



**The Wrythe Green Surgery**

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

June 2017

# PATIENTS PARTICIPATION GROUP NEWS

## Talk about Strokes

by John McGlone, Stroke Association Community Development – Partnerships Manager

About 150,000 people have a stroke in the UK every year and many more have a mini-stroke (TIA.) They can happen at any age.

Strokes are caused by a blocked or burst blood vessel to the brain.

There are new treatments available for strokes now, so fewer people die, but there are problems in funding for Health and Social Care for people with disabilities in the community.

If you suspect a Stroke, remember FAST:-

F = Facial weakness – one side of the mouth or eye droops

A = Arm weakness – cannot raise both arms when asked

S = Speech problems – speech is unclear and understanding is impaired

T = Time – call 999 FAST. All Strokes are a medical emergency and early treatment is essential if any of these symptoms occur, even if they disappear within a few minutes or hours.

### How to prevent Strokes

*Controlling medical conditions* such as high blood pressure, high cholesterol, atrial fibrillation (an irregular heartbeat,) heart disease and diabetes as these can increase your risk of having a stroke. Stress and Depression can also have a negative effect on our health and may need treatment. Some hormone treatments for women can also increase the risk of a stroke.

*Lifestyle changes* can prevent many strokes e.g. stop smoking, only drink alcohol sensibly, eat healthily, keep active.

### Treatment in our area

London has 8 hyper-acute Stroke Units for emergency initial care - the nearest to us is at St. Georges Hospital, Tooting. Other local hospitals provide after-care for strokes.

The Stroke Association helps with information on their website and leaflets about strokes, support for people who have had strokes and funding research projects. Contact them for local support in our area too.

Website: [www.stroke.org.uk](http://www.stroke.org.uk)

Email: [info@stroke.org.uk](mailto:info@stroke.org.uk)

Helpline: 0303 3033 100

## Practice News



The Breast Screening Programme has re-started for patients at the Wrythe Green Surgery. Screening will be offered to women between the ages of 50 –70 years old. Additional screening will be offered on a random basis to women between the ages of 47 to 73 years old. Ladies of the correct age will receive an invitation to attend the Robin Hood Centre. In May 2017, the Surgery adopted a new online service. Appointment reminders can now be sent out to patients. Appointments can also be made easily on a smart phone by using a special App. Ask at Reception for details.

**Staff changes:** Two receptionists, Marion and Jane have retired after both serving 17 years. Debbie, Practice Manager, is looking to appoint two replacement Receptionists. If you would like to apply, please contact Reception at the Surgery.

**RACE FOR LIFE: For Cancer Research UK.** Would you like to support our Surgery staff? They will be running 5KM at Kempton Park Race Course on 1st July, 2017 to raise money for charity. There is a box in Reception for donations and sponsorship. The Surgery's website also has a Fundraising Page with details of how you can donate. Online details for Cancer Research are <https://fundraise.cancerresearchuk.org/page/alisons-fundraising-page-758>. Click on "Wrythe Green Go" and click at the bottom to find all the team's pages. Surgery staff participating are: Drs. Galloway, Jacob, Siva, Burlington, Rollason, Priya, Rogers and Sheikh. Other staff taking part are Debbie, Practice Manager, Sally, Sarah K, Julieanne and Melissa.

**The next meeting of the PPG will be held on:**

**TUESDAY 5th September, from 1 – 3 pm at the  
Wrythe Green Surgery**

**Our Speaker will be from the Sutton Carers' Association**

**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. \_\_\_\_\_