

JUNE 2017

NEWSLETTER
FOR THE
PATIENTS OF

Birchwood

MEDICAL PRACTICE

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Associates

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Dr. J. Kandi
Dr. C. Sat

Nurse Practitioner

Sarah Cameron

Patient Support Group

Chair: Liz James
Vice Chair: Joan Robinson
Secretary: Stella Price



In this issue...

- Horley Carnival
- Travel Vaccinations
- NHS Diabetes Prevention Programme
- Staff Update
- Patient Registration

www.birchwoodmedicalpractice.co.uk

HORLEY CARNIVAL

Birchwood Medical Practice is pleased to be part of a health corner at Horley Carnival on Saturday 17 June. Called 'live well; there is only one you', through a number of fun and interactive games, East Surrey Clinical Commissioning Group and Surrey Public Health will be promoting self-care and how best people can prevent illness. Dr Vijaykumar is the Chairman of East Surrey CCG and was keen that the first time they entered into a community event it should be in Horley so he is delighted at what is being planned. He is encouraging staff and patients to volunteer to help run the stalls which will include healthy eating and samples of healthy recipes, easy exercises and a smoke-free home colouring competition. There will be prizes and gifts for those people who take part in one of the activities such as 'How old is your heart?'. In order for this to go ahead, East Surrey CCG has received sponsorship from



Horley Lions and Horley Rotary and everyone thanks them for their very generous support. This is an exciting initiative which we hope will be a success and set a trend for other areas. If you would like to join in, please contact Carol Rowley the CCG's Patient Experience Manager at carol.rowley4@nhs.net or call her on 0782 725 31 11.

TRAVEL VACCINATIONS

This time of year lots of our patients are planning holidays abroad. Travel vaccinations should be considered at least 8 weeks before departure. Not all vaccinations are free on the NHS. The NHS website contains plenty of useful information on travel immunisation. There is also a very useful list of vaccinations that you and your children should have and at what age. The nearest Travel Clinic to Birchwood is situated at Gatwick Airport. The Live Well section contains helpful tips on care of your skin in the sun. www.nhs.uk/ under the Live Well section of the home page.



NHS DIABETES PREVENTION PROGRAMME (NDPP)

Birchwood is one of the practices involved in the National Diabetes Prevention Programme. The patients who are at risk of developing diabetes will be approached by the doctors and staff before referral to the programme.

What is NDPP?

- A national prevention programme led by NHS England, Public Health England and Diabetes UK.
- Around 22,000 people with diabetes die early every year. Type 2 diabetes is a leading cause of preventable sight loss in people of working age and is a major contributor of kidney failure, heart attack and stroke.
- Type 2 diabetes treatment accounts for just under 9% of the annual NHS budget. This is around £8.8 billion a year
- There are currently 5 million people in England at high risk of developing Type 2 diabetes.

What are the Outcomes?

The course runs weekly sessions for one month and then normally maintenance sessions for 9 months providing a platform for support long term behavioural change.

The expected outcomes from the NDPP are:

- Reduction in incidence of diabetes amongst participants
- Reduction in blood glucose parameters amongst participants
- Reduction in weight of participants

STAFF UPDATE

I am pleased to announce that Dr. Mel Fegan, Dr. Ekta Tyagi and Dr. Tom Rustom are now partners of Birchwood Medical Practice. Dr. Christine Sat has joined us as a salaried GP. We are sorry to lose Dr. Mann and Dr. Zietal who are pursuing different opportunities. Two paramedic practitioners have now joined Birchwood, Mr. Scott Seymour joined us in April and Mr. Andy Jackson in May.

Dr Vijaykumar – Senior Partner



PATIENT REGISTRATION

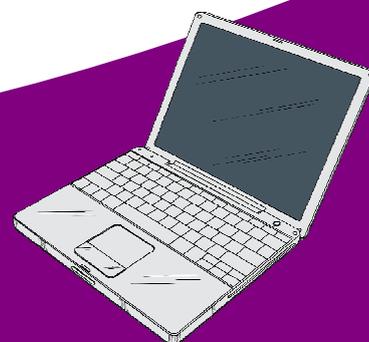
Following discussion with NHS England the three GP surgeries in Horley have agreed to reopen their lists for registration of patients.

Current Birchwood list size 16,140.

Useful Information...

East Surrey Hospital	01737 768511
Crawley Hospital	01293 600300
Family Planning	01293 772053
Midwives	01293 768511 ext 6822

Out of Hours 111



The "Health Help Now" Web App

www.healthhelpnow-nhs.net

Disclaimer

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