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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 APRIL 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 .

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
January / February for people with Dementia and
those with Limited Mobility.
Carers are welcome to attend.
Cost £3 per session

Venue - DUNSTABLE LEISURE CENTRE -LU5 4JD
Thursday between 10.00am and 11.00am
Contact Vicky Harding on 07305178465
For further information.

HAVE A
SURGERY BOOKED APPOINTMENT ?

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.

SURGERY CLOSURES

The surgery will close between 14.30 and 18.30 every month
for protected learning. If you require medical help when the surgery
is closed, please call -111

29th February- 2024

PRESCRIPTION & MEDICAL SECRETARY
TELEPHONE LINES .

Telephone Lines are NOW only open
Between 9.30am -12.30pm. Mon-Fri

EXTENDED OPENING HOURS

Please note we are open for Extended Hours
2 evenings in the week between 6.30-8.30pm
and 1 or 2 Saturdays a month 9am-5pm.
These appointments are Pre-bookable only.

POSTAGE STAMPS AND BATTERIES

We now have recycling boxes by the PATIENT
signing in AREA for you to recycle these.
Please place items in the specific boxes.
These items are sent to charities in need of them.