



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

PRACTICE NEWS

For further information log into:

<https://www.amershamhealthcentre.co.uk>

By now you will have received a text giving you the link for the Amersham Health Centre Winter Newsletter.

Both valuable and interesting information is contained in the newsletter as to the management, staffing and activities which the surgery undergo. If you haven't read it, please do so. The newsletter is also available on the surgery website under the tab at the top which says "News", and can be easily printed from there if required.

COVID 19

Your Vaccination Status can now be obtained through **the NHS App** or via **Patient Access**. Please do not call the surgery for a certificate. For more information please visit www.gov.uk/guidance/demonstrating-your-covid-19-vaccination-status-when-travelling-abroad.

ALWAYS RING THE SURGERY TO MAKE AN APPOINTMENT BEFORE GOING INTO THE BUILDING.

If you have a query or need to see/speak to a doctor, call the surgery on 01494 434344. You will be booked an appointment for a Telephone Consultation.

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. Your medical records will be updated. You may thereafter access the surgery by this email address for routine issues.

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 15 February 2022

Thursday 17 March 2022

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

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

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**.

For further information please log into the Amersham health Centre website.

“We are open for business”

The Surgery Newsletter has given a clear account of all the work and support they have given us during another difficult year. Following The Open meeting on January 20th, the surgery has placed the graphs and slides onto their website on the home page. They make interesting and informative reading.

Since the pandemic began, the number of places available for patients requiring secondary care has been reduced considerably, this has resulted in our doctors' and nurses' workload being increased further as they care for these patients within the community.

Flu Vaccinations

The surgery has successfully managed to source the Flu vaccine and is currently inviting anyone over 50, and those at clinical risk to come and have their injection.

FAHC News

Open Evening with Dr. Gabe

We had a good response to this Zoom session, and Dr.Gabe gave a very clear and positive account of the work the surgery, along with our Primary Care Network (PCN) colleagues, have done and achieved over the last year. She explained how the PCN was supporting the wider community with the 3 Pillars of expertise.

She also talked about the urgent and extensive building works which need to take place starting on the 14th February. It will mean that the surgery will be rehoused in mobile buildings in the carpark. Bucks CC have agreed to allow a number of places in their carpark to be used by the surgery. The surgery staff are all expecting to work as normal, albeit in different buildings.

Diabetes Talk

This was to be held at Rectory Meadow but had to be aborted due to further Covid restrictions. However, there is a link to the recording and you can hear the whole talk by logging onto:

https://chilternde-my.sharepoint.com/:v:/g/personal/stephen_chilternde_onmicrosoft_com/ESgs7_srlwROIEb-WyZp8LqBHe0WfsxUth9LuQ1SaWVYMA?e=BmA62E

Helpline.

Specialist information and advice on all aspects of living with diabetes. Call for answers, support or just to talk to someone who knows about diabetes.

Call: 0345 123 2399*, Monday to Friday, 9am to 6pm

Email: helpline@diabetes.org.uk

Physical Activity Helpline Advisor

Diabetes UK South East Team Contact:

south.east@diabetes.org.uk

01372 720 148 www.facebook.com/SouthEastRegionDiabetesUK

A big “Thank you” to all the volunteers

All the vaccine sessions at the surgery have been able to run smoothly, successfully and efficiently due to the time given by all the volunteers. Very many thanks to you all



Mid Chiltern Primary Care Network News

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

The Primary Care Group is developing 3 Pillars of Care, which will be run under the leadership of Dr Clare Gabe, Clinical Director, and Bobby Pozzoni-Child, PCN Business Manager.

The 3 Pillars comprise a Pharmacy Team, led by a Senior Clinical Pharmacist; Mental Health and Wellbeing; and Healthcare for people unable to access GPs.

Amersham Community Board

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

The Amersham Community Board has highlighted a number of local issues to tackle to improve the lives living in this area. Of particular interest to us is their focus on Health and Wellbeing. They are looking at:

- Mental Health in all ages
- Improving outdoor and green spaces to encourage physical and mental well being
- Improvement in Health and Safety for residents
- Projects to reduce isolation and loneliness and to support our ageing population.

You can view their ideas and activities by logging into Amersham and Villages Community Board to see what is being planned to support our health and well-being. Currently, Amersham has the 6th highest rate of mental health issues in the county.

Carers in the Community

Many of us are carers, and there is a great deal of support available to help in a number of ways. Support is available from Carers Bucks

Telephone Number: 0300 777 2722

Email: mail@carersbucks.org

Address: Ardenham Court, Oxford Road, Aylesbury, HP19 8HT

In these uncertain times, it can be helpful to have **this paperwork available in case of emergency both for yourself**, and for someone you are caring for - some of which may require forward planning:

- Lasting power of Attorney

- Do Not Resuscitate decisions
- Advance decisions to refuse medication, also known as a 'Living Will'
- Advanced care plans for preferred care and choice of treatment
- Who to contact – friends, family, GP

If you, or someone with you needs to go to hospital in an emergency, it is helpful to have a **'grab bag'** handy containing such things as

- Medication information
- A mobile phone and charger
- Contact details for next of kin (other than yourself)
- Your contact details,
- 'This is me' information for patients with dementia
-

To pack

- Pyjamas, socks and other day clothing, including several changes of underwear, dressing gown and slippers
- Hearing aids and batteries
- Spectacles
- Toothbrush and toothpaste
- Magazines, books, puzzles
- Notepad and pen (useful for to patient to note names of the professionals and their roles)

For more detailed information and suggestions, log into [Carersbucks.org](https://www.carersbucks.org)