

# Holbrook Surgery Newsletter

Issue 3

June 2019

## Surgery Raises Money for Cancer Research

Well Done to the Holbrook Surgery Team who took part in this year's 'Race for Life' raising over an amazing £7,000 for Cancer Research

### 'Mental Health Matters'

Mental health is something we need to all talk about and it is brilliant that the Royals, footballers, and other celebrities are drawing attention to this. The Horsham Locality Patient Group, which is made up of representatives from each of the six Patient Participation Groups, recently held a very successful seminar 'Mental Health Matters'. This was attended by over 60 people. Presentations were made by Dr David Mckenzie, a local GP and clinical lead for mental health for the local Clinical Commissioning Group, who gave 'the Big Picture', West Sussex Children's Services talking about mental health services for children and young people, and Pathfinder – West Sussex, which is an innovative new service for adults with mental health issues providing a single point of access. As well as being very informative, many of us who attended were moved and inspired by a number of people who talked about their own experiences of having mental health issues.

### Know Your GP



Dr. Singh MBBS (1988) MD MRCP joined us in February 2006 as a salaried GP & became a full-time partner in September 2012. He was a registrar here in 2004. His wife is a consultant psychiatrist and they have a daughter.

His special interests are in cardiology & general medicine.

### Facebook

Just to remind you that the Surgery now has it's own Facebook page and is regularly using this to provide news. It's easy to find just go onto your Facebook put Holbrook Surgery into Search Facebook at the top of the page. Once you have got it 'Like' it and you will receive any new Posts.

### Dr. Anisha Patel & Dr. Jonathan Heatley

Dr Anisha Patel has been given the 'all clear' from her recent bowel cancer. She will be looking at a phased return to work in the summer.

Dr Heatley has been diagnosed with Throat Cancer so will not be at the surgery for the next few months. He is embarking on a radical treatment regime, with a good prospect of a cure and we all wish him well. Patients will be looked after by the other GPs so there will be no loss of continuity of care.



### Widespread Measles Outbreak in UK and Europe

If you are born after 1970 and haven't had two doses of MMR (Measles, Mumps and Rubella) please make an appointment with the nurse to be vaccinated to ensure you are protected.

In view of the national outbreak of measles in the UK the Surgery is in the process of making sure all patients are fully protected.

All patients above age 10 are recommended to have had 2 doses of MMR (measles, mumps & rubella) to be fully covered. Please check your records and book an appointment with a nurse at Holbrook Surgery (01403 339818) for the MMR jab if you have not had 2 doses.

## Excess Ear Wax

Earwax is a normal, oily substance produced by the glands in the skin of the outer half of the ear canal. It is antiseptic and helps to protect and clean the ear. Earwax usually comes out of the ear by itself, helped by the movement of the jaw. If you have too much ear wax, you may need to have it removed if:

- You have hearing loss, tinnitus, earache or vertigo (a sensation of spinning)
- The wax is blocking the ear canal, preventing the doctor or nurse from examining it or taking an impression of it for a hearing-aid ear mould
- You use hearing aids and the wax is affecting how it works.

Your doctor may prescribe eardrops to loosen the wax and see if it works its way out of your ear itself. If the blockage doesn't clear, you may need to have it removed by irrigation. This is usually done by a nurse, using a device called an irrigator that washes the wax out of the ear with warm water.

See your GP if you think you have a build-up of wax. Don't try to remove wax from your ears yourself. Never push cotton buds, fingers or anything else into your ears- you could push any wax deep into the ear and even damage the eardrum.

## Workshop



Friendly and practical **group session** designed to build confidence, improve knowledge and encourage you to do simple exercises at home that can help prevent falls.

If you can't get to a course and want to learn a simple strength & balance routine to do at home the workshop could be for you. For people who wobble, trip or stumble and those concerned about falling.

### Beginner Course

A confidence building, low impact **eight week course** that focuses on strength, balance, coordination and flexibility. If you can get to the venue and commit to an hour once a week, for 8 consecutive weeks, this course may be for you. For those who want to be stronger, steadier and more active. Regular courses throughout the year at The Bridge, Broadbridge Heath.

### Graduate Classes

Our partners at The Bridge are providing cost effective **pay as you go classes** for those completing our courses (subject to eligibility criteria). Ask for details when you complete your end of course assessment.

**To find out if you are eligible and register to join call 01403 215111, email [info@horshamdistrictwellbeing.org.uk](mailto:info@horshamdistrictwellbeing.org.uk)**

### NHS Digital –

Can we remind you about the new NHS app for smart phones and tablets. If you would like to know more about this here is the link <https://digital.nhs.uk/services/nhs-app>

### Local NHS Changes

As part of the new NHS 10 Year Plan, GP Practices are going to be working more closely together and will be part of new Primary Care Networks. We are not quite sure what this will mean and will let you know when we have more information.

## Healthy Eating Recipe

### Mackerel Spread

We all know we should eat more oily fish. It's good for the heart, the joints and probably the brain. This mackerel spread, on toast, is a delicious quick lunch - and a great way to get a dose of that oil. Or try it as a dip with some cut-up pitta. It will keep in the fridge for two days.

### Ingredients

3 smoked and peppered mackerel fillets  
150ml sour cream  
Zest of a whole lemon and juice of half  
2 spring onions, finely diced  
Handful of fresh parsley, finely chopped.

### Directions

Remove skins from the fish and gently break up with a fork in a bowl. Add the remaining ingredients into the bowl and give a good stir. Season with salt and if you couldn't get peppered mackerel then add lots of fresh cracked black pepper.

## Shingles

Shingles is a painful skin rash caused by the chickenpox virus. After you've recovered from chickenpox, the virus lies dormant in your nerve cells and can reactivate at a later stage when your immune system is weakened. You become eligible for shingles vaccine as you turn 70 or 78 years. If you are 70,71,72,73,74,75, or 78 or 79 and have not yet had the shingles vaccine, you can have it now. Please call Holbrook Surgery to make an appointment to have your vaccination

More information can be found on the NHS website

## DNA [Did not attend] Appointments

We know that DNAs are a problem across the NHS but were shocked to learn that in March, Holbrook Surgery had 75 DNAs. What a waste of our doctors' time!