

Holbrook Surgery Newsletter

Spring Issue

March 2022



Spring has arrived! Although infections are still very high, generally illness is not as severe and hopefully we can start to get back to the life we enjoyed before Covid. A lot of people will be thinking about booking a holiday and meeting up with family and friends again. But please remember remain cautious and follow the NHS guidance as the virus is still very much around.

If you know of friends or family who are patients of Holbrook Surgery and would like to receive the newsletter, please contact us on holbrookppg@gmail.com

Training Practice

Dr Paul Woods is our GP trainer at the surgery and will from time to time have GP Registrars accompanying him. We also occasionally have medical students that will be sitting in with the GPs. You will always be informed of new registrars and students when they are sitting in consultations.

For further information on GP training practices see leaflet in the surgery waiting room.

Dr Carolyn Brennand



MBCHB DRCOG DFSRH DCH MRCP FRT joined the surgery in April 2021 as a salaried GP. Her special interests are women's health, family planning, and diabetes.

Carolyn is married with 3 children.

Simple steps to beat the Early Hay-Fever Course



After a mild winter, hay-fever sufferers are likely to experience runny noses and sore, itchy eyes an estimated three weeks earlier than normal. While over-the-counter antihistamines are often the first line of defence, some people find they simply don't work. But don't despair. Your GP can discuss with you safely doubling - even trebling the dose, or switching to a stronger, prescription variety. Simple pollen-avoidance measures too, such as wearing sunglasses, shutting windows, and using a pollen filter in the car. Just rubbing Vaseline around the nostrils can also capture tiny pollen particles before they get into your system. help

Nursing Services at Holbrook

We are fortunate in having an excellent Nursing Team at Holbrook Surgery, led by Siobhan McMahon. The team can provide specialist help with a number of services, including: -

NHS Health checks

Cervical screening

Dressings

Family planning checks

Diabetes monitoring

Ear syringing

Adult and child immunisation

Travel advice

Respiratory monitoring



If you need help or advice with any of these services, please contact the surgery to make an appointment with the Nursing Team directly, or to speak to your GP to check that this is appropriate.

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

Time to Talk

Feeling stressed, anxious, or depressed? You can get help and start to feel better. If you live in Crawley/Horsham you can phone to discuss booking an assessment on 01403 227048, self-refer online at www.sussexcommunity.nhs.uk/ttt or speak to your GP.

If you are registered with a GP in West Sussex, you can refer yourself directly. You don't have to come via your GP. What they can help you with:

- Anxiety and worry
- Depression and low mood
- Stress
- Panic attacks
- Phobias
- Post-traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Sleep problems
- Self-esteem and confidence
- Assertiveness skills

For more information pick up a leaflet in the surgery foyer



Vaccines to prevent Pneumonia and Shingles

The pneumococcal vaccine, commonly known as the pneumonia vaccine, protects against serious and potentially fatal pneumococcal infections – pneumonia, blood poisoning (sepsis) and meningitis. Babies are given two injections [PCV] one at 12 weeks and the second when they are one year old. The NHS offers the vaccination [one injection PPV] to **adults over 65 and those with health problems**. Our Surgery is actively calling patients over 65 for their vaccination. For further information. <https://www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination/>

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years. The Shingles vaccine reduces your risk of getting shingles. If you do go on to get it, symptoms maybe milder and the illness shorter. If you have already had shingles, it will boost your immunity. You are eligible if you are **between 70 and 79 years**. If you have not had this and you are eligible contact the Surgery to have this done by the Practice Nurse.

For further information <https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/>

Breast Cancer

Breast cancer is the most common cancer in the UK. About 46,000 women get breast cancer in the UK each year. Most of them (8 out of 10) are over 50, but younger women, and in rare cases men, can also get breast cancer.

The NHS Breast Screening Programme invites over 2 million women for screening every year and detects over 14,000 cancers. 'Breast X-rays, called mammograms, can detect tumours at a very early stage, before you'd feel a lump. The earlier it's treated, the higher the survival rate.'

As the risk of breast cancer increases with age, all women who are 50 to 70 years old are invited for breast cancer screening every 3 years. Women over the age of 70 are also entitled to screening and can arrange an appointment through their GP or local screening unit. The NHS is in the process of extending the programme as a trial, offering screening to some women aged 47 to 73.

Holbrook PPG helps out.

From September 2021 to February 2022, the Holbrook Surgery PPG Committee were the only PPG group to volunteer at the Millennium Hall where vaccinations for flu and Covid were being given. The shifts we did were quite long, initially 6 hours at the weekends and later during the week. We wiped many chairs with antibacterial wipes, we organised queues, we signposted patients to the next available vaccinator, we screened patients at the entrance to make sure they were Covid free and were eligible for vaccination, we ensured people were checked off the list when they had been vaccinated and we packed up chairs -all done with a smile!

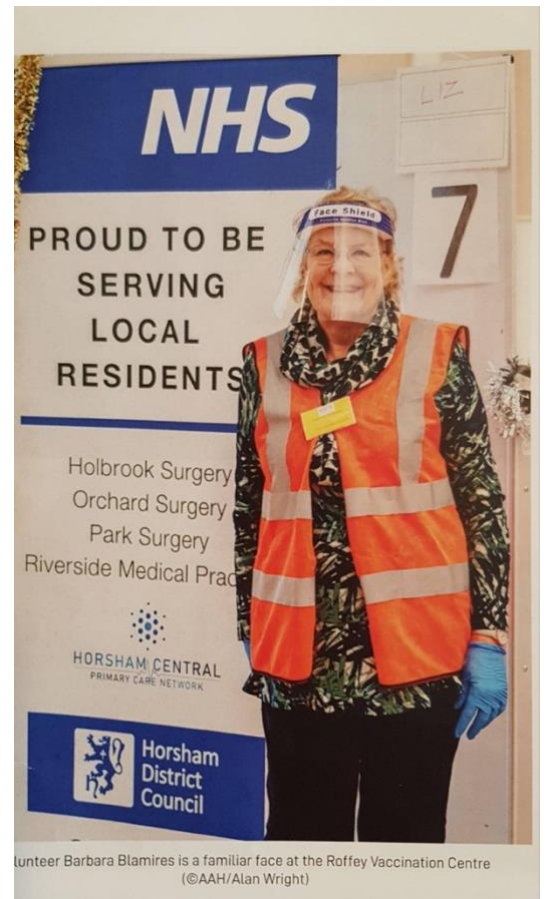
There was always a lead clinician on hand at every session and we were fortunate enough to meet up with Dr Laurence Woolley and Dr Carolyn Brennan both from Holbrook Surgery, who were on duty when we were.

It was difficult to keep up with the changing information all the time and it was difficult for the patients too at times. One day we had the photographers and journalists for the AAH magazine, and they took a photo of one of our team and wrote a commentary, which you may have already see in January's AAH.

If would like to read the full article go to

<https://www.aahorsham.co.uk/content/aahmagazines>

The Jan 2022 edition is found in the Magazine Archive section



Text & Email Reminders



Text Messaging

If you have a chronic illness such as asthma or hypertension, the surgery will routinely send you out a text message asking you to make an appointment with a nurse or doctor if you are overdue a check. It is important that the surgery has your current mobile number, so please inform them of any changes.

Emails

If you are registered for online services, you will receive an email reminder of any appointments you have at the surgery the day before.

Evening and Weekend GP Appointments

GP Practices in Crawley, Horsham and Mid Sussex are working together to provide more appointments in the evening and at weekends at NHS Hubs. Registered patients can book appointments through the surgery in the usual way, during normal opening hours.



TAKE CARE OF YOUR BODY IT'S THE ONLY PLACE YOU HAVE TO LIVE IN

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STOP PRESS

Covid Vaccination Update - Spring booster

The spring booster is now being offered to people over 75, those over 12 who have a weakened immune system, and residents of care homes for older people.

To book an appointment you need to arrange this online through the National Booking System or by calling 119. **Please do not call the surgery to arrange.** Here is the link to book online

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

It is important to know that you need to have had your 1st and 2nd vaccine to be able to have the spring booster. You are also advised to wait six months from your last dose to get maximum protection. If you have had Covid you need to have been clear for at least 28 days and you should currently not have any cold or flu like symptoms. There is a lot of information about side effects, etc., on the NHS website if you have any concerns or want further information.

We have heard from patients that they have already received their invitations from the NHS to book their boosters and, apart from one, have found no difficulty booking. We have also heard from some patients who have been able to book even though they have not yet received their invite. Patients have so far been able to book at Christ's Hospital, Beare Green, and Crawley Hospital. We understand that there are other venues within a reasonable travelling distance but to our knowledge there is nowhere in Horsham town.

If you have not had any vaccinations for Covid it is never too late, and we would strongly encourage you to get this done. It is really easy to book this online through the National Booking System using the link above. If you have any concerns about allergies, needles, etc., we suggest you arrange this by calling 119 who will know the best place to have this done. From our experience of helping at Millennium Hall a lot of people, particularly young people, have issues about needles. The vaccinators were very sensitive to this and did everything they could to make this as easy possible for the person concerned.

Feedback

We are committed to continuously improving the newsletter to make sure that it is relevant and useful to Holbrook Surgery patients. We therefore welcome feedback and any thoughts you might have about what you would like included in future newsletters. Email us on holbrookppg@gmail.com We plan to send out our next newsletter in the Summer.