

GREENSIDE GROUP PRACTICE

NEWSLETTER

Winter Edition

Welcome to our new style Newsletter. Please do let us know what you think, what you would like to see more of. We hope to include a Patient's letter or experience as a regular feature so please do get in touch.

Each Newsletter will contain Practice News, a topical health related article and diary events, if relevant.

Practice Website address : www.greenside

Practice News

We are sorry to be saying 'goodbye' to Sue Farrant our Managing Partner. Sue has decided to retire as Managing Partner after over 20 years working at Greenside Medical Practice and latterly she oversaw the development of the Lennard Road site. Sue's contribution to the Practice is considerable and she will be sorely missed. However, we are delighted to report that the Practice has recruited Jane Passfield as Practice Manager. Jane is an experienced Practice Manager working in the Croydon area and she is well placed to take up the challenge of managing a busy Practice in these interesting and challenging times for all GP Practices. Welcome Jane!

Supporting Jane and based at the Lennard Road site, is Janet Mckenzie as Assistant Practice Manager. She will be liaising with Lesley Hows who is the Assistant Practice Manager at the Greenside site.

- **Rachel Burn is our new Nurse Practitioner.** Rachel is nurse lead and is able to prescribe where appropriate. She will also help alleviate the pressure on the GPs by triaging any urgent appointments.
- We have several new members of our Reception Team. They are all settling in nicely and are a great asset to our established reception staff.
- **Patient Survey Forms:** We are currently undergoing a Practice survey. You may have noticed, or been asked, to complete a patient survey form for the Practice. It is very important that we get feedback from all our patients as to what they think of the service provided and the environment they receive that service, so please complete a questionnaire if you have time. You can also complete this form online by going to our Practice website.
- **Friends & Family forms:** Also we are asking patients to complete a Friends & Family form to see if you would recommend the Practice to other people, again please complete this if you have time.
- **Patient Participation Group:** We are still trying to recruit patient members for our 'virtual group'. These people will be asked to contribute by email to questions the Practice may have. If you are interested in joining this group please leave details with our staff at the reception desk.
- **DNAs** – in December we had 202 people who did not attend for their appointment – 33 hours of clinical time!!!

Get Up & Go!



Croydon Council have put together a brilliant and comprehensive brochure which contains a **Physical Activity Guide**. You can pick up a copy from **Reception** or you can request a copy from the **Council** on **020 8667 8416**.

Here are some more ideas, hints and tips;

- Croydon Council offers anyone who lives, works or studies in the borough free cycle training - to find out more and book online go to cyclinginstructor.com or call **0845 652 0421**
- Indoor and outdoor bowling, Croydon Bowling Club. Keep fit, have fun and enjoy two free introductory courses. All ages welcome, all equipment provided. For further information or to book please contact the Sport and Physical Activity Team on **020 8667 8416**
- MI CHANGE is a free 12 week project which aims to help adults living or working in Croydon to become more physically active and improve their health and wellbeing. Call the MI Change team on **020 8667 8414** or email them at michange@croydon.gov.uk
- There are currently 12 different walks available free of charge to Croydon residents. These range from flat terrain to walks with a number of hills/slopes which may be steep. At Lloyd Park there is also Nordic Walking which is a variation of ordinary walking with the use of poles. It uses 90% of the skeletal muscles and burns up to 46% more calories than ordinary walking. Call **020 8667 8415** for more

Medical Feature:

Alcohol's hidden harms-effects on our health

.What may seem like just a drink or two most evenings can do a lot of harm to your body, inside and out.

You might notice that you're building up a bit of a spare tyre, if you drink alcohol regularly. That's because there can be a lot of calories in alcohol. Or perhaps your mood can be a bit low in the mornings. Maybe your skin's not as clear as it was.

Health harms of alcohol

- Cancer of the throat, oesophagus or larynx. regularly drinking two large glasses of wine or two pints of strong lager a day could make you three times as likely to get mouth cancer
- Breast cancer in women. regularly drinking just above the guidelines increases the risk of getting breast cancer by around 20%
- A stroke
- Heart disease or an irregular heartbeat, which can lead to a heart attack
- High blood pressure
- Liver disease such as cirrhosis and liver cancer.
- Pancreatitis
- Reduced fertility

The good news is that you can reduce the risk to your health by cutting down the amount of alcohol you drink. Drinking less now can make a big difference to your health later on. Find out more at www.nhs.ukChange4Life

Don't just go to A&E...

The A& E Department should not be used by patients for minor ailments such as sprains or strains, coughs or colds especially during Practice Opening times

You could get quicker treatment closer to home;

- Greenside Medical Practice 020 8240 0072
- Lennard Road Practice 020 8680 2270
- GP Walk-in Centre, Edridge Road Health Centre - 020 30400800
- Minor Injuries unit, either at Parkway Health Centre, New Addington, CR0 0JA or Purley Hospital , 865 Brighton Road - Tel 02 8 401 3000
- Emergency Dental Service (Croydent) - 0845 000 4567
- Emergency Contraception - 020 8714 2861
- NHS out of hours number - 111
- The local pharmacies can treat minor ailments
- NHS direct - [www.nhsdirect.nhs/
uk](http://www.nhsdirect.nhs.uk)

HEALTH NEWS

BE CLEAR ON CANCER UPPER GI CAMPAIGN 26TH JANUARY – 22ND FEBRUARY 2015-01-27

The next National BE CLEAR ON CANCER CAMPAIGN aims to let people know about heartburn and difficulty swallowing food as symptoms of oesophageal and stomach cancers, and the importance of seeing a doctor without delay if they notice these symptoms. The campaign will be on TV, radio, print and digital advertising.

The main messages of this campaign are:

- Having heartburn most days, for 3 weeks or more could be a sign of cancer – tell your doctor.
- Food sticking when you swallow could be a sign of cancer – tell your doctor

Why this campaign? Every year around 7,000 people are diagnosed with oesophageal cancer and around 5,4000 people are diagnosed with stomach cancer in England – with around 9,800 people dying from these diseases annually. Around 950 deaths could be avoided each year in England if survival rates for upper gastro-intestinal (GI) cancers matched the best in Europe.

DIARY EVENTS – PRACTICE TALKS

The Practice is hoping to set up regular talks on various health topics for patients and members of the public to attend.

The first talk will be about minor ailments and will be given by Dr Vegasana, sometime in Spring 2015. Full details of date, time, venue etc. will be given out in the form of posters and on the Practice website and displayed in the waiting rooms of both sites, in plenty of time.