



The Wrythe Green Surgery

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

December 2017



PATIENTS PARTICIPATION GROUP

Talk about the PACE-UP Trial by Charlotte Wahlich

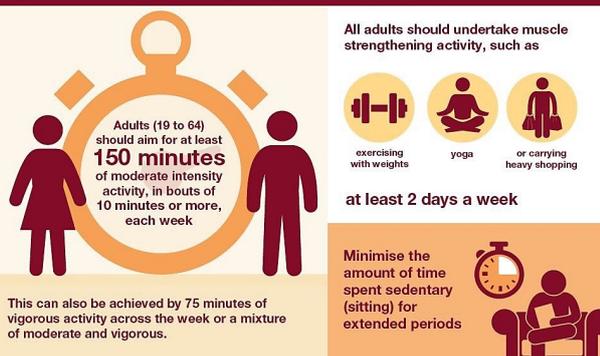
PACE-UP was a voluntary research study that invited the 45 –74 aged group to become more active by walking more. Participants were given a pedometer to monitor their steps, a physical diary and guidance on a 12-week programme to increase their walking. Patients from six GP surgeries in South West London, including Wrythe Green Surgery were involved in the Trial.

Physical activity is vital for health but most adults do not achieve the recommended 2.5 hours weekly of at least moderate intensity physical activity such as a brisk walk, ideally in ten minute bouts.

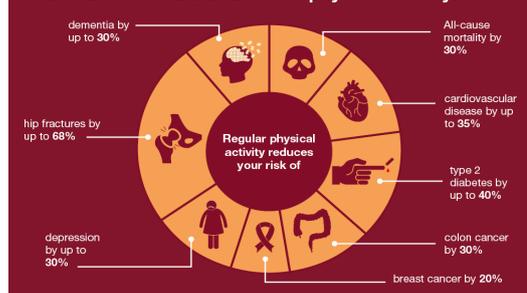
Over 1000 participants joined the study in the year up to October 2013 and were encouraged to increase their normal level of activity progressively. Their activity was measured by wearing an accelerometer for the first week. Participants were divided randomly into three groups. Over three months, Group 1 had no intervention to help them increase their activity. Group 2 had a 12-week walking diary with targets to try to achieve and wore a pedometer. Group 3 had a 12-week walking diary with targets to try to achieve, wore a pedometer and saw a nurse at their GP surgery after each month. After twelve weeks they all wore an accelerometer to measure their activity for a week. This was repeated in a final three year follow-up, which also included an interview. The study ended in October 2016.

The findings after the three years showed that almost the same improvement in activity was retained by Groups 2 and 3 but not by the control group, Group 1 that had had no intervention. Improvement in activity is expected to have a long term effect on reducing incidence of important diseases such as coronary heart disease and Type 2 diabetes. It is believed that this approach would be beneficial if incorporated into future NHS care.

How much physical activity should you do?



What are the health benefits of physical activity?



PRACTICE NEWS



Extended Wrythe Green Surgery Hours

From January 2018 patients of the Wrythe Green Surgery will be able to pre-book GP appointments at the Surgery from 7.30am to 8am on weekdays and some Saturday mornings with a Wrythe Green Practice doctor. These appointments will be 15 minute slots.

To make appointments online see: www.wrythegreensurgery.nhs.uk or phone 020 8669 3232.

Please note if you need to cancel an appointment before the telephone lines open at 8 am on weekdays, please leave a message on 020 8669 3232.

The New Hub Service at Wrythe Green Surgery — Reminder

Wrythe Green Surgery is one of two hubs in Sutton offering pre-booked GP and Nurse appointments at weekends and early evenings. You may not see a Wrythe Green Practice doctor as doctors from other practices will be sharing the Hub extra hours duties. These additional appointments, available up to 8pm weekdays and 8am to 8pm weekends are bookable through our own Reception.

To cancel an extra hours Hub appointment, the dedicated number to ring is: 07578 813838.

Practice staff

Dr. Rollason has recently married and is now Dr. White. Dr. White is now a permanent member of staff.

Ella has joined the Reception Team.

Tracey Connolly, Health Care Assistant has left the Practice.

Free Wifi at the Surgery: This will shortly be available.

Mobile Phone use at Surgery: Patients are urged not to talk on their phones in the Waiting Room as this can annoy other patients.

NHS England — New Developments

Cancer Screening: In 2018 the NHS is introducing improved cancer screening to identify patients suffering from lung and bowel cancer earlier. These will be available at St. Helier Hospital.

Cancer Research Advocate Volunteers Needed: The Royal Marsden Hospital are appealing for past cancer sufferers to come forward to help with research into treatment methods. If you can help with this please contact Robert Frogley on robertfrogley@hotmail.com or call him on **07798 693523**.

Phlebotomy (blood tests): The current temporary location of the blood testing unit in the portacabin styled building in St. Helier Hospital's carpark is likely to become its permanent home. Patients using the facility have reported being impressed by the speedy service and have found the building easy to get to.

Minor Ailments

Free medication for those not paying prescription charges.

Children, those over sixty years of age and others not paying prescription charges are eligible to obtain medication for many common minor ailments from the pharmacy free of charge and without having to see a doctor. The list of ailments covered by the free medication service is listed below.

Sore throat	Headache/Earache/ Temperature	Hay Fever
Diarrhoea	Indigestion/Heart Burn/ Tummy Upset	Constipation
Threadworm	Vaginal Thrush (not for over 60's)	Athlete's Foot
Nappy Rash	Oral Ulceration & Inflammation	Head Lice
Haemorrhoids	Acute Bacterial Conjunctivitis	

The next meeting of the PPG will be held on:

**TUESDAY 6 March 2018 from 1 – 3 pm at the
Wrythe Green Surgery and will include a short AGM**

The speaker will be Julie Fuller from Guys and St. Thomas'
NHS Foundation Trust who will give a talk on
Patient Research and the NHS response.

**All Wrythe Green Surgery patients are
welcome to attend.**

Refreshments will be available.

If you would like to receive PPG and surgery updates by email and text, please complete this slip and hand it in at Reception.

Name: _____

Email _____

Mobile Phone No. _____