



# WILLOW GREEN SURGERY



Volume 14 Issue 14

NEWSLETTER

February 2010

## PATIENT LINK

### FORTHCOMING EVENTS:

**First Responders Talk** May 2010 date to be advised.

**Spring Fair** Saturday 17<sup>th</sup> April 2010 in the Village Hall Complex, 10a.m. to 12 noon.

### URGENT

Patient Link urgently requires a volunteer Secretary and Driving Co-ordinators.

To apply telephone 01903 788142 leaving your name and telephone number.

## WEEK OF THE SNOW

What a week – we just thought we would let you know how we coped with the adverse weather conditions here at Willow Green Surgery. A big thank you must go to all the doctors, nurses and staff who managed to get in to the surgery under sometimes very difficult conditions. We had doctors and staff coming from Hove, Worthing and Chichester and those who lived nearer in Angmering and East Preston donned their walking shoes. Unfortunately, we also had

our share of sickness with doctors, nurses and staff affected. This resulted in us having to cancel many appointments during the week beginning Monday 4<sup>th</sup> January.

**SO SORRY!**

We would like to thank all the patients for their forbearance during this time. We are very sorry if your appointment was cancelled and apologies for any inconvenience it may have caused you. Let's hope that the rest of the year is a warmer healthier time.

## SWINE FLU

The National Pandemic Flu Service closed down on 11 February 2010. Since the end of last year there has continued to be a steady drop in the number of swine flu cases across the country, including across Sussex and so the decision to step down the National Pandemic Flu Service phone line and web service was made nationally. This means that if you are suffering from swine flu symptoms, you will need to stay at home and call your local GP who will be able to

help, and if necessary offer you antiviral medication. If anyone has concerns about swine flu you can call the Swine Flu Information Line on 0800 1 513513 or the NHS Choices website at [www.nhs.uk](http://www.nhs.uk)

## PROTECT

The surgery will be closed from 12.30pm on the following Tuesdays for Protect Training Sessions.

- 20<sup>th</sup> April 2010
- 15<sup>th</sup> June 2010

We take the opportunity to close for protected time for GPs and staff to learn new skills and update their knowledge.



## SUMMARY CARE RECORD

By the time you read this newsletter, you will probably have received the information pack from NHS West Sussex about Summary Care Records. It is very important

that you read the letter and information sheet very carefully. If after careful thought you do not want a Summary Care Record you must complete an opt out form and return it to the surgery by 28<sup>th</sup> May 2010.

If you require more information about Summary Care Records or would like an opt out form please contact the national help line on 0845 603 8510 or visit the website

[www.westsussex.nhs.uk/your-health-records/](http://www.westsussex.nhs.uk/your-health-records/)

### APPOINTMENTS AT WILLOW GREEN SURGERY

**Same Day Service**  
Every morning our doctors offer a telephone triage/consultation service. They are here to deal with any issues that you would choose to have dealt with on the day. This is not an URGENT service although if you do have matters of an urgent nature the doctors will be happy to deal with these. This is designed to ensure that you have swift access to a member of the clinical team and they can deal with any problems that you have. All the GPs take it in turn to run this service. Whilst the practice cannot guarantee you being put through to a particular doctor, all the doctors are very happy to help in any way they can.

**Routine Appointments** The practice has appointments that you can pre book with all the doctors and nursing team. These appointments can be pre-booked up to 2 weeks in advance ( 4 weeks for the nurses). These appointments are designed

for you to be able to see the clinician of your choice. Please be prepared to wait if you wish to be seen by a specific doctor.

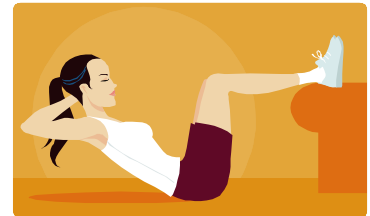
### **Nurse Minor Illness Clinic**

We also have a Nurse prescriber who can deal with certain illness and injuries. A list of what she is able to do is available at Reception. You can make an appointment directly with her.

### HEALTHY HEART

Latest figures show around a quarter of all men and women in England are obese and only 40 % of men and 28% of women do the recommended amount of physical activity. In West Sussex alone more than one in five of us are over a healthy weight. Being overweight can lead to heart disease. Heart disease includes coronary heart disease, angina, heart attack and stroke. Coronary heart disease is a gradual build-up of fatty deposits (known as atheroma) on the walls of coronary arteries, which supply the heart with blood and oxygen. Fat narrows the artery, making it harder for the blood and oxygen to get through. This can cause angina – a pain (heavy or tight) in the heart – especially when someone exerts themselves, which can spread to the arm, back, jaw, neck or stomach. A heart attack occurs if a piece of the fatty atheroma breaks away from the artery wall and causes the blood to clot and block the artery, starving the heart of blood and oxygen. Stroke is when the arteries in the neck narrow because of fatty build up,

preventing blood and oxygen getting to the brain. Healthy eating and regular exercise are the main ways to minimise the risk of developing heart and circulatory disease. For more information visit [www.westsussex.nhs.uk/healthy-living/looking-after-your-heart/](http://www.westsussex.nhs.uk/healthy-living/looking-after-your-heart/)



### TO MAKE YOU SMILE

What do you get if you cross a vegetable with a 26 mile run?  
*A marrowthon*

My boss didn't come into work today. He called this morning and said he was having a vision problem. When I asked what was wrong, he replied, "I just can't see myself at work today."



### PRESCRIPTIONS

To order your repeat prescriptions and find out more about the services we offer. Visit our website

[www.willowgreensurgery.co.uk](http://www.willowgreensurgery.co.uk)