

NEWSLETTER

Amersham Health Centre – July 2025



Zeeshan,
Clinical
Pharmacist



Hi, I'm Zeeshan, a Prescribing Clinical Pharmacist here at Amersham Health Centre. I work across the Mid Chiltern PCN, supporting patients with long-term conditions like high blood pressure, high cholesterol, type 2 diabetes, and heart disease.

A big part of my role is helping people feel more confident about their medications and health. I carry out structured medication reviews, discuss treatment options, and offer practical lifestyle advice. I'm passionate about keeping things simple and realistic—small changes really can make a big difference over time.

Outside of clinic life, I'm a proud (and often frustrated!) Arsenal fan, and I love travelling whenever I get the chance—especially discovering new cultures and trying different foods.

If we haven't met yet, I look forward to seeing or speaking to you soon!

Help Us to Help You!

Each **missed appointment** costs us more than just time, they are a huge financial burden too! On average a missed appointment cost us and the NHS £30 each!

Here is the number of missed appointments in the last two months:

	May	June
Doctors	72	46
Minor Illness	19	34
Nurses	81	59
Total	172	139

Help us get these numbers down!

If you cannot make your appointment, **please cancel** it as soon as possible. By doing so we can offer it to another patient on our waiting list, ensuring we can see as many patients as possible in need of care.

STAY HYDRATED!

It's more important than ever to stay hydrated during the hot weather! It can regulate your body temperature, maintain energy levels, and prevent heat-related illnesses. Remember to drink regularly throughout the day, even if you don't feel thirsty, and try to avoid too much caffeine or alcohol, which can dehydrate you further!

New Check-In Option Now Available!

jayex

We're excited to introduce a new, more convenient way to check in for your appointment using Jayex Connect.

As part of our new check-in system, patients can now check in for their appointments using either the QR code in the waiting area with their mobile phone or the on-site monitor. This new system is quick, easy, and helps reduce waiting times. We hope this makes your visit smoother and more efficient.

During the check-in process, you'll also have the option to review and update your contact details, such as your phone number and email address. This helps us ensure we have the most accurate information for you, so we can keep in touch about appointments, test results, and important health updates.

In addition, using the new check-in system will allow us to keep you updated on how late your appointment is running.



No need to queue.

Scan below & follow the instructions to check-in for your appointment



Ensure your mobile device has internet connectivity and location settings turned on

jayex healthcare solutions

QR code v11111

Need Stronger Hay Fever Medication?

We've had several requests from patients for stronger hay fever medication during this allergy season. However, we'd like to remind everyone that GP surgeries are not able to prescribe hay fever treatments that are any stronger than what is already available over the counter at your local pharmacy. Pharmacists are well-equipped to advise on the most effective options, including antihistamines, nasal sprays, and eye drops. If you're struggling with symptoms, we encourage you to speak to your local pharmacist, they can help you find the right treatment quickly and without the need for a GP appointment



Pharmacy