



Park Road Surgery, Teddington Newsletter

Date Issue:
December 2023



STAYING SAFE AND
HEALTHY THIS WINTER

Welcome to this Winter issue of our
practice newsletter!

parkroadsurgeryteddington.co.uk

Please see our website , for further details about the practice, the services we provide, our staff and latest news updates

Please find advice on staying safe and healthy this winter at:

[Www.southwestlondon.icb.nhs.uk/news/staying-safe-and-well-wintery-weather](http://www.southwestlondon.icb.nhs.uk/news/staying-safe-and-well-wintery-weather)

The link to this is on our website under Latest News.

Key points are:

- How to keep yourself and your home warm (energy advice)
- Look out for others as the temperature drops
- If you're eligible, ensure that you've had your flu and covid vaccinations
- Avoid spreading coughs and colds by wearing a mask and handwashing
- Your **pharmacist** can advise on treatment for a range of ailments, such as coughs and colds
- Ask for help with your mental health - you can get advice from www.nhs.uk/mental-health or speak to your GP

Autumn vaccination campaign

From the start of September our team administered 1600 flu jabs and 1000 covid vaccinations in just 6 weeks.

Influenza vaccinations:

We are still offering **flu jabs** to our eligible patients—those aged 65 and over or if in a clinical at risk group.

Shingles vaccinations:

Eligibility for the shingles vaccination has now changed to anyone aged 65 years old (with a birthday after 1/9/2023), all those aged 70-79 years and those aged over 50 with a severely weakened immune system.

Pneumococcal vaccinations:

Anyone aged 65 years and over is eligible to have this vaccination once.

If you would like to book one of these vaccinations or want to check if you're eligible, please call our reception.

Practice opening hours over the festive period

Please note that we will be **closed** on Monday 25th and Tuesday 26th December and on Monday 1st January 2024.

If you need urgent medical advice while we are closed, please call 111. Please call 999 in case of an emergency.



We would like to wish you all a very merry Christmas and a happy and healthy New Year!

Parking spaces update:

We have been campaigning to the council to request that the 4 spaces outside the surgery are reverted back to one-hour free parking, as opposed to having to pay via a smartphone app (which some of our patients are not able to access).

If you want to raise any examples of how this has affected you, please send your comments to: Emma.nicholls5@nhs.net. We then intend to lobby the council again (including your anonymised responses), with the help of our **Patient Participation Group** members.

Ruils Christmas support resource:

We work closely with Ruils (Richmond independent living service) and often refer patients to their social prescribing service. Ruils have a wealth of knowledge about local services available, including food banks, befrienders, social services advice. They have released a guide to support available over the Winter period. Please see details of this on the practice website under Latest News.

Carers in Mind service (run by Richmond Mind):

Carers in Mind provides support for adults caring for someone with mental health issues.

Details of help available can be found on: www.rbmind.org/carers/carers-in-mind

Booking appointments:

We are experiencing a high level of demand for appointments and are working hard to arrange appointments as needed, with the most appropriate health care professional. Please see details on our website about Appointments— ways to access and the different types available

“FOCUS ON” - LUCIE PEERSAIB, PRACTICE NURSE

How long have you been at Park Road Surgery? Since May 2023

Please describe your role? The key role of my day to day job in the practice is assessing, screening and treating people of all ages and including babies, children and adults. Being an advocate for patients and their families and provide expert advice and support and various aspect of nursing care such as health promotion and life style education, wound care management, child immunisation, vaccinations, cervical cytology screening, managing long term conditions and helping with minor surgeries under local anaesthetics.

What do you feel is the highlight of your time working at this surgery? I find my work incredibly rewarding and one of the recent highlights has been to support patient along side their journey of prolong wound healing, ability to support them through out months of battle and seeing the light at the end and returning back fully healed with a big smile on their face.

If you weren't a practice nurse what would you like to do as a job? Scuba dive instructor

What do you feel is the greatest challenge facing Primary Care at the moment? Workforce issue, rising workloads and financial issues that NHS primary care facing

What phrases describe you best? Caring, attention to detail, sense of humour and problem solving skills

What TV programme are you currently enjoying most? The Crown