

# Wonersh Surgery - Newsletter



## WINTER 2022



### Update from Dr Bodgener

Welcome to the Winter edition of the Wonersh Newsletter. The hot, dry summer now seems a long time ago as the days become darker earlier and colder. We are aware that the number of infections presenting to the surgery has increased and will likely increase further during the winter months.

We would encourage all of you to be proactive in keeping yourselves well. Please keep yourselves up to date with vaccinations, consider using local resources such as local pharmacies for help with minor ailments and ensure you have enough medication over the holiday period.

### New staff at the Surgery

We welcome these new staff members:

*GP trainees* - Sarah Piggott, Emily Chegwin and Steph Hall.



*Healthcare Assistant - Sarah Bull*



*First point of contact for the new community mental health team - Heidi George*



*Clinical Pharmacist - Bobur Ahad*



### Patient Participation Group (PPG)

We are pleased to announce we will shortly have an active committee set up that will



represent the Patient Participation Group of the practice. A PPG is designed to be the voice of the practice from a patient perspective.

They will liaise with the GPs and practice staff several times each year to be informed of updates, discuss potential improvements, provide essential insight from a patient's perspective about the services offered and improve communication between the practice and our local population. This is all with the intention of improving the overall health and wellbeing of our patients as well as improving their satisfaction and experience when accessing essential healthcare.

We hope to keep you informed of further updates in future editions of the newsletter and on our website

*Care Co-ordinator to support the social needs of frail, vulnerable and unwell adults - Alison Evans*



## Healthy Surrey Website

Did you know there are a range of free support services you can access without a GP referral?

These include talking therapies (otherwise known as psychological support) for common mental health problems like stress, anxiety and depression as well as weight management support, sexual health services and smoking cessation support.

To find out more click on this link - [Healthy Surrey](#)

## Minor Eye Conditions Service



If you have a **sudden** onset of an eye problem, you can be assessed and treated by the

local Minor Eye Conditions Service Team which is based in Boots Opticians, 22-24 Swan Lane, Guildford, Surrey, GU1 4EQ, Tel: 01483 573637, and also at Chandlers Optician, 40 High Street, Godalming, GU7 1DY, Tel: 01483 418020. [This is for patients over the age of 3 years.](#)

Please call them directly stating "Minor Eye Conditions" when asking for an appointment.

An urgent appointment will be within 24 hrs and a routine appointment will be within five days.

They can deal with the following conditions:-

- Sudden onset of blurred or double vision
- Eye pain or discomfort

- Red eye or eyelids
- Lumps and bumps in the vicinity of the eye
- Ingrowing eyelashes
- Watery eyes
- Dry/gritty/uncomfortable/itchy eyes

*Please note if you have an injury to the eye, ie chemical or penetrating injury, please attend A&E.*

## National Obesity Awareness Week - 10-16 January 2023



By 2050, 50% of the population could be obese. Fighting obesity can seem daunting but the good news is that it is not impossible! This week aims to demystify obesity and practice easy ways to prevent it.

- *Make fitness a priority* – whether it is brisk walking, swimming or dancing. Remember consistency will help you reach those fitness goals.
- *Set realistic goals* – aim to reduce food intake gradually and increase exercise gradually.
- *Swap unhealthy foods* – eating well is the key to preventing obesity and related cardiovascular diseases. Cook healthier food instead of ordering a takeaway. Incorporate vegetables, whole grains, fruits, beans, nuts and seeds into your diet.

## Tips for Staying Warm this Winter

With rising heating bills this year, here are some simple and cost effective ways to stay warm:



- Dress in layers – layers will insulate your body and make it easier to regulate your body temperature.
- Wear thick socks or slippers.
- Leave the oven door open after baking – this will allow the hot air to escape and heat the room. **However, never use the oven as a primary source of heat, as this can increase carbon monoxide levels in your home.**
- Enjoy a cup of soup and warm beverages – this will warm yourself from the inside. Make a larger cup and consider filling up a flask at the same time, to have later.
- Spend more time upstairs – hot air rises. Aim to spend more time on the upper level over the colder months.
- Stay active – keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. When you do sit down, put your feet up as it is coldest nearest the ground.
- Keep the cold out – close doors and use a keyhole cover to block draughts. Put draught excluder tape around closed windows and place a draught excluder at the bottom of the doors. Consider hanging a thick curtain inside the front door.

## Christmas Arrangements

Due to the Bank Holidays, please



remember to request your repeat prescriptions in plenty of time.

Please note we will be closed on the 26<sup>th</sup> and 27<sup>th</sup> of December 2022, as well as the 2<sup>nd</sup> of January 2023.

Whilst we are closed, if you have a **medical emergency**, please call 111 and they can direct you to the best place to get help. If you prefer, you can go to their website [www.111.nhs.uk](http://www.111.nhs.uk). The online service is for people aged 5 and over.

Only attend the hospital's Accident & Emergency Department if you have a life-threatening emergency.

All the partners and staff wish you all a Happy and Healthy 2023.

