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Patient Participation Group

Do you as a Patient have ideas on how we can improve the surgery?

If you are interested in joining the PPG please do not hesitate to ask at reception. You will be contacted by Michaela Campbell (Practice Manager) or the Patient Participation Group Chair
Who will give you more information about the group.
Next meeting is on
9th January 2024
6 pm.

60 Wheatfield Road
Luton, LU4 0TR
(01582) 601116
www.wheatfieldsurgery.co.uk

**Have you had your flu jab? Please call us to book an appointment or to find out if you are eligible for them. We also offer Shingles and Pneumococcal vaccinations for eligible patients.
01582 601116**

Staying Well This Winter

If you are aged 65 or over or have a health condition, you are more vulnerable to the cold weather. Eating a balanced diet and keeping active is essential. It makes you feel more energetic and benefits your body's defense system. But this doesn't mean you have to do 2 laps around the block! The NHS website contains information on exercising for older people, which ranges from sitting exercises to strength retaining exercises <http://www.nhs.uk/Tools/Pages/Exercises-for-older-people.aspx>.

Keeping warm can help prevent you from catching colds, the flu and other conditions. Wearing several layers when outside is a lot more beneficial than just wearing one woolly jumper and a coat; as the more layers, the more insulation. Drawing your curtains will help to keep the warm air in and having warm meals and drinks will raise your body temperature. The recommended bedroom temperature for cold weather is 18°C and changing your duvet to a winter duvet is very helpful.

Colds and *most* coughs and sore throats can be eased by over the counter remedies. Colds should not be treated with antibiotics as antibiotics are used to treat infections by bacteria, not by viruses. Getting a flu jab (Influenza vaccine) will help protect you from the flu virus. The surgery offers the flu jab for free to eligible patients, such as those with asthma, those who are pregnant and patients ages 65 and over.



Keep warm

Wear thin layers of clothing rather than one thick jumper

21°C is the ideal temperature for a living room

Check your energy efficiency

Check eligibility for Winter Fuel Payments 08459 151 515



Keep well

Eat 5 portions of fruit & veg a day

Get a flu jab

Stay active

Wear several thin layers of clothing

Wash hands often

Stay well this winter

We offer urgent same-day GP appointments. However, we also have GP and Nurse appointments which can be booked up to 4 weeks in advance.

You can NO LONGER book GP appointments online!

When you are next at the surgery, ask reception for your SystmOnline log in. You will need to show identification before this can be given to you.



Breast Feeding Room



We do have a breast feeding room (located opposite reception to the left).

At this time, the room contains general furnishings and decorations including a sink. Please inform reception if you are to use the breast feeding room so that the GP/nurse you are seeing is aware of where you are.

What our nurses do!



There are practice nurses at Wheatfield Surgery: Two of our nurses are qualified to prescribe medication and can deal with the following:

- Minor Illness including- vomiting
- Dressings
- BP Checks
- Contraceptives/Family Planning
- Immunisation
- Family Planning/Contraceptives
- Stitches
- Asthma and Diabetes
- Ear Syringing
- Smear Tests
- Sprains/Strains
- Haemorrhoids/Piles

Training Practice

We offer placements for doctors who would like to become a GP. We have been placing doctors within our surgery for several years now and find it works well for both the trainee doctor and for the patients. When booking an appointment with a trainee, you will be informed of this before booking.

Chums & Crumbs

Run by the Titan PCN Wellbeing Team
DUNSTABLE LEISURE CENTRE -LU5 4JD

Feeling Lonely or Isolated?

Why not pop along and have a Cuppa, Chat,
A slice of Cake/Biscuit and talk to our experienced
Social Prescribers and a representative from
Dunstable Football Club (Re-Walking Football)

Every Thursday 11.00 hours to 13.00 hours.
Contact Vicky Harding for further details on
Tele no - 07305178465

Indoor Walking Football Sessions

Dunstable Football Club alongside the Titan PCN
Wellbeing Team are currently running sessions through
September and October for people with Dementia and
those with Limited Mobility. Carers are welcome to
attend.

Venue - DUNSTABLE LEISURE CENTRE -LU5 4JD
Currently Thursday between 10.00am and 11.00
Contact Vicky Harding on 07305178465

SURGERY BOOKED APPOINTMENTS

IF YOU NO LONGER NEED YOUR APPOINTMENT,
PLEASE CONTACT THE SURGERY BY PHONE
OR USE THE SURGERY WEBSITE TO CANCEL,
THIS ALLOWS OTHER PATIENTS IN NEED TO
BOOK AN APPOINTMENT.

LIFE HACKS
Young Persons 11-19year old



The poster features a central image of a person in mid-air, surrounded by colorful paint splatters. The text 'LIFE HACKS' is written in large, bold, black letters, with the person's silhouette integrated into the letter 'I'. Below this, it says 'For 11-19 year olds'. The poster lists several emotional states: 'FEELING LOW?', 'WORRIED OR ANXIOUS?', 'LONELY OR ISOLATED?', and 'CURIOUS ABOUT YOUR IDENTITY?'. It concludes with 'LIFE HACKS MIGHT BE FOR YOU!' and a call to action: 'Ask your GP about free guided support to help improve your health and emotional wellbeing.' At the bottom left is the 'active LUTON' logo, and at the bottom right is a QR code with 'LIFE HACKS' written on it.

LIFE HACKS
For 11-19 year olds

FEELING LOW?

WORRIED OR ANXIOUS?

LONELY OR ISOLATED?

CURIOUS ABOUT YOUR IDENTITY?

LIFE HACKS MIGHT BE FOR YOU!

Ask your GP about free guided support to help improve your health and emotional wellbeing.

active LUTON

Scan here to find out more!

