



Oakley Newsletter



Designed by the Oakley Surgery
Patient Participation Group (PPG)

No. 1

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Opening hours: Monday to Friday 0800 to 1830, Tel 01582 496050. Closed weekends.
Out of hours: Dial 999 for life-threatening problems or Dial 111 for non-urgent advice
Website: <https://www.oakleysurgery.nhs.uk>

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FREE NHS HEALTH CHECKS

All patients over the age of 40 are invited for a free health check (with the HCA) where your blood pressure, cholesterol, weight, height and lifestyle are monitored.

Prescription notice

Due to high demand in telephone calls the Doctor will NOT be able to call you for medication or medication reviews over the telephone.

Please ensure you book an appointment with the Doctor for any medication reviews in enough time before your medication runs out. Patients are reminded to always check at the back of their repeat prescriptions as we will always leave a reminder on your last prescription to let you know if you need a medication review before your next prescription is due. Please also note that Prescription requests do take 2 working days to be generated.



For articles that have associated web sites please click on the blue link button next to the article .

Exercise is good for you:

Has your GP suggested you should exercise more to become fitter, but maybe you are unwilling to do so on your own. There is an answer. Why not come along and join 300+ others on a Saturday morning at Luton Wardown Park Run. Despite the name, this is not only a run, it can be a jog, a walk with your dog, or even a run/walk with babies in buggies. This is not a race! It is an event anybody can take part in, whatever your shape, size or ability. People participating are aged from 6 to 80+ years old. The best bit is it's FREE! The run commences at 9.00 a.m. Meet at the Boathouse for briefing at 8.45 a.m. Run starts at 9.00 a.m.



Geoff's Story:

"I started walking the Parkrun, with the aid of a walking stick, in November 2015, eighteen months after a hip replacement. In 2017 I was diagnosed with Coronary Heart Disease - as a result I had four stents fitted. I am still walking the Parkrun and have now completed 150 runs. I have lost two Stone in weight since starting. I have also made many friends. The camaraderie is great. I am 75 years old, in case you are wondering. If I can do it, so can you."

The distance around the course is 5 kilometres (3 miles 188 yards). That is equal to three and a half laps around the park. To register, go online and visit "Luton Wardown Park Run" web site. Fill in all the details and you will receive a Park Run bar code and number. Take this with you to the event. This will be recorded with your position and time at the finish. Remember, time and position will not be recorded without a bar code and number.

The NHS Retirement Fellowship

<https://nhsrf.org.uk/>

Tel: 01582 728841



The NHS Retirement Fellowship is the social, leisure, educational and welfare organisation for current and retired NHS and Social Care staff and their partners

The NHS Retirement Fellowship is the organisation for NHS and social care staff, providing a bridge between life in employment and new opportunities in retirement. Members enjoy a range of activities and interests meeting former colleagues, making new friends and participating in a variety of events. Walking, golf, photography and sightseeing are just some of the activities enjoyed, and members benefit from various discounts including cruises, holidays and annual worldwide travel, home and car insurance.

Air pollution.

There has been a lot in the media recently relating to air pollution and the harm it can do to our health as well as the effects it has on global warming. One of the main contributors to air pollution are the vehicles we drive, so here are a few facts that you may find surprising.

- 1. The air inside a car can be up to twelve times more polluted than the air outside. This is caused by the fans drawing air into the car which then remains trapped.*
- 2. An idling engine produces twice as much pollution as one that is driven normally.*
- 3. It is illegal to leave a vehicle engine running when the vehicle is parked.*
- 4. One of the most polluted areas is outside schools during the school run.*
- 5. Children are much more likely to develop health problems from the effects of air pollution than adults.*
- 6. It is assumed that only the lungs are affected by pollution but many of the particles are so small that they pass through the walls of the lungs and into the blood stream which can effect other organs.*
- 7. There has been a lot of mention in the media lately about the increasing number of people suffering from Asthma. This has been largely attributed to air quality.*

The pollutants emitted by a vehicles exhaust include:

Carbon dioxide, the global warming gas.

Nitrous oxide - can trigger Asthma and contributes to acid rain.

Particulates (soot) particularly from ageing diesel engines.

Carbon monoxide - reduces the ability of the blood to carry oxygen.

Do you provide help and support to a family member, friend or neighbour who couldn't manage without your help? If you do, you are a carer.

In April 2015 care and support changed for the better. Under the Government's Care Act, carers had their rights put into law for the first time, allowing them to get the support they need for their own wellbeing.

Click on this link for the Luton support site....

[link](#)



1 They make the perfect roommate

Humans Inhale oxygen into their body, & exhale carbon dioxide where plants, during photosynthesis, absorb carbon dioxide and release oxygen, making plants and people great partners! They also remove indoor pollutants like formaldehyde!

ROUTINE APPOINTMENTS

Routine (Non-Urgent) appointments can be pre-booked up to 4 weeks in advance. The GP appointments are at 10-minute intervals, while the nurses have 15 minute slots. You will be offered the earliest appointment available, or one, at a time most suitable for you. If you feel that you may require extra time with either the GP or Nurse, please request this when you arrange your appointment.

WHAT IS SELF-CARE?

Self-care means looking after yourself in a healthy way. Self-care is recommended when you have a minor condition which doesn't normally need medical care (from a doctor or nurse) or any treatment in order to get better.

In practice this means a person decides that they can manage their illness without seeing a doctor.

This may be because they don't like taking remedies or pills, or because they believe they will recover just as quickly if they stay at home and rest until their illness goes away of its own accord, or they may pop out to buy medicines over the counter at a pharmacy. Either way, 'self-care' is something millions of us do every day – for positive and practical reasons.

But what if you feel you need some advice before you are able to self-care? For instance, if you're not sure if your condition is minor, or one that goes away of its own accord, i.e. a virus, or if you just want advice on how to relieve the symptoms.

The good news is, your local pharmacist can help you.

For further information please check the following link

<https://www.england.nhs.uk/blog/what-does-self-care-mean-and-how-can-it-help/>

ONLINE ACCESS TO BOOK APPOINTMENTS, ORDER REPEAT PRESCRIPTIONS AND VIEW YOUR SUMMARY CARE RECORD ONLINE

Oakley Surgery offers patients a Secure and user friendly online appointment booking system. Once registered you will be able to make routine GP appointments, view your future appointments and cancel an appointment all using our online system which is available 24 hours a day, 7 days a week. Please note this does not include booking urgent appointments or telephone consultations which must be arranged by contacting the surgery by telephone.

The online system also enables you to order repeat prescriptions and to view your medication, allergies and sensitivities recorded on your medical record, known as the Summary Care Record.

To register for this service please visit the surgery with some form of photo identification such as a driving licence or passport and the receptionists will generate your log-in details. If you have previously registered with the service to order your repeat prescriptions online then you can continue to use the same log-in and access it in the same way.

ELECTRONIC PRESCRIBING SYSTEM (EPS)

Electronic Prescribing System (EPS) allows us to send your prescriptions to a pharmacy of your choice. It saves you, the patient and us as a Practice a lot of time. This is because we can electronically send a prescription to your pharmacy instead of printing and signing paper copies and also saves you the time of collecting it from us! The Electronic Prescription System (EPS) is an NHS service.

EARLY MORNING CONTACT

Early mornings are always busy in the Surgery as we deal with urgent appointment requests and emergencies. We would be grateful if you could avoid contacting us with non-urgent requests before 11 a.m. We would be grateful for your co-operation with this.



Does your GP surgery know you are a carer?

Are you providing help and support to a relative, partner or friend who cannot manage because of disability, illness or frailty?

Let your GP know that you are a carer and ask if this could be registered on your medical record.

Measles.

If you have a suspected case of measles please inform reception when booking an appointment as measles is very contagious.