxing Day and Xmas Bank Holiday**  
**New Year weekend**  
**New Year BANK Holiday**

**Saturday/Sunday ~ 24/25 December**  
**Monday/Tuesday ~ 26/27 December**  
**Saturday 31 December/Sunday 1 Jan**  
**Monday 2 January 2017**

*We are open as usual at all other times*

If you require a **repeat prescription, routine blood test** or any other service from us over the festive period, please get your request in, or appointment booked, as soon as you can.

If you need to speak to or see a GP when we are closed, please ring **NHS 111**

Our eConsult service (see website home page: [www.wilsonpractice.co.uk](http://www.wilsonpractice.co.uk)) holds information and advice about over 100 different medical conditions affecting adults.

## Goodbye Sister Thoma



**Sister Henriette Thoma** left the practice recently after 14 years here. In that time she has vaccinated thousands of youngsters in our 'Baby Imms' clinics, looked after ladies in Well Woman clinic, supported patients with high blood pressure in hypertension clinic and been the first port of call in Minor Illness, Minor Injury and as part of the Duty Team. It is with sadness we see her go to another practice closer to her home.

*The Partners presented Hennie with a stunning bird table (in the background), a craft light and flowers to mark her departure; her colleagues gave her a beautiful necklace, a scented candle and a hen, called 'Hen' (left).*

## Flu and shingles jabs

If you have not yet had an annual **flu jab**, please contact reception to check your eligibility and make an appointment.

The vaccination for **shingles** is a 'lifetime protection' jab. This is currently being offered to patients born between:

**2 Sept 1936 and 1 Sept 1938** (78/79 years old)

**2 Sept 1942 and 1 Sept 1946** (70/73 years old)

If this is **you**, please contact reception for an appointment.

The NHS specific age criteria mean that sometimes individuals in the same household will have their shingles vaccination in different years.

**To receive this newsletter and other practice updates by e-mail**, simply send an e-mail request to [nhccg.wilsonpractice@nhs.net](mailto:nhccg.wilsonpractice@nhs.net)

## PocketMedic: a helping hand with chronic diseases

PocketMedic is a new 'eHealth' service that allows GPs and nurses to 'prescribe' a series of short information and self-help films via e-mail to patients with a number of long-term conditions. In our area, the films are being trialled for:

- ❖ Type II diabetes
- ❖ COPD
- ❖ Heart failure
- ❖ Chronic Pain
- ❖ Cancer survivorship

If you are newly diagnosed, or due a review, your clinic nurse or GP may offer you this opportunity, but you do not need to wait for an appointment.

If you have one of the conditions above and you would like to access the films, please let us know via e-mail: [nhccg.wilsonpractice@nhs.net](mailto:nhccg.wilsonpractice@nhs.net), specifying the topic and the e-mail address that you wish to receive the links on. One of our clinicians will check which titles suit your circumstances, and arrange a 'prescription'. For more information, please visit: [www.ehealthdigital.co.uk/what-is-pocketmedic](http://www.ehealthdigital.co.uk/what-is-pocketmedic).

*If you do not have an e-mail address, we cannot currently make this service available to you, but work is on-going to resolve this.*

### Men's Weight Loss Group

The Men's Weight Loss and Wellbeing Group meets on **Wednesday** evenings at Alton Health Centre. It aims to assist any **gentleman who would like to shed some pounds/kilos**, and who would welcome **practical help and support**. For more information, please contact Ken Jones on 01420 542784



### Did you know?

You are up to four times more likely to **quit successfully** with the help of your local stop smoking service? Find your nearest **NHS Stop Smoking Service** at [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or call the **Smokefree National Helpline** to speak to a trained adviser on 0300 123 1044.

### Leave off lotion if you book for an ECG

If you are booked for an ECG test, our team in the treatment room ask that you don't apply body lotion or cream before your appointment, as it can make it more difficult for the 'sticky pad' electrodes to make a good contact. It is also helpful, and more comfortable, if you wear loose clothing with front fastenings.

## Type 2 Diabetes and You are what you eat

The WP-PPG organised another well attended talk in November, this time focussing on the modern 'Black Death', as Type 2 diabetes has been christened in some quarters. Dr Ben Turner from Hampshire Hospitals gave a very informative, and quite alarming, presentation about some of the consequences of poorly controlled diabetes, and what everyone can do to keep themselves healthy and less at risk.

Dr Turner's key message, and one that resonated with patient speaker Vernon Burford, who has himself 'reversed a 'pre-diabetes' diagnosis, is one of 'Eat Less, Move More.'

There are of course, many ways of achieving this, depending on our age or current level of activity, but it is very solid advice.

A summary of the presentations and some key facts about Type 2 Diabetes can be found at [www.wilsonpractice.co.uk](http://www.wilsonpractice.co.uk).

More information about eating for health and diabetes can be found at [www.diabetes.org.uk/guide-to-diabetes](http://www.diabetes.org.uk/guide-to-diabetes). *If you do not have access to the internet, please ask at Reception.*

*And Gentlemen – remember the Patient Participation Group runs a 'Men Only' Weight Loss and Wellbeing group – see below left.*

## What IS Pharmacy2U?

A number of patients recently received a letter from this company, listing patients of **The Wilson Practice** and other local surgeries as eligible for its medication delivery service and asked us why this was sent to them.

This independent business is based in Leeds; it is not part of The Wilson Practice and we have not provided it with any patient details – nor indeed would we to any organisation without specific patient consent.

It is able to offer a delivery service to people on repeat medication throughout the country now that it is possible for prescriptions to be transmitted from GP surgeries electronically.

Patients have a completely free choice regarding where their medication is dispensed, but some people have told us that they completed the paperwork because they thought the surgery required it. That is not the case.

**If you wish to check or change the destination of your repeat prescription** simply contact reception:

**01420 84676** or e-mail us at:

[wilsonpractice.prescriptionadmin@nhs.net](mailto:wilsonpractice.prescriptionadmin@nhs.net)

**HELP YOURSELF  
TO HEALTH**



**December: Diabetes**