

THE FRIENDS OF STAPLEHURST HEALTH CENTRE

Newsletter No. 51 February 2020

*This newsletter is sponsored by the Staplehurst
Community Events Group.*

CHRISTMAS DRAW

Thanks to everyone who supported the Christmas Draw, especially our members who helped with selling tickets and delivering prizes. There were 24 prizes and after expenses, the nett profit for the draw was £482.31. This money will be spent on two items of equipment requested by the practice nurses.

HEALTH INFORMATION EVENING

ALL ABOUT CATARACTS

**A presentation by
Mr. Kashif Qureshi**

BSc. MBBS FRCOphth.

**Consultant Ophthalmic Surgeon
In the Health Centre at 7.15pm on
Wednesday, 15th April, 2020**

**As we get older the likelihood of getting cataracts
increases. Come along and hear about the
diagnosis and methods of treating cataracts.**

Patients from other GP practices are welcome to attend

EQUIPMENT PURCHASES

In Newsletter No. 50 details were given of a new diagnostic set which was paid for with money from David Wilson Homes, the developers of Dickens Gate housing in Marden Road. It has now been possible to buy a second set using money donated by the Staplehurst Community Events Group (CEG) who are also sponsoring this and two more newsletters during the year. The Friends are very fortunate to be one of a number of village organisations supported by the CEG.

Sister Alison recently attended a cardiac care training day and returned with a request to buy two items of equipment, a mobile ECG monitor which will detect atrial fibrillation, bradycardia and tachycardia and a cardiology stethoscope. The cost of these items will be met from the Christmas draw profit. It is good that with the support of patients, the Friends are able to assist with buying equipment which help the clinical team do their work more effectively which benefits patients.

EASTER AND SPRING BANK HOLIDAY CLOSURES

The Health Centre will be closed on Good Friday, and Easter Monday, April 10th and 13th respectively, and on May Day, Friday, 8th May and Spring Bank Holiday, Monday 25th May. **If medical assistance or advice is required when the Centre is closed, phone 111.**

DISCLAIMER

Please note that neither NHS West Kent Clinical Commissioning Group, Staplehurst Community Events Group, Integral Medical Holdings incorporating Malling Health or the doctors and staff at the Health Centre take any responsibility for the content of this newsletter or for the opinions or information contained therein.

HOW TO GET THE MOST OUT OF YOUR GP APPOINTMENT

GP appointments are for 10 minutes which is not long.

In that 10 minute slot the doctor has to call you, wait for you to walk from the waiting area to the GP's consulting room. You then have to have your consultation and leave the doctor to write up your notes and if necessary, make requests for X-rays, and further investigations.

Be on time for your appointment. Some doctors will not wait for tardy patients and will continue down the list to find a patient who is checked in and ready for his or her consultation. If you are late it may well be that you will have to wait for a slot later in the doctor's busy schedule, or even make another appointment.

Try to wear clothes which can easily reveal the area of the body about which you are consulting the doctor. Make sure that the doctor can get to your arm easily to take a blood pressure reading. Remember that the appointment is for dealing with one problem, so don't turn up with a list of umpteen complaints; the doctor cannot deal with, and consider them properly, in a 10-minute appointment. If you have more than one problem to discuss try to get a double appointment of 20 minutes.

Try to leave the children at home as you and the doctor cannot concentrate on your problem if the children are running riot and causing a distraction.

Try to prepare a list of your symptoms and the questions you would like to ask. When asked when the symptoms first started try to be as accurate as possible; to say that they started weeks (or months) ago is not very helpful and you need to be more specific. Don't be embarrassed about anything you say or feel; the doctor will probably have heard it all before. If you feel you need a chaperone to be on hand when you are having a physical examination, it will be helpful to warn the receptionist when making your appointment.

IMPORTANT INFORMATION FOR BENENDEN HEALTH MEMBERS

Due to GDPR rulings and sharing of data, the Medical Secretary can no longer send referral letters by E mail to Benenden Health Member Services. Members must now obtain a copy of their referral letter from the surgery and send it to the Benenden Health Member Services themselves, either via post to Benenden Health Member Services, Holgate Park Drive, York, YO26 4GG, or Email to memberservices@benenden.co.uk.

Benenden Hospital is unable to treat patients under the age of 18.

REFERRALS TO BENENDEN FOR OPHTHALMIC CONDITIONS

The referral process for ophthalmic conditions has changed: direct referrals from optometrists or opticians are no longer accepted. Ophthalmic referrals **must** be by a GP or a Nurse Practitioner based at the patient's NHS GP practice.

CLOSURES FOR TRAINING

The Health Centre will be closed for staff training and continuing professional development on the following afternoons. If you need to contact a doctor urgently on these afternoons, please phone 111.

Thur. 5th March,

Wed. 13th May,

Thurs. 4th June

The Annual General Meeting of the Friends of Staplehurst Health Centre will take place at the Health Centre, Offen's Drive, Staplehurst on Wednesday, 11th March, 2020 at 7.15pm

The Agenda is as set out below:-

1. Welcome and Introductions
2. Apologies for absence
3. Chairman's Report
4. Treasurer's Report
5. Election of Trustees.

There are currently 6 trustees and they are Mr. Rory Silkin, Cllr. Lester Gosbee (Frittenden Parish Councillor), Mr. Robin Kenworthy, Mr. Robin Oakley, Mrs. Suzanne Douglas and Sister Alison Edwards. All current trustees have indicated that they are willing to stand for re-election. Any other member aged 18 years or over, may stand for election provided he/she is nominated in writing by a member aged 18 years or over, on a form obtainable from and returnable to the Secretary, Robin Oakley, 14, Pinnock Lane, Staplehurst, by not later than 1st March, 2020.

6. Election of a Trustee as Chairman.
7. Election of a Trustee as Secretary/Treasurer.

Note: only members aged 18 years or over are allowed to vote in the elections.

8. Health Promotion Evenings in 2020
9. Appointment of Independent Examiner of Accounts.
10. Appointment of signatories for Lottery Return.
11. Any other business

WELCOME BACK

Healthcare Assistant/Phlebotomist Pam Corral-Gigliotti returned from maternity leave but then decided not to stay. In her place we welcome back Tracey King, well known to many patients, who joins the nursing team of Alison, Kevin and Ella.

BREATHE NEW LIFE INTO YOUR OLD INHALERS – COMPLETE THE CYCLE

73 million respiratory inhalers are prescribed in the UK every year. The inhaler recycling scheme sponsored and paid for by the drug manufacturers, Glaxo SmithKline allows users to recycle their inhalers at some pharmacies. In this area there are recycling boxes at Boots Pharmacies in Maidstone, Tenterden or Tunbridge Wells and at Morrison's Pharmacy on the Sutton Road.

INFORMATION FROM THE PRACTICE MANAGER, MRS. ELAINE HANDOVER.

At the PPG meeting on 22nd January, Elaine said that the nationwide shortage of doctors was making it very difficult to recruit GPs and Advanced Nurse Practitioners. She is currently looking at the possibility of employing a paramedic who would be able to see patients presenting with acute conditions, for example, earache, tonsillitis, chest infections, etc., as well as making home visits. This would increase the capacity of the clinical team.

The Weald Primary Care Network (PCN) has withdrawn the Saturday morning Physiotherapy Clinic at Staplehurst due to lack of demand, but the weekday physiotherapy clinics continue on Mondays at Staplehurst and on other weekdays at other GP practices in the Weald PCN. Appointments at any of

these clinics can be made by the receptionists at Staplehurst Health Centre.

Up to 73% of prescriptions are now being sent electronically to the pharmacist of choice. During the next few months NHS computer systems are being updated and this will bring about changes to patient check-ins, so be prepared for this and other changes.



STAPLEHURST COMMUNITY EVENTS GROUP

EVENTS 2020

April	
18th	Stay Safe Staplehurst
June	
7th	am - 5k and 10k Runs
7th	pm - Picnic in the Park <i>With Staplehurst Churches Together</i>
27th	Village Fete
November	
15th	French Market & Christmas Craft Fair
December	
14th to 17th (provisional)	Santa Sleigh <i>With Paddock Wood & District Lions</i>

See you there!

CARBON MONOXIDE (CO) POISONING SYMPTOMS

Over 80% of UK adults could be at risk of mistaking carbon monoxide poisoning symptoms for a different condition such as cold, flu or a hangover. More than 82% of people are unlikely to consider CO poisoning as the possible cause of headache and nausea – two of the most common signs of exposure to the poisonous gas. Research shows that 5.5 million homes in the UK are known to have unsafe gas appliances such as gas boilers, cookers or gas fires. Only 20% of people surveyed said they always stop using a faulty gas appliance until it is fixed and just 42% get their gas appliance serviced every year by a Gas Safe Registered engineer.

Manufacturers of modern condensing gas fired boilers will offer up to 10 years warranty provided that the boiler has been installed by one of their approved installers and is serviced annually by a Gas Safe Registered engineer. Old boilers with flues connected to chimneys are particularly prone to faults which can give rise to the release of carbon monoxide **which can kill**.