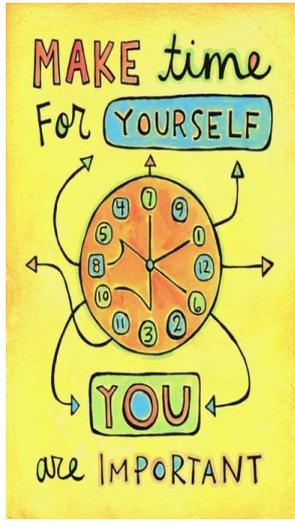




The Wrythe Green Surgery
Wrythe Lane, Carshalton, SM5 2RE,
Carshalton. Tel. 020 8669 3232

November 2016

PATIENTS PARTICIPATION GROUP NEWS



LOOKING AFTER YOU

Are You Age 75 or more? If so, join us!

Strawberry Lodge, Strawberry Lane,
Carshalton, SM5 2NQ

Tuesday 29th November: 10am to 12.00noon

NHS Sutton CCG and Sutton GP Practices are working in partnership to bring together local NHS services, social services, and voluntary groups and organisations to improve the health and well-being of local people who are 75 years young and over.

All activities on the day are **free**, including 'message in a bottle' containers, ferrule replacement, foot care reviews and a wide range of information to take away.

Come and browse the information stands, and meet the professionals delivering local services, including:

- | | |
|-----------------------------|---|
| Admiral Nurses | Age UK Sutton |
| Alzheimer's Society | Arthritis Care |
| Community Pharmacy | Continence Service |
| Eldercare | Older Persons Assessment & Rehabilitation Service |
| Older Peoples Hospital Team | Podiatry |
| Sutton Carers Centre | Sutton Crisis Team |
| Sutton Shop Mobility | Sutton Vision and more |

Take part in short talks on Home from Hospital, Community Helpers, lasting power of attorney and advance decision making. Talks start at 10.15am. For more information **please call 020 3668 3259**. Refreshments provided.

Mental Health: An Overview

At the PPG meeting held on 15 November Dr. Chris Keers gave an overview of public mental health and what is happening in Sutton with regard to commissioning mental health services.

The overall message was that mental ill health is a growing problem for our society and is costing England £1.5 billion each year.

Mental Health hospital care is provided in Ward 3 at Springfield Hospital, Tooting. Community Mental Health teams and Children's Services are based at the Jubilee Health Centre in Wallington. Other services include those for eating disorders, deaf units, forensic psychiatry, rehabilitation units and peer-led help.

Dr. Keers highlighted that experiences in the early years of childhood affect the risk of subsequent mental illness so parents and early years education have key opportunities to promote good mental health. Below are some of the facts and figures Dr. Keers shared with us during his presentation.

The Level of Mental Disorder in England

10% of children and young people are affected
(Green et al, 2005).

17.6% of adults have at least one common
mental disorder (McManus et al, 2009).

50% of lifetime mental illness starts at age 14; 75% by
mid-twenties (Kessler et al, 2007).

Depression is associated with a two-fold increased risk of
coronary heart disease (Mykletun et al, 2009).

There is an average reduced life expectancy of 10.6 years
for men and 7.2 years for women who suffer
depressive episodes (Chang et al, 2011).

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Who's eligible for the 2016/17
**SHINGLES
VACCINE?**

NHS

AGE: the age you will be on 1 September 2016

<input checked="" type="checkbox"/> YES 69 or under	<input checked="" type="checkbox"/> YES 70	<input checked="" type="checkbox"/> YES 71
<input checked="" type="checkbox"/> YES 72	<input checked="" type="checkbox"/> YES 73	<input checked="" type="checkbox"/> NO 74 to 77
<input checked="" type="checkbox"/> YES 78	<input checked="" type="checkbox"/> YES 79	<input checked="" type="checkbox"/> NO 80 or over

immunisation

Cuts in Funding for Pharmacies

Cuts in funding for pharmacies start in December, and are likely to make it particularly difficult for small independent pharmacies to stay in business. This is surprising as pharmacies have previously been encouraged to help treat minor ailments to free up GP appointments for more serious illnesses.

What can we do to help?

These cuts could be delayed if enough people write to their MP as there is growing concern in Parliament about this.

Choose to use the small independent pharmacies, or we may lose them and tell others about this.

Give your local independent pharmacy a good review online at NHS Choices.

A warning was also given about a very confusing letter sent out by a big online pharmacy, Pharmacy2u, which is advertising to deliver patients' medical supplies. Ask your local pharmacist instead!

SHINGLES VACCINE: If you are aged 70, 71, 73, 78 or 79 on 1 September 2016 you are entitled to the free vaccine. Please ask at the Surgery.

The next meeting of the PPG will be held on:

Thursday 19 January 2017

1- 3pm at the Wrythe Green Surgery.

All Wrythe Green Surgery patients are welcome to attend.

Please complete this slip and hand in to Reception if you would like to receive PPG updates by email.

Name: _____ Mobile Phone no. _____

Email address: _____