

WRYTHE GREEN SURGERY

Patient Participation Group Newsletter, Spring 2024



Wrythe Green Surgery

Wrythe Lane, Carshalton, SM5 2RE.

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Practice & Borough Health News



Pharmacy First: This new initiative is up and running. Seven common ailments can be dealt with by an authorized pharmacist who can issue a prescription if necessary. All the Surgery's receptionists have been trained and use a script to refer patients suffering from sore throat, sinusitis, earache, infected insect bites, impetigo, shingles and uncomplicated urinary tract infections in women. Patients entitled to free prescriptions from their GP, will still get them under Pharmacy First. Reports so far suggest that new service is working well.

Dr. Vijay will shortly be taking maternity leave. The Wrythe Green Surgery is currently served by four locums, all of which have worked there before.

MMR Jab: There have been measles outbreaks in our area and it is never too late to have the jab to protect against it.

Dementia Help: for carers and those suffering from dementia:

Sutton Carers Centre: <https://www.suttoncarerscentre.org>;

St. Raphael's Health and Wellbeing Centre: <https://www.strapheals.org.uk/wellbeing-centre>

Age UK Sutton: <https://www.ageuk.org/sutton/>

Carers UK: <https://www.carersuk.org/>

Carers Trust: <https://carers.org/>

Alzheimer's Society: <https://www.alzheimers.org.uk/>

Citizen's Advice: <https://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/>

Booking Appointment online: The Practice promotes the NHS app as preferable to apps offered by commercial companies such as MyGP and Patient Access. The NHS app will redirect people to the Surgery if outside normal Surgery hours or if there are no appointments available. Some of the early morning appointments are available to book online from 6 am and the majority from 8 am.



Annual Coffee Morning & Bake Sale: This will take place on Friday 15 March, 9.30 am - 1.00 pm at the Surgery. All proceeds to the Royal Marsden Charity. Please come along and support their amazing work! We will announce the total money raised in our next newsletter.

CHATTY CAFÉ: A new Chatty Café providing a warm space for everyone has opened at the Thomas Wall Centre on TUESDAYS from 11:00 to 14:00.



Patient Participation Group

A Talk on Fibromyalgia & Chronic Pain & Chronic Fatigue Syndrome (ME)

by Maxine Marshall-Hogg and Teresa Fernee

At the February PPG meeting Maxine told of the horrific experience she had endured as a sufferer of fibromyalgia, a condition that causes widespread pain in the muscles, tendons and ligaments and is a collection of symptoms rather than a specific disease, making diagnosis difficult and lengthy. In Maxine's case diagnosis took a year, but it is not uncommon for it to take ten years. The list of symptoms runs to over 300! Each symptom needing to be addressed independently.

The condition is incurable and while the exact cause is unknown, it often seems to be the result of the patient suffering physical or mental trauma. Flare-ups can be triggered by many different things so are difficult to avoid in everyday life - and can last for days, weeks or months. Treatment is usually a combination of medicine, such as antidepressants and painkillers, talking therapies such as cognitive behavioural therapy, counselling and lifestyle changes, such as exercise programmes and relaxation techniques. It is important for sufferers to pace their daily activities. Long Covid has a similar range of symptoms so that has helped increase public understanding and awareness of the condition.

Teresa talked about Myalgic Encephalomyelitis (ME) now known as Chronic Fatigue Syndrome. Teresa was diagnosed in February 2020, just before the Covid-19 pandemic and was warned that if she caught Covid, she could well be permanently bedridden. The condition was recognized by the World Health Organization in 1969 and as of 1999 was recognised as a neurological disease and as such employers have a duty of care to make reasonable adjustments to accommodate sufferers. Many of the ME symptoms are similar to fibromyalgia such as the lack of concentration and the inability to find the right words when speaking and brain fog.

Both speakers praised the clinic at the Malvern Centre for which a referral from a GP is required. The clinic's details will be put on the Surgery's website.

The Next PPG Meeting at the Surgery:

Tuesday 28 May 2024 at 1.30 pm

All patients over the age of 18 years are invited to attend.

Want To Know More About The PPG?

*If you would like someone to contact you about the PPG
please leave your contact details with Reception.*

Name

Email address

Telephone no.

