

# STATION ROAD SURGERY NEWS

SUMMER 2025

BROUGHT TO YOU BY STATION ROAD SURGERY  
PATIENTS PARTICIPATION GROUP

EDITION 8

## BRINGING PEOPLE TOGETHER

### THE CONNECTED LIVING CAFÉ

The Connected Living Café started up in West Wickham in early February 2025. It is run by a friendly, welcoming team from the Hayes Wick Primary Care Network (PCN), to which Station Road Surgery belongs (other surgeries in the PCN are Addington Road, Forge Close, Pickhurst and Wickham Park surgeries).

The purpose of the café is to provide an opportunity for seniors (60+), from surgeries in the PCN, to make new friends and have a chat, as well as providing them with information on various aspects of self-care. At each meeting there is a guest speaker for part of the session. So far this year, talks have included speakers on Proactive Care in the Community, Falls Prevention, Carer's Support, Staying Safe online, Eating Well, and Creativity and Wellbeing.

At each session there is also a dedicated NHS Ambassador available, who can help you, if need be, with any aspect of installing or using the NHS App.

Following the speaker, there is an opportunity for attendees to play a variety of games, or simply have a chat.

Sessions are completely free of charge and refreshments and snacks are provided. You do not have to book in advance, simply turn up. There is also no commitment needed to attend every session.

**The café runs every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month from 11am – 1pm. It is held at Medhurst Hall, Sussex Road, West Wickham.**

**If you would like to find out more about our PCN visit [www.hayeswickpcn.co.uk](http://www.hayeswickpcn.co.uk)**

## Welcome to the latest edition of the SRS newsletter.

The Hayes Wick Primary Care Network (formed in 2019) is now well established, providing valuable ongoing support to the 5 surgeries in the group. It continues to expand operations, as reflected this year in the setting up of the Connected Living Café.

In January our new Practice Manager, Dominika Silva, arrived. She has already made an excellent positive impact on the surgery. I would though wish to pay tribute to the sterling work Gemma Wellington, her deputy did for more than 2 years, covering both roles in the absence of a Practice Manager.

Sadly, the number of cases of type 2 diabetes are rising in the UK, particularly in the under 40s. Consequently, our Focus on Health article is upon this subject. For further information visit [www.nhs.uk](http://www.nhs.uk) and [www.diabetes.org.uk](http://www.diabetes.org.uk)

Flu clinics will start again from September. As in previous years, PPG members will be assisting as stewards. Our wider role continues to be supporting the practice and acting as a critical friend, raising awareness of patient experiences and concerns.

Howard Borley  
Chair SRS PPG



## RING ME BACK PLEASE!



Inevitably, when we phone the surgery for an appointment, we are often doing so at the same time as many other patients, so we can find ourselves in a queue.

If there are more than 5 people on the line in front of you, you may be given the option to opt for a call back.

If you select this option, you will hold your place in the queue, but can safely hang up. The surgery will call you back when you reach the head of the queue.

## BE PREPARED FOR WINTER!

Last year saw a sharp rise in the number of patients in hospital with flu compared to previous years. Flu can be unpleasant for many and life threatening for some. We can reduce illness, hospitalizations and deaths by increasing vaccination rates. It will soon be time to get vaccinated again against flu, covid and RSV (respiratory syncytial virus) if you are eligible.

Protect yourself and your family and reduce the pressure on the NHS by getting your yearly flu and covid jabs.

**Please be aware that, if you are due a routine vaccination, you should contact the surgery to arrange this yourself rather than wait for them to contact you.**

## Important Notice

From October, there will be changes to how you can book routine appointments. These changes are being introduced due to the new GP contract requiring triage of appointments. Further details will be shared closer to the time to help you understand the new process and how it may affect you.

Thank you for your understanding and cooperation as we implement these improvements.

## Appointments, when, where and with who?

There are now a number of different appointment options open to you if you need help with a medical problem, who you see will depend on what your needs are. The reception team will direct you to the most appropriate clinician, which may not always be a GP.

### Urgent same day appointments

These are available every day between 9am and 12. Patients are seen by the duty doctor. Who this is changes from day to day. In addition to the urgent appointments provided by the surgery, the Primary Care Network offers some same day appointments too. These are held at the SRS surgery (Mon-Weds) and Addington Rd (Thurs and Fri) between 9am – 1pm. For certain minor ailments you may be advised to consult a retail pharmacist rather than a GP under the Pharmacy First scheme.

### Bookable routine appointments

Our **GPs** hold surgeries at SRS on the following days. Please bear this in mind if you wish to see a particular doctor.

Dr Staniforth (F) Mon, Tues, Thurs, Fri (a.m.)

Dr Venison (F) Mon, Tues, Weds (a.m.)

Dr Boateng (F) Tues, Weds, Thurs (a.m.), Fri

Dr Teoh (F) Mon (a.m.), Weds, Thurs, Fri (a.m.)

Dr Anthonypillai (M) Mon, Tues, Weds

Dr Amin (M) Weds, Thurs, Fri

Dr Qureshi (M) Tues, Thurs, Fri

In addition, there are some bookable Enhanced Access appointments available through the PCN. These are held Mon – Weds at SRS and Thurs and Fri at Addington Rd between 4pm to 8pm. Also Saturdays 9am – 5pm at Addington Rd. They are bookable up to 14 days in advance.

**Nurses** have appointments as follows:

Gillian Branigan (diabetic nurse) Mon

Ijeoma Ogbata (practice nurse) Tues, Thurs

Nicola Purslow (Health Care Assistant) Mon, Tues, Weds

Maureen Clarke (Health Care Assistant) Thurs

Yoven Soobramaney (Advanced Clinical Practitioner) Mon

There are also appointments available with a nurse through the PCN at Addington Rd surgery - Thurs 4pm -8pm and Saturdays

**Appointments can be booked with the following Hayes Wick PCN clinicians through reception:**

Friday Nwankwo, **mental health practitioner** – based at SRS on Mon and Fri.

Erica Jacobs, **social prescriber** – face to face appointments at SRS on a Wed, also has telephone appointments on Mon and Tues.

Annop Aravindhakshan, **physiotherapist** – At SRS all day Weds and Thurs 10.30 – 1.00

### Clinical pharmacists

Faraz Syed and Taran Cheema,

### Reminder

To book a same day urgent appointment telephone or visit the surgery. Bookings for these start at 8 a.m. Monday to Friday.

Routine appointments can be booked in advance. They can be booked online, by telephone or in person at reception -Monday to Friday from 12 noon. They are for 2, 7 or 14 days in advance.

Please enquire at reception if you wish to book one of the PCN enhanced hours appointments.

Patients have a choice of either a telephone or face to face consultation.

**Out of surgery hours please ring 111 for advice.**

# EVERYTHING YOU NEED TO KNOW ABOUT

## STUDENT HEALTH – ARE YOU STARTING UNI THIS YEAR?

Being up to date with vaccines is important for all of us, but especially for students starting university or college who will be meeting, mixing and living with lots of new people.

Universities can be hot spots for measles, meningitis and sepsis, as well as flu and covid, as they present perfect opportunities for infections to spread.

Some students, who start university for the first time this Autumn, will have missed routine vaccinations earlier in life that protect them against potentially fatal or life changing diseases.

You can check your vaccination status, for all preventable diseases, by contacting the surgery.

### **Meningitis**

If you haven't already had the meningococcal ACWY vaccine (usually given between 13 and 15 years of age) and the meningococcal B (MenB) vaccine as an infant, please speak to your doctor about getting vaccinated.

The MenACWY protects against 4 types of meningococcal disease and septicemia. It is available free to all students who are going to university, for the first time, up until their 25<sup>th</sup> birthday. Ideally you should have it several weeks before arriving at university, as it can take some time for your immunity to build up.

### **MMR (measles, mumps and rubella)**

Measles, mumps and rubella are all highly infectious and can spread rapidly among unvaccinated people, particularly those living in close proximity. Successful vaccination programs resulted in these, once common, diseases becoming much less prevalent. Partly because of this, many have forgotten how serious these diseases can be and some parents omitted to get their children vaccinated in childhood. Unfortunately, this has resulted in a rise in outbreaks of all three diseases in recent years. If you didn't have the vaccine as a child, please contact your GP to arrange to do so.

#### **FACT:**

**If 95% of children receive the MMR vaccine, this would stop measles spreading completely.**

**Measle, mumps and rubella can spread again quickly if fewer than 90% of people are vaccinated.**

Anti-vaccine stories are often spread online through social media. Always get your vaccine and health information from trusted sources such as the NHS or World Health Organisation (WHO).

**All current evidence tells us that getting vaccinated is safer than not getting vaccinated.**

## FOCUS ON HEALTH – Type 2 Diabetes

### TYPE 2 DIABETES ..... KNOW YOUR RISK

#### What is Type 2 Diabetes?

Type 2 diabetes is the most common form of diabetes. It occurs when a hormone called insulin does not work properly, or there is not enough of it. Consequently the amount of glucose (sugar) in your blood becomes too high. Having type 2 diabetes can increase your chances of getting other serious long term health conditions, so it is important to get it treated and manage it well.

#### SYMPTOMS

Symptoms can vary from person to person or you may have no symptoms at all. If you get symptoms they will usually occur gradually.

##### The most common symptoms are:

- feeling more tired than usual
- weeing a lot, especially at night
- feeling thirsty all the time
- unexplained weight loss.

##### Other symptoms can include:

- blurred vision
- cuts or wounds taking longer to heal
- genital itching, or frequent episodes of thrush.

**Although type 2 diabetes is more common in adults, children can develop it too. The symptoms are the same for adults and children.**

#### GETTING A DIAGNOSIS

Type 2 diabetes is diagnosed with a blood test that checks how high your blood glucose levels are.

#### TREATMENT

If you have been diagnosed with type 2 diabetes or have been told that you may get it in the future (prediabetes), lifestyle changes can help lower your blood glucose levels. This can help to manage the condition and possibly avoid you having to take medication. In fact, lifestyle changes (healthy eating, being more active, losing weight) can sometimes lower your blood sugar to a normal level and put type 2 diabetes into remission.

Medications may be necessary - commonly a drug called metformin is prescribed, and/or insulin - but your health care team will discuss what treatments are best for you.

#### AM I AT RISK OF DEVELOPING TYPE 2 DIABETES?

Some factors may put you at an increased risk of developing type 2 diabetes. You are more likely to develop it if there is a close family relative that has it, if you are overweight – particularly with excess body fat around the middle, and if you are physically inactive. Additionally, being from certain ethnic backgrounds (South Asian, Chinese, Black African or Black Caribbean) increases your risk, as does having high blood pressure or raised cholesterol. If you think you may be at risk of developing type 2 diabetes talk to your GP and ask for a blood test.

#### REDUCING YOUR RISK OF DEVELOPING TYPE 2 DIABETES

Whilst no single action can guarantee you won't get type 2 diabetes, there are things you can do to reduce your risk of developing it (or to help manage it successfully if you have been diagnosed):

- Be more physically active, e.g. walk faster so you raise your heart rate. Avoid sitting for long periods of time without getting up and moving around from time to time.
- Cut down on alcohol (no more than the recommended 14 units a week) and don't smoke.
- Eat a healthy diet – one rich in vegetables, fruit and lean proteins such as oily and white fish and poultry. Instead of using butter and lard, opt for spreads and oils high in polyunsaturated or monounsaturated fats (e.g. vegetable oils such as sunflower and/or olive oil). Avoid eating too much red meat and processed food. In addition, aim to reduce your salt intake and avoid sugary foods and drinks. Increase your fiber intake by swapping white bread, pasta, flour and breakfast cereals for wholemeal versions.

**Type 2 diabetes is serious. If you don't get it treated it can have serious health complications. It raises the risk of damage to your nerves, eyes, kidneys and heart.**