

APRIL 2022

UPPER TOOTING



SURGERY



Spring COVID Booster Programme 2022

The Spring COVID booster campaign has started and Trevelyan House will continue to be our PCN vaccination site.

This booster will be offered to all over 75s, residents in adult care homes and those aged 12 years and over who are immunosuppressed.

You may have the booster at least 3 months after your last booster, but it is usually offered at 6 months.

As for previous doses, you cannot have the vaccine until 4 weeks after a confirmed COVID infection.

Dear reader,

As we move into spring, COVID is unfortunately ever present, with reports suggesting that 1 in 13 of us had COVID last week.

The Omicron variant is widely circulating, and like previous variants, can cause a cough, fever and fatigue, but it appears that fewer people lose their taste and smell. A sore throat and runny nose are also common symptoms of the variant. Whilst restrictions in England have been relaxed, we still ask you that you do NOT attend the surgery (unless invited after telephone triage) if you suspect you have COVID.

Like all NHS establishments, we ask patients to wear a face covering whilst in the surgery, and to use hand sanitisers and try to observe social distancing to protect others. To avoid crowded waiting areas, we ask patients to attend alone, if possible, and to arrive no more than 10 minutes before their appointment.

We are aware that there are still unvaccinated patients and some who have had an incomplete primary course or no booster, and we will continue to offer you COVID vaccines as well.

If you have missed your first booster, please book an appointment as soon as possible. You may need proof of being fully vaccinated (primary course and booster) to travel to some countries this summer, so it is important to arrange to have any outstanding vaccinations as soon as you can.

Please visit the gov.uk website for foreign travel advice, including COVID vaccinations for entry: <https://www.gov.uk/foreign-travel-advice>

COVID vaccinations for children aged 5-11

Children aged 5-11 are now eligible to receive two paediatric Pfizer doses, and appointments can be arranged using the NHS National Booking Service:
www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/

Information about local COVID vaccination sites in South West London, including walk-in sites can be found on the SWL CCG website: <https://swlondonccg.nhs.uk/covid/vaccination-walk-in-clinics/>

Our nearest mass vaccination site is The Wilson Hospital.

PANORAMIC Study

If you are aged over 50 or classified as being in an 'at risk group', you may be eligible for anti-viral treatment if you test positive for COVID.

Please visit our website or www.panoramictrial.org for more information.

Going Forward

As we aim to get back to 'normal' working, we will continue to offer telephone and video slots along with face-to-face appointments. We are currently catching up with routine checks, and are facing an ever increasing workload, with more phone calls to the practice.

We frequently receive calls about hospital appointments, and would advise patients to visit My Planned Care, a service set up by the NHS, to help patients find the latest average wait time information for hospital departments. It also provides helpful advice and support whilst you wait for your treatment.

Website:

<http://www.myplannedcare.nhs.uk/london>

For complaints about hospital services, PALS (Patient Advice and Liaison Service) is an excellent service.

PALS (St George's Hospital) website: <https://www.stgeorges.nhs.uk/patients-and-visitors/help/>

Telephone: 020 8725 2453



For patients with minor eye problems, MECS (Minor Eye Conditions Service) is an NHS service that provides assessment and treatment for patients of all ages, and patients can access the service without a GP referral.

The nearest MECS practices to Upper Tooting Surgery are:

Specsavers Opticians	Boots Opticians
24C Mitcham Road	46 Tooting High Street
SW17 9NA	SW17 0RG
020 8682 3333	020 8767 8292

Our local pharmacists can advise on minor conditions e.g. hay fever, coughs, and colds and now offer a blood pressure checking service. Please see our website for up-to-date information about hay fever.

We work with Surrey Physio and encourage all patients with back, neck and joint pain and sports injuries to book in directly with them at our surgeries.

They are qualified physiotherapists and can refer to secondary care e.g. hospitals, and can organise X-rays and scans.

For all non-urgent queries, please contact us via our website or email us at swlccg.uppertootingsurgery@nhs.net

Easter Bank Holiday Weekend Additional Capacity

Our CCG will provide additional GP capacity and phone lines over the long Easter Weekend, from Good Friday to Easter Monday (15th – 18th April).

Please see our website for more information - uppertootingsurgery.nhs.uk/practice_news/extra_gp-services-on-easter-bank-holiday-weekend-2/

Pharmacy opening times can be found on our [website](#).

Cancer Screening

We are aware that National Cancer Screening decreased during the pandemic. We encourage everyone to take up screening offers when sent to you. Screening saves lives.

We are working with Community Links to help to increase bowel cancer screening and have organised additional cervical screening clinics to help catch up with smears.

If you have missed your breast screening slot, it is possible to book directly with The Rose Centre at St George's Hospital.

Website: www.stgeorges.nhs.uk/service/the-rose-centre/

Telephone: 0208 725 4868 or
0208 725 4898

If you or a relative are suffering from cancer, we recommend a new online resource, Cancer Care Map, to help you find cancer support services in your local area. Website: <http://www.cancercaremap.org>

Health Visitors

Our health visitor drop-in clinics at Trevelyan House have not yet restarted.

Please contact the health visitors by phoning 0330 058 1679 or by emailing clcht.wandsworthhv@nhs.net.

We are piloting a Tuesday clinic with Dr Louise Lau and Advanced Nurse Practitioner Alexandra Redpath for 'weighing and advice' for our mothers and babies.

Please contact reception to book an appointment.

Weight Management

As we move into warmer months and aspire to 'get fit' for the beach, we ask patients to have a look at our Weight Management services on our website, which links to the Wandsworth Council website, where you can obtain vouchers for slimming groups.

Wandsworth Council website:

<https://www.wandsworth.gov.uk/health-and-social-care/public-health/healthy-eating-and-weight-loss/weight-management-groups-and-support/>

New research suggests that measuring your weight and comparing it to height may be the best way to decide if we are overweight.

This is because storing a lot of fat around the stomach is an accurate predictor of heart disease, type 2 diabetes and stroke, even in those with a healthy BMI.

A healthy waist to height ratio is 0.4 to 0.49 and a ratio above 0.5 increases the risk of health issues.

New dietician

We are delighted to welcome our new dietician, Alice to our team.

Alice is highly experienced and will initially be helping our diabetic patients, but she can also help with general weight management.

We are planning some webinars in May to help with weight loss and details will be available on our website.

Staff changes

We say goodbye to our F2 doctor Stephen Yekini and welcome our new F2 doctor Alison Stainsby.



We wish all our patients a very Happy Easter and we hope that COVID recedes, so life returns to more normality for all of us.

With best wishes,

Penny Smith

A handwritten signature in cursive script that reads "Penelope E Smith".

Senior Partner

