

Patient Newsletter

Staying Well In Winter

Contact Us

Wheatfield Surgery

60 Wheatfield Road

Luton

LU4 0TR

01582 601116

Fax: 01582 666421

Email: wheatfield.surgery@nhs.net

www.wheatfield.surgery.co.uk

Opening Hours

Monday: 8:30 - 18:00

Tuesday: 8:30 - 18:00

Wednesday: 8:30 - 18:00

Thursday: 8:30 - 18:00

Friday: 8:30 - 18:00

Extended Hours: 8:30 - 20:00

Surgery Closure Days

7/11/19 - Closed from 1pm due to staff training.

4/12/19 - Closed from 1pm due to staff training.

25/12/19 and 26/12/19 - Closed due to bank holidays.

As the cold weather starts to set in, so does the increase in the common cold and flu viruses. This Autumn/Winter stay healthy by;

- Having a seasonal influenza jab
- Keeping a pocket of tissues on you to help prevent spreading germs by trapping them when coughing or sneezing.
- Wash your hands frequently.
- Staying warm through clothing, hot meals and regular hot drinks.
- Stay active. Not just to stay warm, but to also keep up good physical health and mental wellbeing.
- If you suffer from any respiratory or heart problems, try and stay indoors during very cold weather.
- If you find that you are suffering from the following cold symptoms, please visit your local pharmacy for self care as antibiotics cannot be prescribed for a cold.

Runny nose, watery eyes, stuffy nose and congestion. As well as sneezing and coughing. Symptoms can last up to 3-14 days and linger for up to 3 weeks.

Surgery events

It's that time of the year again when the surgery holds its' annual flu clinic in October. This year the clinic will take place on the 12th October. Starting from 8:30am –11:30am.

The flu clinic will only be held for 65+ due to specific vaccines provided.

Another event the surgery is carrying out is the carers meeting, which will take place on the 24th October. If you are a carer to a relative, friend or by profession please feel free to come along to this event. For more information, please ask the receptionist at the front desk.

Appointments between April - June 2019

10, 559 Offered 1141 Un-booked 533 Did Not Attend 9418 Booked

These figures are taken from all clinicians appointments through out July to September. If you need to cancel an appointment you can select option 2 when calling through to the surgery. Or, patients signed up for SMS are now able to reply back to appointment messages to cancel their appointments. This is now available through MJOG messenger. A free app for patient providing easy two-way communication with the practice.

New beginnings and farewells!

In the last few months we have said farewell to registrar Dr Shanthikumar who is now officially a qualified GP. We welcome new receptionist Melissa Savage And new registrars Dr Al-Nahi and Dr Liyawdeen.