



Crown Heights Medical Centre—Patient's Newsletter

Crown Heights

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Surely it's not that time already? (Seasonal Influenza Programme)

Just like Christmas, the practice has already started its preparations to commence the annual influenza immunisation programme. We are not ready to start injecting people just yet, as the vaccines do not arrive until the end of September/beginning of October, so please wait until the beginning of October before contacting the surgery to make an appointment.

At this stage, we are not sure regarding whether the vaccines in production will also provide a degree of immunity over the much publicised "swine flu", however we will endeavour to keep you up to date. Hopefully it will, otherwise you may be invited to attend for another appointment and another injection.

We are often asked, "who is entitled to an influenza injection free of charge?". Sadly not everyone, but the following groups are entitled to an injection without a fee being raised:

- are 65 or over,
- are living in an old peoples home or nursing home,
- are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill,
- are over 6 months old and have a chronic condition such as a heart problem, asthma, kidney disease or diabetes,
- have a lowered immune system due to disease or treatment such as steroid medication or cancer treatment, or have chronic liver disease

Will we get any further reminders?

We arrange for those in nursing homes or those who are housebound to be visited at home and they are offered the injection. For those patients who take regular medication, we advise them on their prescription, those who have a chronic disease such as diabetes are written to if they don't make an appointment and ultimately, we even resort to telephoning patients to offer the vaccine. **All of which takes money away from the patient services budget that we could utilise elsewhere.**



It would help us enormously if you know that you are **someone who it is recommended to have an influenza vaccine if you could contact us in early October and make an appointment to save us from having to contact you.**

"Will this vaccine prevent swine flu?"

No, the vaccine was created before the swine flu outbreak was discovered and we are awaiting further details regarding what the government proposes.

Look out for the posters in the surgery, or better still, if you have an email address, sign up for an electronic copy of our newsletter delivered straight to your inbox at home. Cuts down on paper, keeps you informed and helps to improve our service yet more.

Practice Opening Hours

**Monday to Friday
08:00 to 18:30**

**Extended opening
(by appointment only)**

**Monday to Thursday
18:30 to 19:30
Friday
07:30 to 08:00**

www.crownheightsmedicalcentre.co.uk

Where can we find out more about the practice?

From this site, did you know that you can order prescriptions and make appointments on-line.

Even get this newsletter delivered on a regular basis straight to your home

Visit us and see what over 30000 visitors have seen already this year

Over 50 and Healthy Living

You may be at the top of the career ladder or settled in a job you enjoy. Life may be quieter after your kids have left home.

You could be thinking about retirement and slowing down, or finding time to try new activities. To be fabulous at 50, follow these tips on staying healthy and fit, coping with change and enjoying positive relationships.

A balanced, healthy diet will keep you fit and feeling good. Everyone should eat at least five portions of fruit and vegetables a day. If your kids have left home, you may be less inclined to cook meals. It can be easier to pop a ready meal into the microwave. But maintain the habit of preparing meals. Reduce convenience foods, ready meals and takeaways. Processed foods like those often contain lots of fat, sugar and unhealthy additives.

Reduce the amount of caffeine and sugary drinks you consume. These will dehydrate you and affect your ability to concentrate. The short-term energy high you get from these drinks will lead to you feeling tired, if you drink too much.

Cut down on alcohol as it can lead to strokes and high blood pressure. Women should drink no more than two to three units a day, men three to four units (one unit is approximately half a pint of beer or lager or a small glass of wine).

Remember to drink plenty of water each day. This will flush out toxins and leave your skin looking clear and healthy.

A good diet will keep your skin, teeth and hair in good condition. It will help you maintain a healthy body weight and also keep your immune system healthy. Eating well will reduce the risks of obesity and developing coronary heart disease, osteoporosis, stroke and cancer.



We all know about smoking and the dangers to our health

Smoking is the biggest cause of death and illness in the UK: 120,000 people die from smoking related illness each year including heart disease and lung cancer. Smoking also causes bad breath, yellowing teeth, shortness of breath and the smell sticks to your hair and your clothes.

Exercise is good for you however old you are



Regular exercise will help you maintain a healthy body weight and reduce the risk of obesity, heart disease and stress, helping you feel energised. Exercise also strengthens your muscles and

joints and helps with mobility and balance.



Exercise moderately for 30 minutes a day. Find an activity you enjoy such as swimming, walking or dancing. You can include exercise in your daily routine without having to go to the gym or run a marathon, by making changes to your lifestyle.

Walk to work instead of driving, take the stairs instead of the lift, or play with your child or grandchild. Housework can be a way to exercise and shopping is also good as you are walking and carrying bags.

Want to get more information? Either visit your local fitness centre or access www.nhs.uk.

I'm not 50 yet, in fact nowhere near it.....good for you and basically the same can be said for all ages, in fact the sooner that you engage in healthy living eating a good, well balanced diet, taking regular exercise and cutting out those elements of your life which you know are bad for you, the healthier you will be and good health makes us feel better.



Mammography for ladies age 70 and over is available by ringing the breast screening unit in Winchester on 01962824841.

A phrase often used within the NHS and often quoted in the broadsheet newspapers is "Practice based commissioning". Practice based commissioning is effectively a system where general practices such as ours are involved in the direct commissioning of care from secondary and community care (hospitals and community services). Crown Heights is no exception in this regard, except even as a large surgery we decided that we could not do it alone and since 2006, we have been part of a practice based commissioning group known as Calleva Medical Ltd. This company comprises 15 practices within Basingstoke and we utilise this body to monitor and commission services on behalf of our patients. You may very well ask why you are only just being told of this group? To be honest there has been little to report to you as our patients, as whilst we have been set up and waiting for developments, we are held back by NHS Hampshire who are still determining how best to develop this exciting opportunity to take the commissioning of care and allow your local practices to decide on what is best for you.