



Welcome

We share a monthly patient newsletter to keep you up to date with what is happening here at Tower House, and to raise awareness of health and wellbeing issues.

Please send any feedback or things you would like to see to:
administration.ths@nhs.net

To stop receiving texts about the newsletter, simply reply 'opt out'. Note that this will prevent all future texts about appointment reminders and vaccination messages too because our system can't separate different message types for opt-out.

Pharmacy First Approach

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

NHS
Providing NHS services

Speak to your pharmacist if you suspect you have:

- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)

Visit your Pharmacy First!

Did you know that Patient can now get treatments for seven common conditions direct from their local pharmacy, without the need to contact us for an appointment or prescription?

Launched by the Government and NHS England on 31st January 2024, the scheme aims to give patients quick and accessible care whilst easing pressure on GP services.

The pharmacy first approach can help you with seven common ailments shown in the poster above.

No need to make an appointment, just visit your local pharmacy!

Patient participation Group

As you may know, our PPG meetings are held alongside the other Surgery's that make up our Primary Care network.

The next meeting will be held on Thursday 18th April at 7pm at Kingswood Surgery, Totteridge.

If you are interested in attending, please email-
Administration.ths@nhs.net

Team Spotlight

Our Team Spotlight this month focuses on our Paramedic Team.



Teresa & Szymon are highly trained medical clinicians who play a pivotal role within the clinical team.

They can deal with a wide range of medical issues including minor illnesses and joint and muscle pain.

They have both recently completed all training to become Prescribers.



April is Parkinson's Disease Awareness Month, chosen because it is the birth month of James Parkinson, who first identified the symptoms of Parkinson's disease more than 200 years ago.

How to Get Involved

There are several ways to participate in Parkinson's Awareness Month:

- **Learn and Share Information:** Educate yourself about Parkinson's disease and share this knowledge with others.
- **Support Research:** Donate to organizations conducting research on Parkinson's disease.
- **Participate in Events:** Join walks, runs, or other events organized to raise awareness and funds.
- **Advocate:** Advocate for policies and programs that benefit the Parkinson's community.
- **Volunteer:** Offer your time and skills to local Parkinson's support groups or events.

#ParkinsonsAwarenessMonth2024

Dates that we are closed over Easter

Thursday 28th March – Open as usual

Friday 29th March – CLOSED

Saturday 30th March – CLOSED

Sunday 31st March – CLOSED

Monday 1st April – CLOSED

Tuesday 2nd April – Open as usual

For local Pharmacy opening times during the Bank Holiday please use the QR code below or visit -

<https://www.nhs.uk/service-search/pharmacy>

