

Wells Park Practice

Issue 52

Practice Newsletter July 2019

PARKRUN PLEDGE

Parkrun is a great way to socialise, make friends and be part of a welcoming, supportive community. Involvement will help in improving the health and wellbeing of staff, patients and carers, and reduce the need for lifelong medication. We look forward to seeing as many of you as possible at the next event.

When: Saturday 6 July

Time: 9.00am

Where: Crystal Palace Park

If you have not previously registered, please register on the Parkrun website a on the below:

<https://www.parkrun.org.uk/register/>

Patient Volunteers

Have you recently been undergoing treatment and maybe considered how sharing your symptoms with a trainee Doctor would benefit their training? It is essential for medical education that patients with real clinical signs are provided during examinations. The Chantler Simulation and interactive Learning Centre at Kings College

London are continually in need of Patients who would be willing to attend the MBBS Final year OSCE Examinations as a Model Patient for the training of the next rotation of Doctors. Individuals with various medical conditions or diagnosis are required throughout the exams and teaching period which take place at **Shepherds House, Guys Campus** to act as model patients. Transport costs, lunch refreshments and a small remuneration are provided for all individuals who take part as model patients. If you wish to find out more about participating and what this would involve please email:

patienteducators@kcl.ac.uk alternatively you can leave a message on 0207 848 6601 for Sue Widdows stating your telephone numbers both mobile and landline and the category you would be most suited to.

The areas needed are:

- Abdo and
- Renal transplant patients with palpable

kidneys, AV Fistulas etc

- Arthritic Hands
- Dermatology
- ENT
- Eyes
- Hearing
- Heart/CVS
- Lumps and Bumps
- Neuro general
- Neuro gait
- Neuro cranial nerves
- Peripheral Sensory Neuropathy
- Peripheral Vascular Disease
- Respiratory
- Rheumatology Hands
- Thyroid Patients, goitres, nodules or scars from recent surgery, evident hypo/hyper thyroidism
- Varicose Veins
- Vascular leg ulcers

The examination dates are mainly in May through to August.

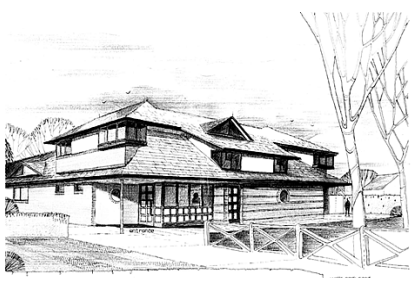
Hot Weather Alert

You may be aware of the risks associated with hot weather such as Dehydration, heat exhaustion and heatstroke. Please make sure to drink water regularly, avoid excess alcohol, caffeine or drinks

WELLS PARK PRACTICE

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Telephone: 020 8699 2840 email: lewccq.g85114-general@nhs.net www.wellsparkpractice.co.uk



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high in sugar. Where possible, wear loose clothing, and above all, avoid the heat by staying out of the sun. For further information, visit

<https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

Vaccination News

Travelling Abroad? We advise that you find out if any vaccinations are recommended at least six weeks before you travel. Please do not leave this to the last minute because to get the most out of your immunisation, they need to be administered at least four weeks before travel. We now offer full travel vaccination service. Please check our website for details.

Going off to University?

If you are going off to university in September, it is important that you make sure you are up to date with your vaccinations. Meningitis ACWY offers protection against Meningitis.

Aged 70 and 78? You are eligible for Shingles vaccination.

Suffering from any Long Term conditions or aged 65 and above?

Pneumococcal vaccine is available for you free of charge to prevent Pneumonia. It is also available as part of the childhood vaccination programme.

Between 28 and 38 weeks pregnant?

Pertussis vaccination is offered to prevent whooping cough. Please book an appointment with the Practice Nurse for any of the vaccinations.

Friends and Family Test

We received 356 feedbacks in June. 255 (71.62%) stated it was extremely likely they would recommend us to their friends and family, 84(23.59%) likely, 11 (3.09%) were neutral, and 31(8.70%) were unlikely and extremely unlikely and 5(1.40%) did not know. We are grateful. Please keep your comments coming

Wasted Appointments

We are very grateful to those of you who cancel your unwanted appointments. It is important that you cancel if you are unable to attend your GP or nurse appointment. You can cancel your appointment by phone, email, text or online access. The simplest way of cancelling is by replying to our reminder text with the word CANCEL. This will cancel your appointment automatically without the need for staff intervention. We are only able to offer your unwanted appointment if you cancel. During the month of June, we offered 6151 appointments. Of these, 237 (3.85%) people who booked, did not show up, and failed to cancel.

Practice Closure

Our next half day (12:30pm closing) training day is on Tuesday 16 July 2019. For urgent medical assistance please call *Freephone 111 or visit 111.nhs.uk*. For chest pain or collapse please dial 999

Regards Antonia

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