

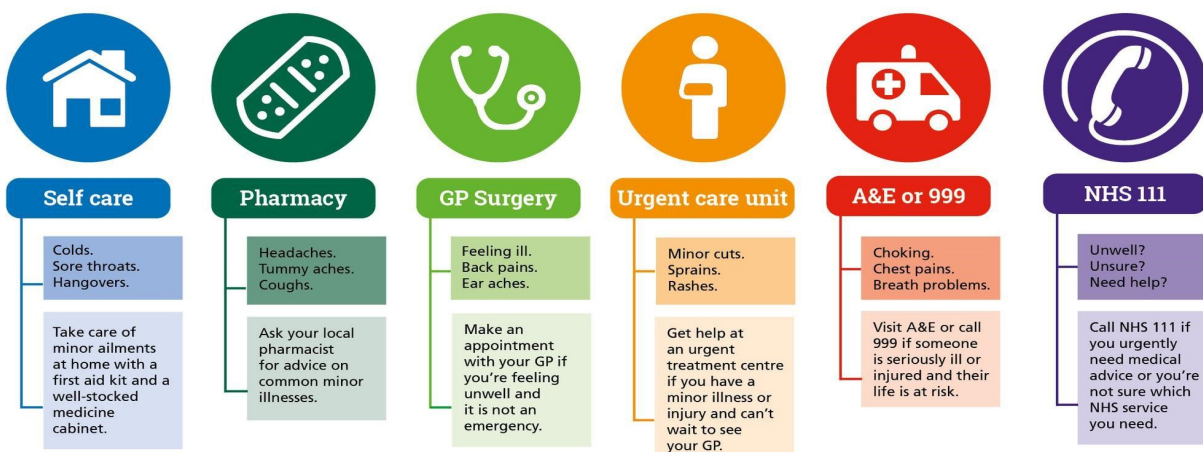


Patient/Surgery news

Compiled by your Patient Participation Group

Edition 8 March 2023

Make the right choice!



In our General Practice Team we have a variety of healthcare professionals to take care of your health. We have:

First contact physiotherapists. They can help by:

- diagnosing and treating muscular and joint conditions
- advising on how to manage your condition
- referring you on to specialist services

Clinical pharmacists. They can help by:

- reviewing your medicines
- agreeing and making changes to your prescriptions
- advising about medicines and possible side effects

Pharmacy technicians. They can help you by:

- showing you how to use your medicines
- supporting Clinical Pharmacists to review your existing medication
- advising you on your lifestyle choices

Social prescribing link workers. They can help you by:

- supporting you to manage your health and wellbeing
- giving you time to focus on what matters to you
- helping you to access support services and activities

Covid is still with us

There will be **spring booster clinics from April to June.** Those eligible, include:

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 5 years and over who are immunosuppressed.

Please ring the surgery for an appointment



Am I eligible for an NHS health check?

We are offering all patients over 40 an NHS Health check with our Practice Nurses

This is for adults in England from 40 to 74. It is designed to spot early signs of stroke, kidney disease, heart disease, type two diabetes, or dementia. As we get older we have a higher risk of developing one of these conditions. An NHS health check helps find ways to lower this risk.

How do I get an NHS health check?

If you are in the 40 to 74 age group and have no pre-existing long term condition, you should receive a letter from your GP surgery inviting you for a free health check every five years. You can also ring reception to book an appointment.



A healthy diet in children

Providing a healthy diet for your children is a key factor for healthy development. You should aim to encourage your child to eat 5 fruits or vegetables per day. You should also make sure they're getting enough iron, protein and calcium. The consumption of any sugary foods should happen alongside meals, rather than as a separate snack, to help maintain a healthy diet. Another way to aid a healthy diet is by providing a daily vitamin, especially for younger children. For more advice on how to provide your children with a healthy lifestyle, you can have a look at the BDA website:



<https://www.bda.uk.com/resources/healthy-eating-for-children.html>

Focus on Matt Jones Practice nurse

Matt completed his training in 2015 in the University of Greenwich. Since then he has had a wide ranging career, working in three different countries in a broad spectrum of hospital situations, including nursing in Belmarsh Prison.



He has crammed a lot in and therefore comes to us with a wealth of experience. In his spare time he enjoys amateur dramatics, directing plays, plus he plays the piano, bass guitar and drums.

Smoking Cessation clinics have started at the surgery again, patients can contact reception to book appointment with Matt Jones or Karen Smith.



Your PPG needs you!

- Help us to build on and maintain our "Outstanding" practice!
- Got some useful suggestions? Something you are not happy about?
- **Make your voice heard! Come and join us!**

Simply fill in the online form, or speak to any member of staff www.dengiemedicalpartnership.nhs.uk

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