

Tower House Surgery

Patient Newsletter



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

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!

NHS Providing NHS services

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

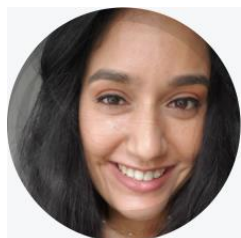
As you may know, our PPG meetings are held alongside the other Surgery's that make up our Primary Care network.

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

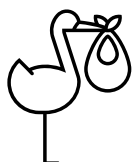
Team Spotlight

We would like to Welcome
Dr Kavir Matharu to our team.



Dr Matharu will be joining the team on Mondays. She has a special interest in Paediatrics, Women's health & Medical Education.

Our prescribing Pharmacist, Razwana Bi, has returned from maternity leave after welcoming a beautiful baby girl to her family. Congratulations to her and her Family.



Emotional Health Week

19th – 23rd February 2024

Emotional Health Week is an annual campaign dedicated to raising awareness of the importance of emotional health. This week-long event aims to promote how good emotional health can support everyone, particularly when faced with the ups and downs of life.

You can get involved in this year's Emotional Health Week by doing something for your own emotional health. You can mark the week by spending some time either by yourself or with others to focus on your emotional health.

Highlight the importance of emotional health for us all, and the impact it can have on our mental & physical health particularly from an early age.

#EmotionalHealthWeek

Friends & Family Test

Let us know how we were doing. Complete the Friends & Family survey here – www.towerhousesurgery.com/nhs-friends-and-family-test/

Dates that we are closed in 2024

BOB Integrated care Board provides Cover for our team to have training Time throughout the year.

On these dates we are closed from 1pm-6.30pm and you can access care by Calling NHS 111.

Our enhanced access appointments from 6.30pm-8pm continue as usual

This information can also be found at:

www.towerhousesurgery.com/practice-information/surgery-closures

Wednesday 7th February

Wednesday 13th March

Wednesday 17th April

Tuesday 14th May

Wednesday 5th June

Wednesday 10th July

Thursday 19th September

Thursday 17th October

Wednesday 13th November