



**Friends of Amersham Health Centre
Newsletter
April 2022**

PRACTICE NEWS

For further information log into:
<https://www.amershamhealthcentre.co.uk>

The Front Reception Desk is fully open for appointments, registrations, and general queries.
Telephone Number 01494 434344.

NHS App and COVID-19 Vaccination Records: Download the NHS App (via the App Store) to view and share your COVID-19 vaccination status for travel purposes.

Clinic Times: 8.30 – 1 pm and 1 pm – 6 pm. **Sunrise Clinic:** Tuesday morning 7.30 – 8.30 am.
Evening Pre-bookable appointments Wednesday 6.30 – 7.30 pm.

Appointments and Prescriptions:

Appointments may be obtained using Option 1 on the telephone system or on-line, using the NHS App, or Patient Access.

The surgery acknowledges frustrations caused when phoning reception to book an appointment. Alternative routes that may be of benefit are:

AskFirst App – a simple online solution linked to the surgery. It provides a symptom checker, self-care advice and if appropriate books you an appointment direct with the surgery. Download from App Store on your device.

Patient Access – you can book on-line for an appointment on the day or in advance. Forms for registration for this service can be obtained from Reception.

NHS App – this can be used to check symptoms, get instant advice, book appointments, order repeat prescriptions, view your medical records and more.

Prescriptions may be obtained using Option 2 on the telephone system, or on-line using the NHS App or Patient Access.

Deaf and hard of hearing patients who have difficulty using the phone and rely on email for contact should be registered with the surgery via admin.ahc@nhs.net. You may thereafter access the surgery by this email address for appointment requests or general queries, **always** remembering to include in your subject heading/content that you are hard of hearing.

Vaccines

Vaccines for 11 year olds, and anyone still requiring one, can be booked via the NHS national booking system by logging onto:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination>

When The Health Centre Is Closed - call 111 for advice.

If you need a GP in a medical emergency when the surgery is closed, please call 01494 434344 for details of how to contact Buckinghamshire Urgent Care, the out of hours emergency service.

A doctor from Buckinghamshire Urgent Care is always on call outside normal working hours, at weekends and on public holidays. You can contact Bucks Urgent Care on **0300 033 984**.
If you need medical information or advice, please call 111

Please log on to Amersham Health Centre website for further detailed information. This includes information on Triaging, telephone and face to face consultations, Nurse Appointments, Pharmacies, Social Prescribing and more. <https://www.amershamhealthcentre.co.uk>

Staff updates: Two new GP's have joined the surgery, Dr Leila Ball and Dr Niloufar Nikpour. Sandra and Ann have joined the Reception Team. A warm welcome to all.

Training Days

Please note that The Amersham Health Centre will be closed for staff training on the following days: The surgery will be closed from 12.30 onwards. The out of hours number, **0300 033 984**, should be used in an emergency.

Tuesday 5th April 2022

Wednesday 11th May 2022

Tuesday 14th June 2022

Wednesday 13th July 2022

Tuesday 13th September 2022

Wednesday 12th October 2022

Tuesday 15th November 2022

Wednesday 18th January 2023

Tuesday 21st February 2023

Wednesday 15th March 2023

FAHC News

- We are delighted to welcome many new members. Our numbers are currently 1251.
- The new G.P contract requires medical staff to offer patients one of 3 options for their consultations. These options being:
 1. A phone call
 2. A video call- for those with smart phones
 3. A face to face appointmentIt is the patient's choice. At the moment the practice is trialling a new template to arrange these appointments. Watch this space.
- We were invited to the temporary surgery "compound" so that we could get the full patient experience and give any feedback to the surgery which would help to improve anything. It was an extremely wet day, and one of the many stalwart volunteers greeted and directed us to the Reception area from where our tour began. A full account can be found on the surgery website under Friends of Amersham Health Centre. In spite of the rain, the surgery was running well, and efficiently. *(pictures taken the following day!)*



Some cabins have steps



entrance towards reception



The reception cabin

Mid Chiltern Primary Care Network News



- Rectory Meadow Surgery
- Amersham Health Centre
- John Hampden Surgery
- Hughenden Valley Surgery
- The Practice Prospect House

A representative of the surgery patient groups attends all the PCN board meetings. Information is shared and, where appropriate, feedback and support given.

Amersham Community Board

<https://www.buckinghamshire.gov.uk/community-and-safety/improving-your-local-community/amersham-community-board>

Although the figures are not as recent as 2021 there is some very interesting information about the demographics and health of our area.

These can be found under the following headings:

- The people in your community (life expectancy; age structure; ethnicity; multiple deprivation)
- Growing up in your Community
- Health behaviours in your Community
- The impact of Covid-19 in your Community
- Long-term conditions and Healthcare usage
- Vulnerable groups in your Community

Health

Getting ready for pollen season

The charity Asthma + Lung UK is giving advice on its website about hay fever and the symptoms it can trigger if you have a lung condition.

As the temperature is rising, tree pollen is starting to appear which can trigger hay fever in people who are allergic to this type of pollen. The typical symptoms of hay fever are a runny or blocked nose, sneezing and coughing, and itchy or watery eyes.

Asthma + Lung UK says that if you get hay fever, it's important to make sure that you are ready for the pollen season. They recommend that:

- you check their pollen calendar, so that you know what type of pollen triggers your hay fever and when it's likely to be released. [Pollen as an asthma trigger | Asthma + Lung UK](#)
- if you have asthma, make sure that you take your preventer inhaler every day and always carry your reliever inhaler with you.
 - If you regularly get hay fever and take antihistamines, start taking them up to four weeks before you normally get symptoms. You may then be less likely to react.
 - If you use a steroid nasal spray, it can take two weeks to start working, so start using it before your symptoms usually start.

Note: The charities Asthma UK and The British Lung Foundation have recently amalgamated to form Asthma + and Lung UK. The new website provides extensive information about managing lung conditions. www.asthma.org.uk