


<p> <b>Dr. Carolyn Prior</b>  <b>Dr. Pandu Balaji</b>  <b>Dr. Emanuel Hacıaturian</b>  <b>Dr. Haroon Mufti</b>  <b>Dr. Anna Draper</b>  <b>Dr. Tom Nicholson</b> </p>	<p><b>WOODLANDS PRIMARY CARE</b></p> 	<p><b>Patient Newsletter No.69</b></p> <p><b>Dated: JUNE 2025</b></p> <p><b><a href="http://www.woodlandssurgerysidcup.nhs.uk">www.woodlandssurgerysidcup.nhs.uk</a></b></p> <p><b>Our website will give you all the latest surgery news and information.</b></p>
<p><b><u>ONE APPOINTMENT FOR ONE PROBLEM</u></b></p> <p>We would like to remind patients that appointments are for one person and one problem only. If you have more than one problem, please book a double appointment.</p> <p>Due to unforeseen circumstances, you may sometimes be seen later than your appointment time. We appreciate your patience and understanding during these occasions.</p> <p>Please speak to our reception team if you have any queries or questions.</p> <p><b><u>SELF-CHECK IN FOR APPOINTMENTS</u></b></p> <p>If you are attending for an appointment, please use our self-check-in machine, which is located on the wall in our reception area, past the reception desks.</p> <p><b><u>SUMMER HEALTH GUIDANCE</u></b></p> <p>Please see the NHS website for summer health advice on;</p> <ul style="list-style-type: none"> <li>• Sunscreen and sun safety</li> <li>• Keeping your baby safe in the sun</li> <li>• Sunburn</li> <li>• Heat rash (prickly heat)</li> <li>• Heatwave: how to cope in hot weather</li> <li>• Heat exhaustion and heatstroke</li> <li>• Dehydration</li> <li>• Moles</li> <li>• Tick Awareness</li> </ul> <p>and more at <b><a href="http://www.nhs.uk/live-well/seasonal-health">www.nhs.uk/live-well/seasonal-health</a></b>.</p> <p>Please also see our dedicated website page on hay fever; <b><a href="http://www.woodlandssurgerysidcup.nhs.uk/hay-fever">www.woodlandssurgerysidcup.nhs.uk/hay-fever</a></b>.</p> <p><b><u>MIND IN BEXLEY: MENTAL HEALTH SUPPORT</u></b></p> <p>Mind in Bexley provide help for anyone struggling with their mental health or supporting someone who is. They assist people in their recovery, helping them take control of their wellbeing and lead fulfilled, productive lives.</p> <p>They offer a range of services, including talking therapies, recovery workshops, employment support, digital hub training, family and carer support, plus more.</p> <p>Please visit <b><a href="http://mindinbexley.org.uk">mindinbexley.org.uk</a></b> for more information, and to access their services.</p>	<p><b><u>DENTAL TREATMENT NOT AVAILABLE IN SURGERY</u></b></p> <p>We are not able to provide dental treatment at the surgery. You can find a local dentist by visiting the NHS website.</p> <p>If you need to see a dentist out of hours, you can;</p> <ul style="list-style-type: none"> <li>• call a dentist: their voicemail may advise where to get out-of-hours treatment</li> <li>• call NHS 111 to find an out-of-hours dental service near you</li> </ul> <p>Do not contact the GP surgery, as we will not be able to offer emergency or out-of-hours dental care.</p> <p><b><u>TURN ON NHS APP NOTIFICATIONS</u></b></p> <p>If you are using the NHS App, you can turn on notifications; the app uses notifications to tell you when you have a new message.</p> <p>NHS App notification preferences are now managed in your device settings. They can be turned on by following these steps:</p> <ul style="list-style-type: none"> <li>• Log in to the NHS App</li> <li>• Select the Account icon in the top corner</li> <li>• Select Settings</li> <li>• Select Manage Notifications</li> <li>• Follow the link to your device settings</li> </ul> <p>Turning your notifications on or off may take up to 24 hours to take effect. Please visit <b><a href="http://www.nhs.uk/nhs-app">www.nhs.uk/nhs-app</a></b> for more information.</p> <p><b><u>HOSPITAL RESULTS</u></b></p> <p>Please note that in regards to tests requested by hospitals or other clinics, they will receive your results, as results are returned to the requester. Patients will receive a letter or follow up in due course. The surgery will also be informed of the results at a later date.</p> <p><b><u>BLOOD PRESSURE SELF-SERVICE MONITOR</u></b></p> <p>High blood pressure can lead to heart attacks, strokes, and other illnesses. Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms; the only way to find out is to have a blood pressure check.</p> <p>There is a self-service blood pressure monitor in the surgery waiting room. This is a walk-in service, no appointment required. Please speak to our reception team for more information.</p>	<p><b><u>YOUR GENERAL PRACTICE TEAM</u></b></p> <p>There are a range of health professionals who work together within the surgery, to help you get the right care when you need it. In addition to GPs, our team includes;</p> <ul style="list-style-type: none"> <li>• nurses</li> <li>• specialist MSK physiotherapist</li> <li>• clinical pharmacists</li> <li>• mental health practitioner</li> <li>• social prescribing link worker</li> <li>• dietician</li> <li>• care co-ordinators</li> </ul> <p>Our receptionists are trained to discuss your medical concern thoroughly and confidentially, so you can be seen by the right health professional for your situation. Please contact the surgery if you would like to book an appointment.</p> <p><b><u>TRAVEL VACCINES</u></b></p> <p>If you require travel vaccinations or travel advice, please submit an online consultation via our surgery website, or complete an assessment form, available from our reception team. The Nursing team will review and get back to you.</p> <p>Vaccines need time to take effect, and some may require a course over several weeks. Please make sure you arrange your vaccinations in plenty of time before you travel.</p> <p><b><u>FEAR OF FLYING MEDICATION</u></b></p> <p>We sometimes get patients asking us to prescribe diazepam for fear of flying. There are a number of very good reasons why prescribing this drug is not recommended and we cannot prescribe for flying. Please see our website for more details; <b><a href="http://www.woodlandssurgerysidcup.nhs.uk/travel-health">www.woodlandssurgerysidcup.nhs.uk/travel-health</a></b>.</p> <p><b><u>WEIGHT LOSS INJECTIONS</u></b></p> <p>Please note that the surgery cannot provide weight loss injections privately to patients. We are currently only able to issue the injection to eligible diabetic patients. Please speak to our Nursing team for more information.</p> <p><b><u>FREE NHS-WIFI IN SURGERY</u></b></p> <p>If you are waiting for an appointment, you are able to use our free NHS Wi-Fi whilst in the waiting room. Simply search for NHS-WIFI on your phone or tablet to connect.</p>

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



Providing NHS services

Speak to your pharmacist if you suspect you have:

- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



**Visit your  
Pharmacy First!**

More Information:

[www.nhs.uk/nhs-services/pharmacies](http://www.nhs.uk/nhs-services/pharmacies)