

Summer 2023

PPG Newsletter



NEWS TODAY

Summer is here

The summer has well and truly arrived in the UK.

This brings with it the usual tips on coping with the hot weather, you may have received a text message recently advising you to stay hydrated and out of the sun during the hottest time of the day.

The surgeries have information on both website about the dangers of too much sun exposure and how to stay sun safe.

Hayfever Season



Hay fever is a common allergic condition. It affects up to 1 in 5 people at some point in their life.

Pollen is a fine powder released by plants as part of their reproductive cycle. It contains proteins that can cause the nose, eyes, throat and sinuses to become swollen, irritated and inflamed.

You can have an allergy to: tree pollen, released during spring, grass pollen, released during the end of spring and beginning of summer, weed pollen, released late autumn

Many people find their symptoms improve as they get older.

There's currently no cure for hay fever.

But most people can relieve symptoms with treatment, at least to a certain extent.

The most effective way to control hay fever would be to avoid exposure to pollen. However, it's very difficult to avoid pollen, particularly during the summer months.

Treatment options for hay fever include antihistamines - which help to prevent an allergic reaction, [corticosteroids \(steroids\)](#) - which help to reduce inflammation and swelling.

You can get advice and treatment from a pharmacist.

Self-help tips

It's sometimes possible to prevent the symptoms of hay fever by taking some basic precautions.

wear wraparound sunglasses to stop pollen getting in your eyes when you're outdoors

take a shower and change your clothes after being outdoors to remove the pollen on your body

stay indoors when the pollen count is high (over 50 grains per cubic metre of air)

apply a small amount of Vaseline (petroleum gel) to the nostrils to trap pollen

Next Patient Talk:

The PPG are pleased to announce the commencement of the patient talks. For those not familiar with these Selsdon Park PPG has been holding talks at least 3 times a year for many years now. We are pleased to announce following the joining of the surgeries PPG's are next talk is booked for Monday 24th July 2023 at Gresham Primary School

Selsdon Park Medical Practice and Mitchley Avenue Surgery
Invite you to attend our latest health lecture.

**AYURVEDIC LECTURE -
DR.(AYU)KANCHAN
SHARMA
AYURVED CONSULTANT**

Ayurveda is an ancient science that originated some 5000 years ago. Western medicine is symptomatic whereas Ayurveda looks at the root cause of the disease. Holistic medicine as the name suggests is a wholesome approach to achieving health.

Enhance your knowledge and gather with people in our local community!

Gresham Primary School
42A Limpsfield Rd,
South Croydon
CR2 9EA

**Monday, 24th July 2023
Time: 7:15pm - 9:00pm**

Come and join us, no need to book
everyone is welcome,
you don't have to be a patient!



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Services Offered for patients at both Mitchley Avenue & Selsdon Park patients:



Minor surgery clinics:

Held twice a week at Selsdon Park dealing with issues such as cyst removals, ingrowing toe nails.

Coil Clinics:

Held monthly at Selsdon Park offering patients services such as coil removal and insertion, contraceptive implants

Blood Tests

ECG's

Doppler testing

Surgical stocking measuring

Ear Syringing

Stitch & Clip removal

B12 injections

Cervical smear tests which can be done in the extended hours clinics please ask reception for more details

Structured medication reviews with the pharmacist

Blood pressure checks

Social Care Connector who can help signpost you to local groups

First Contact Practitioner Anna who can help with a wide range of MSK issues

Mitchley Avenue Surgery:

Partners:

Dr Simon Woolf
Dr John French

Salaried GP:

Dr Leena Patel

Practice Nurse:

Mrs Caroline Bridgeman

Health Care Assistant:

Mrs Vicky Sullivan

Practice Manager

Mrs Meryl Doherty

Selsdon Park Medical Practice

Partners:

Dr Alex Trompetas

Dr Neil Kelvin

Dr Debbie Berry

Salaried GPs:

Dr Jon Maries

Dr Mary Onianwa

Dr Nishal Velani

Dr Alexandra Coull

Dr Ramyya Sivanathan

Dr Aynsley Cresswell

Dr Saba Usmani

Practice Nurses:

Mrs Nicki Pursey Lead Nurse

Mrs Finn Glynn

Mrs Lisa Mitchell

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Healthcare Assistants:

Miss Megan Fortune

Miss Ellie Sharman

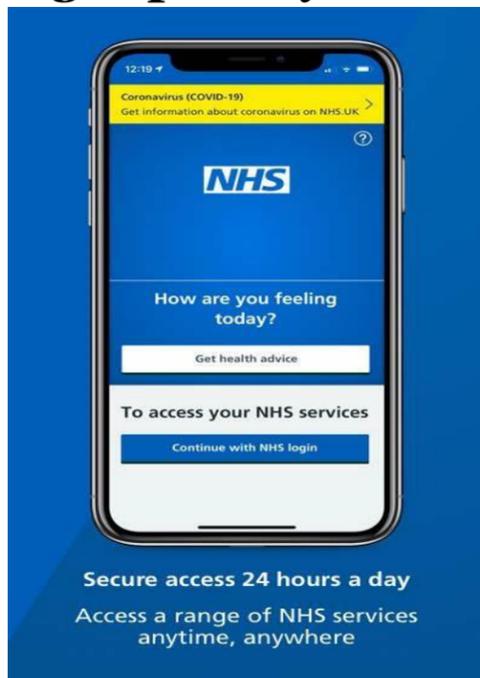
Mrs Danielle Sexton

Practice Manager

Mrs Pauline Copeman



NHS APP Sign up Today!!



What you can do with the NHS App

- You need to [prove who you are](#) to get full access to the NHS App. With full access you can: order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage coronavirus (COVID-19) vaccinations
- get your NHS COVID Pass (there are also [other ways to get your COVID Pass](#))
- register your organ donation decision
- choose how the NHS uses your data
- view your NHS number ([find out what your NHS number is](#))
- use NHS 111 online to answer questions and get instant advice or medical help near you

My GP App ceased to exist as of 1st April 2023. The surgeries encourage all patients to sign up to the NHS APP.

Why use online services:

1. The surgeries have a % of appointments for GPs which are released at 4am on a weekday morning, giving you early access to these appointments
2. You can order your repeat prescriptions easily whatever time of day you wish
3. More and more services in the NHS will be using the NHS APP

If you require any help with this please contact your reception and they will be happy to try and assist you.

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Emailing the surgery:



During the covid pandemic we allowed patients to email in to the surgeries with any enquiry including ordering repeat prescriptions. The time has come now to ask all patients to use either the Patient Access or NHS Apps to order repeat prescriptions. This is so there is a clear audit trail in your records.

Hospitals are being asked to use the surgeries docman email to send any patient identifiable data, so as to follow good GDPR guidelines as well as this creating an audit trail.

Thank you for your assistance and adherence to this.

Flu Season:



The surgeries will be receiving their deliveries of flu vaccine

Towards the end of September this year. All those who

Fall into the categories which we are required to invite in for a

Flu vaccination will be contacted by your surgery.

We will again be holding a variety of clinics including

Saturday mornings and during the normal surgery hours.

Look out for more information in the coming month
