

**Derry Downs Surgery
News Letter.
April 2019**

Spring

Spring is in the air so it's time to think about getting fit for summer. The surgery walking group will be having its 3rd year anniversary in June so we are hoping for a great turnout on that day. The group meets on the last Saturday of every month and we welcome new members, so come and join us and get fit.



Smoking

Now is the time to give up smoking get healthy and save money.

20 Cigarettes a day is 7300 every year and the cost to you is £3744. There is not good reason not to stop it will only improve your health and prolong your life. Think what you could do with the money.

NHS Health Checks

NHS Health Checks for 40 to 74.

Now the NHS Health Checks Are available at the surgery, please call and make a appointment with Norma Weaver.

“Crays PCN” (Primary Care Network)

The Derry Downs Surgery has joined a local collaborative group called "Crays PCN". This group includes five Surgeries of St Mary Cray and St Pauls Cray. The objective of this collaboration is to enhance the quality of care for all Cray patients. All Surgeries which includes Derry Downs Surgery, Ramsden Surgery, High Street surgery, Poverest Surgery and Broomwood Surgery will work collaboratively and it will to bring a lot of benefits to the patients by sharing some services and some clinical and non clinical staff. This service is supported by the NHS and the Bromley CCG.

Medication Review

The Derry Downs Surgery has strengthened its

medicine management team by appointing James Bryce as clinical pharmacist. James is well known to most of our patients. He used to be community pharmacist at the Silversands Pharmacy. He has vast experience in pharmacy and he will be offering medication review to all registered patients who are on 6 or more drugs. Please make an appointment to speak to or see James. He will also be happy to deal with any medication queries.

Free Ear syringing Clinic

Hearbase has agreed to offer a few more ear wax syringing clinics in May and June. Please speak to receptionist for an appointment.

BP Clinic

Norma Weaver, the Practice manager at Derry Downs is planning for a BP awareness clinic. This clinic will be aimed for patients who have not had their BP check done during the last 12 months. Get ready and watch out for a date in June !!

Hayfever Season

The hayfever season has already started. If you suffer from Hayfever please order your medicines now. If you start treatment late the medicines may not be very effective. Watch the weather news and avoid going out if the pollen count is very high. For more information about how to avoid a bad bout

of Hayfever, speak to James Bryce, Clinical pharmacist.

Contributions from patients

If you would like to publish a short article which can improve patient' knowledge and help patients to understand disease and it treatment or an article relating to any relevant service to improve quality of patient's lives, please submit your article to John Colyer.)

john.colyer@ntlworld.com

The article will be scrutinised by the administration team prior to publication.