



Newsletter Winter 2019

Surgery Update

The Surgery is in advanced discussions with the East London Foundation Trust (ELFT) regarding the future direction of the Surgery.

Christmas and New Year Opening Hours

Day	Time
Fri 20th Dec	Normal hours (08:00 – 18:30) <i>Last day to order repeat prescriptions before Christmas</i>
Sat 21st Dec	CLOSED
Sun 22nd Dec	CLOSED
Mon 23rd Dec	Extended hours (08:00 – 20:30)
Tue 24th Dec	Normal hours (08:00 – 18:30)
Wed 25th Dec	CLOSED
Thurs 26th Dec	CLOSED
Fri 27th Dec	Normal hours (08:00 – 18:30) <i>Last day to order repeat prescriptions before New Year</i>
Sat 28th Dec	CLOSED
Sun 29th Dec	CLOSED
Mon 30th Dec	Extended hours (08:00 – 20:30)
Tue 31st Dec	Normal hours (08:00 – 18:30)
Wed 1st Jan	CLOSED
Thurs 2nd Jan	Normal hours (08:00 – 18:30)

Out of hours

Please call NHS 111 for all medical advice or 999 for emergencies.

LRS Facebook Page

The Facebook page for the Surgery has been reinstated. The following link takes you to the relevant page.

<https://m.facebook.com/Leighton-Road-Surgery-113747666756251/>

Winter Health

Cold weather can be seriously bad for your health. That is why it is important to look after yourself, especially during the winter. If you start to feel unwell, even if it is a cough or cold seek advice from your pharmacist.

Practice good hand hygiene to help protect against flu

The flu is a virus and can be a debilitating illness for most, for vulnerable groups such as older people, pregnant women and people with long-term health conditions it can result in severe complications. Health experts say the most effective way to protect yourself and your family from getting the flu is to have the seasonal flu vaccine. Aside from the flu vaccine, the best way to protect yourself, and those around you, from the flu is to practice good hand hygiene. This includes catching coughs and sneezes in tissues, throwing used tissues away and washing your hands frequently throughout the day.

If you feel the need to cough or sneeze, it's important to practice the following steps; catch it, bin it, kill it.

Your hands are an easy way for the flu virus to spread. After you've coughed or sneezed, even into a tissue, make sure you wash and dry your hands thoroughly.

Washing your hands, with soap, is an easy way to help protect yourself and others against the flu. If you are washing your hands properly you should be able to sing "Happy Birthday" twice in your head, this should take around 20 seconds.

If you would like more information on how to stop the spread of flu, please follow this link:

<https://www.nhs.uk/conditions/flu/>

Is your medicine cabinet fit for winter

Be well prepared for common ailments by keeping a well-stocked medicine cabinet at home. The following link gives you useful advice

<https://www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/>

Please return any unopened, unused and out-of-date prescription medicines to pharmacies for safe disposal.

Do not flush medicines down the toilet. Tablet blister packs are not recyclable and should be placed in the waste bin when empty. The cardboard box that houses the blister packs can be recycled, as can any paper inserts.

Every Mind Matters

What is mental health?

Having good mental health helps us relax more, achieve more and enjoy our lives more. There are simple things we can all do to look after our mental health and wellbeing. The NHS provides advice on various aspects on mental health, with lots of useful videos which allow you to take a quiz to receive a free plan, designed to help you feel more in control, deal with stress and anxiety, boost your mind and improve your sleep.

<https://www.nhs.uk/oneyou/every-mind-matters/>

RECYCLING UNWANTED NHS EQUIPMENT

There have been many articles in the press about the wastage of NHS Equipment. What you can do to help. One of the Bassett Road Surgery PPG members has identified a charity, recognised in the Queens Honours list, that will collect, check and deliver these valuable resources to help disabled people in 20 other countries.

So, do you or a relative have any of the following items at your home that you no longer use?

- Walking Sticks
- Crutches
- Zimmer Frames
- 3 Wheeled walkers

- Wheelchairs either pushed, self-propelled or electric

Can you please contact bassetroadppg@gmail.com or leave a note in the LRS suggestion boxes, giving the item/s that you have and your contact details. Once BRS PPG has gauged the volume of items, they can arrange a drop off day and time. **At present they can only accept the items in the above list.** Thanking you in advance for your help with this very worthwhile project.

Patient Satisfaction Survey

The PPG would like to thank everyone who took part in the Surgery Patient Satisfaction Survey. The results are shown in the separate attached document.

Leighton Buzzard Voluntary Patient Transport (LBVPT)

LBVPT provides transport to local hospitals for the elderly and vulnerable who can't get there without assistance and who don't qualify for NHS Non-Emergency Patient Transport Services help. LBVPT is in urgent need of drivers. Please help if you are able.



Feedback on the Newsletter

We would like to hear your feedback on the newsletter. Do you find it useful or informative? Is there something you would like us to cover in future? If so,

Email us with your comments or a request to receive the Newsletter by Email to lrspatientrep@nhs.net or leave a note for the PPG at reception.