

## In This Issue

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## Measles

### **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  
9<sup>th</sup> APRIL 2024  
6 pm.

**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.



Stay well this winter

deafblinduk

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.



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## 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.

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## 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

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## 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.

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**NHS**

**You can book an appointment  
and catch up on the MMR  
vaccine at any age**

Getting the NHS MMR vaccine is free  
and usually takes just a few minutes



Measles cases are rising – are you and your child protected?

The UK Health Security Agency (UKHSA) has reported an increase in measles across the country. Measles is highly contagious and can lead to complications such as ear

infections, pneumonia, and inflammation of the brain which require hospitalisation and on rare occasions can lead to long term disability or death.

Did you know that only two doses of the free MMR vaccine offers protection for life against measles, mumps and rubella? If you or your child has missed one or both of these vaccinations in the past, it's not too late to get protected. It's important to take up the vaccine now from your GP, particularly in light of the recent cases.

Anyone with symptoms is being advised to stay at home and phone their GP or NHS 111 for advice.

Measles symptoms to be aware of include:

- . High fever
- . Sore, Red, Watery Eyes
- . Coughing

. Aching and feeling generally unwell.

Head over to the NHS website for more information and to book.

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Do You HAVE A  
BOOKED SURGERY 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.

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# 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

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## Indoor Walking Football Sessions

Dunstable Football Club alongside the Titan PCN  
Wellbeing Team are currently running sessions through  
March / April 2024 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.

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## 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

27<sup>th</sup> MARCH - 2024

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## PRESCRIPTION & MEDICAL SECRETARY TELEPHONE LINES .

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

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## 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.

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## 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.

## **Children's Play Area and Sensory Room**

We have a new children's play area and sensory room for our younger patients who find the waiting area overwhelming.  
Please ask at reception to access the sensory room.