



Patient Participation Group (PPG)

NEWSLETTER

Winter 2024

WALKING FOR HEALTH –

Get outside in good company.

What: a friendly walking group for patients from the Chislehurst Partnership. The group walk for an hour and, if you want, finish with a coffee on the High Street

When: 10am on Mondays every week

Where: Meet in Annunciation churchyard, next to the High Street surgery, whatever the weather.

Are you aware of PHARMACY FIRST?

Same-day Care and Winter Services in Bromley

The Pharmacy First service is a walk-in service.

No need for triage or to book.

You may self-refer; doctors may also refer you to it.

Services include:

- Emergency supplies while waiting for a prescription or if on holiday
- Contraception services
- A blood pressure service
- Strategies for self-management and/or medication for 7 conditions within specified age bands:

7 Clinical conditions	Age range
Uncomplicated UTI	Women 16 – 64 years
Shingles	18 years and older
Impetigo	1 year and over
Infected insect bites	1 year and over
Sinusitis	12 years and over
Sore throat	5 years and over
Acute Otitis Media	1 to 17 years

(If you have additional symptoms, for example, a cough as well as a sore throat, the pharmacist will refer you directly to the GP, or in serious cases suggest A&E or call an ambulance.

The pharmacist will add details of your treatment, medications to your health record and notify your GP.)