

# Holbrook Surgery Newsletter

Autumn Issue

September 2020

## DON'T DELAY - GET YOUR FLU JAB

It is really important to have your flu jab. With Covid-19, it absolutely essential that we do all we can to keep well to protect ourselves and the NHS. The flu vaccine is being offered on the NHS to:

- Adults 65 and over
- People with certain medical conditions [including children in at-risk groups from 6 months of age] such as COPD, CHD, Diabetes, Chronic respiratory disease or any other clinical at-risk group
- Pregnant women
- People living with someone who is at risk from coronavirus [on the NHS shielded patient list]
- Children aged 2 and 3 on 31 August 2020
- Children in primary school
- Children in Year 7 [secondary school]
- Frontline health or social care workers



This year the surgery has to factor in social distancing into its flu vaccination schedule and so is changing the flu clinics slightly to keep everyone safe. All patients must pre-book an appointment slot in advance.

Pregnant women will be offered the vaccination at their Ante-Natal Clinic. School children will receive this at school.

People who are not able to attend the surgery because of mobility issues can request a doctor or district nurse to do this. **There is a Saturday Clinic for 2 and 3yr olds Nasal Flu Vaccinations on 17<sup>th</sup> October**

**Please call the surgery to make an appointment on 01403 339818**

Later in the year, the flu vaccine may be given to people aged 50 to 64. More information will be available later in the autumn. However, if you are aged 50 and 64 and in an at-risk group, you should not delay having your flu vaccine. Patients are being asked to arrive at their slotted appointment time and no earlier or later due to strict social distancing. You need to bring your own face covering and dress appropriately to enable an efficient service and easy access to your arm. Members of the PPG are going to be helping directing patients on arrival. Please make sure that your family, friends and neighbours are aware of this. This is not the year to hesitate about having it and we need to encourage everyone to get this.

### Surgery News – Open for Business!

The doors of our Surgery are very definitely open, and the Doctors and the Practice Team want you to know that they are keen to see patients. If you feel you need to see a doctor please contact the surgery. One of the GPs will call you back to discuss your problem. You can ask for a video consultation. If you need to come and see a doctor an appointment will be arranged. All services are now being offered including ear syringes, minor surgery etc. The only exceptions are people with COPD needing a review who will be offered a video consultation which is for their own safety. The Surgery is also very keen to promote eConsult which is another way of communicating directly with your doctor.

### Stay Well

There are many ways you can stay well to help you avoid becoming ill:

- Having your flu jab and other vaccinations is a quick and easy way to stop you becoming ill and spreading illness to others.
- Keep your first aid kit and medicines cabinet well stocked at home will help you treat illness quickly yourself and mean you do not need to see your doctor.
- Stay warm, particularly during the winter months as cold weather can affect your health.
- Sleep well, exercising regularly, drinking enough fluids, and eating the right food will help you stay healthy and stop you becoming ill.

You can get a lot more information on staying well by logging onto: [www.nhs.uk/staywell](http://www.nhs.uk/staywell).

## How to lower your Cholesterol

**Cut down on fatty foods.** Try to cut down on fatty food, especially food that contains saturated fat. Check food labels.

**Eat more:** oily fish, like mackerel and salmon (see recipe opposite), brown rice, bread and pasta, nuts and seeds, fruits and vegetables.

**Eat less:** meat pies, sausages and fatty meat, butter, lard and ghee, cream and hard cheese, like cheddar, cakes and biscuits, food that contains coconut oil or palm oil

### Exercise more

Aim to do at least 150 minutes (2.5 hours) of exercise a week. Some good things to try when starting out include walking – try to walk fast enough so your heart starts beating faster; swimming, cycling. Try a few different exercises to find something you like doing. You're more likely to keep doing it if you enjoy it. There are many zoom classes now so you can exercise in your own home.

### Stop smoking

Smoking can raise your cholesterol and make you more likely to have serious problems like heart attacks, strokes and cancer. If you want to stop smoking, you can get help and support from your GP, the [NHS Stop Smoking Service](#) – your GP can refer you or you can ring the helpline on 0300 123 1044 (England only) They can give you useful tips and advice about ways to stop cravings.

### Cut down on alcohol

Try to: avoid drinking more than 14 [units of alcohol](#) a week, have several drink-free days each week, avoid drinking lots of alcohol in a short time (binge drinking) Ask your GP for help and advice if you're struggling to cut down.

## Surgery Website and Facebook Page

The format of the Surgery's website has been recently refreshed. It is worth having a look as it has lots of useful information. We have a page on the website, and you can see our newsletters. Here is the link

<https://www.holbrooksurgery.com/index.aspx>

The Surgery also has a Facebook page and uses this to post information and updates. If you like the page you will know if anything new has been posted. Here is the link:

<https://en-gb.facebook.com/HolbrookSurgery/>

## Health and Well Being

What a year for health 2020 has been. Lockdown brought its own problems, maybe we drank a little more, put on a bit of weight and felt rather isolated. If support is needed with these and other well-being issues, then help is at hand and can be found by looking on the local website:

<https://horsham.westsussexwellbeing.org.uk/>.

The issues that they can help with include

- Alcohol advice
- Getting active
- Prediabetes
- Stopping smoking
- Weight off workshops
- Wellbeing appointments & MOTs
- Wellbeing Package
- Workplace health

As well as the extensive advice that can be found on the website the Horsham District Well Being team can be contacted by phone or email for specific advice.

## PPG Recipe - Baked Salmon

Place 2 lightly smoked boneless and skinless salmon fillets in the oven on top of a sheet of foil (**not** wrapped in the foil) for 15 minutes at 180 degrees.

Leave the fish to cool, then sprinkle mixed herbs on top of each fillet, followed by a generous dusting of grated parmesan cheese on top of the herbs.

20 minutes before you want to have your meal, place the salmon fillets under a medium to hot grill until the herb/cheese topping makes a firm crust - this is a matter of checking regularly that they don't get too burnt from the grill but the fillets should look "well done". The grilling process would generally take about 15 minutes.

## The Big Health and Care Conversation

We did email out about Sussex NHS Commissioners wanting to hear directly about how patients have found accessing health and care services during COVID-19: what worked well, what didn't work well and what they need to do improve now or in the future. They are particularly interested in obtaining feedback about

- Accessing appointments remotely: GP, Outpatients and others
- Discharge from hospital
- Mental Health and Wellbeing – the impact of Covid, if/where people have sought help, what people have done to help themselves; if services, what was the experience.

Let us know if you want to give any feedback. We can set up a Zoom meeting, forward any feedback to them or put you any touch directly