

GROSVENOR HOUSE SURGERY BULLETEN

Welcome to The Newsletter of Grosvenor House Surgery August, 2024

Welcome to the August'24 issue of the Grosvenor house Surgery bulletin, produced by the Grosvenor House Surgery to keep you informed about changes to the ways in which the Practice operates.

Accessing GP services



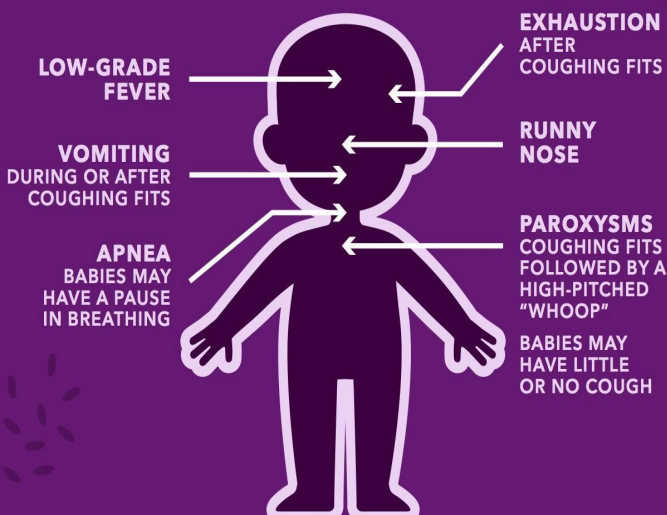
If you have a health concern this **bank holiday**, contact your GP practice or use NHS 111 online for urgent medical help.



How to contact the GP Practice?

We encourage our patients to request appointments via the Accurx link, an online system that offers convenience for both patients and GPs. If you don't have internet access, you can still call the practice, and our reception team will assist you in completing the form. After a clinician reviews your request, you will be contacted to schedule an appointment based on the urgency.

SYMPTOMS OF WHOOPING COUGH



Whooping Cough and Vaccinations


Whooping cough is a bacterial infection that affects the lungs. It spreads easily and can quickly become serious, especially in babies under 6 months old. While whooping cough is less severe in older children and adults, it can still cause complications such as middle ear infections and leaking urine when coughing. Babies under 6 months are particularly at risk, with potential issues like dehydration, seizures, and difficulty breathing.

Vaccination is key to protecting babies and children from whooping cough. The vaccine is routinely given as part of the 6-in-1 vaccine at 8, 12, and 16 weeks of age, and as part of their pre-school booster.



For more information on whooping cough and the vaccination, visit [NHS Whooping Cough](#).

Consider joining our **Patient Participation Group (PPG)** at Grosvenor House Surgery. This group brings together patients, carers, and GP practice staff to discuss practice issues and patient experiences, all with the aim of enhancing our services. Your input is valuable to us. If you're interested in making a difference, please contact us via email at ppg.grosvenorhousesurgery@nhs.net

Have You Completed a Friends and Family Test (FFT) Feedback Form?

THE NHS FRIENDS AND FAMILY TEST 

We welcome patient feedback to tell us what we are doing right and what we can improve.
Thinking about our practice...
Overall, how was your experience of our service?

Very good	Good	Neither good nor poor	Poor	Very poor	Don't know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	←————→				?

Please can you tell us why you gave your answer?

A little bit about you: Please note - completing this additional information is optional but helpful to the NHS in understanding the needs and experiences of individual patients.

Are you? Male <input type="checkbox"/> Female <input type="checkbox"/> Prefer not to say <input type="checkbox"/> Prefer to self describe <input type="checkbox"/>	What age are you? <input type="checkbox"/> 0-15 <input type="checkbox"/> 55-64 <input type="checkbox"/> 16-24 <input type="checkbox"/> 65-74 <input type="checkbox"/> 25-34 <input type="checkbox"/> 75-84 <input type="checkbox"/> 35-44 <input type="checkbox"/> 85+ <input type="checkbox"/> 45-54	Do you consider yourself to have a physical or mental health condition or disability? Yes <input type="checkbox"/> No <input type="checkbox"/> Details: _____
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Which of the following best describes your ethnic background?

White <input type="checkbox"/> British <input type="checkbox"/> Irish <input type="checkbox"/> Other white background	Asian or Asian British <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese <input type="checkbox"/> Other Asian background	Mixed <input type="checkbox"/> White and Black Caribbean <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Asian <input type="checkbox"/> Other Mixed Background
Black or Black British <input type="checkbox"/> Caribbean <input type="checkbox"/> African <input type="checkbox"/> Other Black background	Other <input type="checkbox"/> Anything else <input type="checkbox"/> I would rather not say	

Are you?
 the patient the parent or carer the patient and parent/carer

Thank you for completing the card and providing us with feedback to improve our services.
 If you DO NOT wish your anonymous comments to be shared then please tick here:

If you've visited the surgery, you may have seen feedback forms titled "The NHS Friends and Family Test" at the reception. If you can't find one, just ask a staff member. If we have your contact details, you might also receive a digital link to the survey after your appointment.

The forms are quick to fill out, completely anonymous, and they help us identify ways to improve our health services. For more information about the FFT, visit [NHS Friends and Family Test](https://www.nhs.uk/healthcare-experience/feedback-the-nhs-friends-and-family-test)

Managing Your Asthma: Tips for Better Control

Keeping your asthma under control is key to living well. Here are some steps to help you manage your symptoms effectively:

Monitor Your Symptoms: Pay attention to signs like coughing, wheezing, and difficulty breathing, which indicate that your asthma may not be well managed.

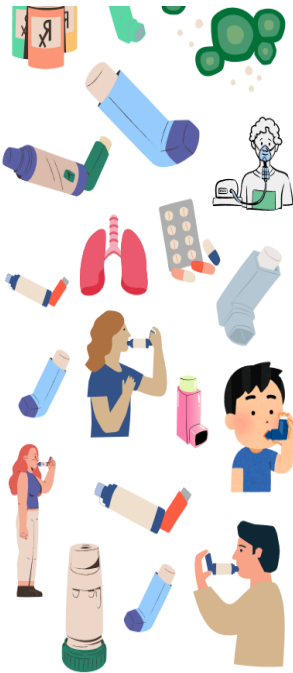
Identify and Avoid Triggers: Recognize the environmental or lifestyle factors that worsen your asthma and take steps to minimize exposure.

Understand Your Inhalers: Make sure you know how to use your inhalers correctly, including the differences between your preventer and reliever medications.

Use a Spacer: A spacer can help deliver medication more effectively, ensuring you get the full benefit of your inhaler.

Regain Control: Book your annual Asthma Review (ideally in your birthday month) with our Practice Nurse to review your treatment plan and adjust it as needed.

Taking these steps can help you breathe easier and keep your asthma in check!



Ealing Carers Partnership offer free support to carers in Ealing - Group & Individual Respite, Carers Café and much more. Full list of activities can be found on their website www.ealingcarerspartnership.org. To register your interest or find out more, contact info@ealingcarerspartnership.org or call 0203 137 6194. If you want to get involved? They welcome feedback and participation from Ealing Carers.