



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.

CALING ALL CARERS

If you're caring for someone and could use support, please let us know. We can share information about Carers Bucks, a local charity that provides valuable services and resources for unpaid carers.

Spring Covid Booster Vaccination Programme



NHS England has announced a Spring COVID Booster vaccination Programme for the following eligible patients:

- Adults aged 75 and over, including those turning 75 by 30th June 2020.
- Residents in care homes for older adults
- Individuals aged 6 months and over who have a weakened immune system.

You can find out more on the [COVID-19: guidance for people whose immune system means they are at higher risk - GOV.UK](https://www.gov.uk/guidance/covid-19-guidance-for-people-whose-immune-system-means-they-are-at-higher-risk) (www.gov.uk)

Our team will be concentrating on our vulnerable Housebound patients this time. To get you vaccine you can book online [Book, cancel or change a COVID-19 vaccination appointment - NHS \(www.nhs.uk\)](https://www.nhs.uk) or Many local pharmacies are also offering the Spring booster.

You will receive notification form NHS England if you are eligible.

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 Tuesday 17th July, venue to be Announced. If you are interested in attending, please email- Administration.ths@nhs.net

Team Spotlight

We have a diverse and multiskilled team of over 30 clinical and non-clinical members that care for our 10.000 patients and ensure the smooth running of your surgery.

This month our team spotlight is on our GP Assistant Eliot.



Eliot is a skilled member of staff trained to support the team of GPs with a set of skill that bridge the gap between administrative duties and clinical ones. This is an exciting new role in the NHS which will see patient access improved and a reduction in time Doctors spend on clinical administration.

Long term condition reviews

We have now gone live with our new approach to managing your Long-Term Health Conditions.

Historically, If you have a long term condition, this is reviewed annually around the anniversary of your diagnosis. This meant that for people with more than one Long Term Condition, more than one visit to the surgery each year for reviews and more than one set of tests.

Going forward, all our Long-Term Conditions will be review in your month of Birth.

You will receive your invitation the month before your Birthday reminding you to book in. During these reviews, all physical checks & tests will be done for all Long-Term Conditions you have ensuring that these are managed efficiently once a year.



Mental health awareness week takes place 13th-19th May 2024.

The theme this year is Movement!

Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

If you want to get involved head over to

[Mental Health Awareness Week | Mental Health Foundation](#)

Where you will find lost of information.

#MomentsForMovement

SPOTLIGHT ON BOWEL CANCER

Bowel cancer is more common in people over the age of 50 years but can affect people of any age. Seeking help early saves lives.

How to Spot the Signs

- 1 Blood in your poo or bleeding from your bottom
- 2 Unexplained change in bowel habit
- 3 Pain in your tummy
- 4 A lump in your tummy
- 5 Unexplained weight loss
- 6 Unexplained extreme tiredness