

# Holbrook Surgery Newsletter



## When will I get my Covid Booster jab?

This is the question everyone is asking. At the time of going to press we still do not have a firm timetable for the roll-out of the autumn Covid booster and flu vaccination programme. We can tell you that you will receive this at Holbrook Surgery and that you will be invited to book an appointment when the roll-out begins. The first to be vaccinated will be

the over 75s and those at higher risk due to an existing condition. We would ask you to wait until you get your invitation to book and, in the meantime, **CAN WE PLEASE ASK YOU NOT TO CONTACT THE SURGERY DIRECTLY.** As soon as we get information about dates of clinics, etc., we will let you know by email.

If you know of friends or family who are patients of Holbrook Surgery and would like to receive our newsletters, please contact us on [holbrookppg@gmail.com](mailto:holbrookppg@gmail.com)

## Bowel Cancer Awareness

Throughout the year there are many Cancer Awareness Months and during April it was Bowel and Testicular Cancer Prevention Month. BBC Breakfast highlighted on Wednesday 25th May the awareness of bowel cancer and our very own Dr Anisha Patel was interviewed live from the surgery.



You may recall that Dr. Patel was diagnosed with bowel cancer in September 2018. After successful treatment she was soon back leading a normal life and returned to the surgery in May 2019. Dr Patel said, "early diagnosis is the key to a successful recovery for all cancers. If you have any concerns about a change in your body, please do not hesitate to make an appointment to see your GP"

NHS send out bowel testing kits to everyone between the ages of 60 and 74 but if you are outside this age range and have concerns, test kits can be obtained from the surgery. The NHS programme is expanding to everyone aged between 50 and 59. This will happen over the next 4 years. NHS automatically sends out kits every 2 years. If you are over 75 you can still request kits which will also be sent out every 2 years.

## Regular Screening

If you have been receiving regular screening for any problem, in particular for cancer and you are now over the age that tests will not be sent out automatically you can still request that the tests continue. This particularly applies for mammograms where early diagnosis is essential.

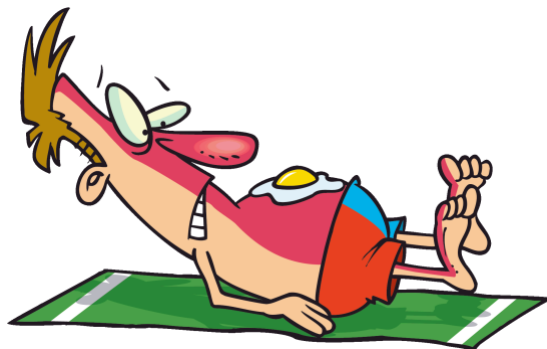
## **NHS** Sussex Community Expert Patients Programme

The Living Well Programme is a self-management course developed for people who live with a long-term health condition. such as heart disease, asthma, MS, depression, arthritis ME/CFS, IBS and many more.

The aims are to help you to take more control of your health by learning new skills to manage your condition better on a daily basis and to live well. The course is run over 6 weekly sessions, each lasting two and a half hours. It is facilitated by two fully qualified (but not medically trained) volunteer tutors who themselves are living with long-term health conditions. The course is **free**. Pick up a leaflet at the surgery or go to <https://www.sussexcommunity.nhs.uk/services/living-well-programme/108996> to find out more about this programme.

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## Skin Protection



One in four Britons don't think they need to wear sun cream when in the UK, a study has found. Whilst 90% of the people quizzed said they do apply sun protection when abroad, a quarter think the sun in the UK 'isn't strong enough' to cause skin damage.

However, experts warn that cases of the most serious form of skin cancer - melanoma - have risen by a third in the past decade in the UK.

Pharmacists recommend ingredients to look out for in your sun protection are homosalate and octyl salicylate.

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## NHS Prescription Prepayment Certificate

Save money on NHS prescriptions by prepaying for them. You can pay a set price for prescriptions for 3 or 12 months, no matter how many you need.

A prescription costs £9.35 per item, but prepaying for an unlimited number of prescriptions is:

- £30.25 for 3 months
- £108.10 for 12 months (or 10 Direct Debit instalments of £10.81)



### How it works

**Plastic cards are no longer sent out anymore because they take time to reach you.** They are also costly to the NHS and the environment. You can purchase a certificate online or by calling the order line 0300 330 1341. Some pharmacies are also registered to sell them. You can pay by direct debit and if you purchase a 12-month PPC you can pay this in 10 monthly instalments.

For further information and to purchase online here is the link <https://www.gov.uk/get-a-ppc>

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## Lyme disease



Lyme disease is an infection that can be passed to people when they are bitten by an infected tick. People are most likely to encounter ticks when doing activities in the countryside or other green spaces such as woodland, some urban parks or gardens. Lyme disease is an uncommon infection and can be successfully treated with a full course of antibiotics.

### What are the signs of Lyme disease?

Looking out for symptoms of Lyme disease and checking yourself for ticks after you go to green spaces where they may be present is very important. Prompt tick removal can reduce your chances of acquiring Lyme disease.

Rapidly recognising symptoms can ensure that if you are developing the disease, you can receive the earliest diagnosis and treatment from your GP. If you are bitten by an infected tick your symptoms will typically develop 1-4 weeks after being bitten, however, they can appear anytime between 3 to 30 days after exposure.

Symptoms include a spreading circular red rash, which may appear as a bulls-eye rash like the image opposite, as well as non-specific flu-like symptoms. Although a lot of people associate the disease with the rash, 1/3 of people don't report seeing one.

If you have developed symptoms after being bitten by a tick or spending time outdoors, immediately contact your GP or call NHS 111, mentioning where you have been and if you remember being bitten.



For more information here is the link to the NHS website <https://www.nhs.uk/conditions/lyme-disease/>

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## Holbrook Surgery Celebrating 25 Year Anniversary



**Here's to the next 25 years!**

If you were one of the first to join Holbrook Surgery, you may recall your appointments being held in temporary cabins located on the site of All Saints Primary School before it was built and whilst our permanent surgery was being constructed.

Of the group picture outside the newly built surgery were Drs Jonathan Heatley, Paul Woods, and Nadia Ziyad whom we are very pleased are still practising at the surgery. The same dedicated crew to whom we owe so much!

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### The Power of Vaccination.

*The two public health initiatives that have had the greatest impact on the world's health are clean water and vaccination (World Health Organisation)*

One of the dangerous side effects of the Covid lockdown is that it reduced the number of people keeping their own and their children's vaccinations up to date. This has resulted in diseases that we thought were contained, such as measles and polio, are beginning to reappear.

When we are immunised, it helps to protect the health of the whole community. If you think you, or your children, may have missed routine immunisation or you may be eligible for a jab for shingles or pneumonia please contact the surgery.

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### The Clinical Pharmacy Team

*Question. "I was prescribed half a tablet of amlodipine daily for blood pressure which I duly took until my tablets ran out. When I picked up my next dose, it said one tablet daily, so I took as prescribed. Shortly after I found my ankles were swelling. What should I do?"*

We often have questions about the medicines that we are taking. These may be concerns about dosage or side effects like the example above, or whether we should avoid certain food or drinks when taking them.

These are the sort of questions that can be answered by our Clinical Pharmacy Team. which forms part of the Primary Care Network in Horsham. It is made up of six pharmacists, and a pharmacy technician, who are experts in medicines and work with our GPs to make sure we are getting the best from our medication.

The Team can review your medicines, discuss side effects, and give you advice on how to take them. If you have recently been discharged from hospital, they can advise you on ongoing medication and give you general lifestyle advice to speed your recovery.

You may be having problems getting hold of the medicines that you have been prescribed. In which case the Pharmacy Team can make use of their network of contacts in local Pharmacies to try to resolve any supply issues

If you have questions or concerns about your medicines, please contact the Surgery where the receptionists can either pass a message to the pharmacist in the Clinical Pharmacy Team, who will contact you, or make an appointment for a more detailed discussion. See the following YouTube clip to meet the team

<https://www.youtube.com/watch?v=fUdcMN-SXrk>

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PPG Committee Members: Nick Longdon - Barbara Blamires - David Hawkins - David Searle – Ann Valentine

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## How to stay well in winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

### Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition



### Get advice if you feel unwell

If you are 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get help and advice from:

- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- NHS 111 – go to [111.nhs.uk](https://111.nhs.uk) or call 111 if you have an urgent medical problem and you're not sure what to do

The sooner you get advice, the sooner you are likely to get better.

Information:

Call a pharmacy or contact them online before going in person. You can get medicines delivered or ask someone to collect them.

### Get a flu vaccine

Flu will often get better on its own, but it can make some people seriously ill. It's important to get the flu vaccine if you're advised to.

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of flu and its complications.

The best time to have the flu vaccine is in the autumn before flu starts spreading. But you can get the vaccine later.

Find out more about the:

- [adult flu vaccine](#)
- [children's flu vaccine](#)

Information:

If you're 65 or over, you are also eligible for the [pneumococcal vaccine](#), which will help protect you from pneumonia.

### Keep your home warm

Follow these tips to keep you and your family warm and well at home:

- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- keep your bedroom at 18C all night if you can – and keep bedroom window closed
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
- use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
- have at least 1 hot meal a day – eating regularly helps keep you warm
- have hot drinks regularly
- to reduce the risk of [sudden infant death syndrome \(SIDS\)](#), babies should sleep in rooms heated to between 16C and 20C
- draw curtains at dusk and keep doors closed to block out draughts
- get your heating system checked regularly by a qualified professional