

PPG Committee Members

Sue Stanbridge (Chairman); Mary Chamberlain (Vice Chairman); Margaret Hagger (Secretary); Joanne Adam (Treasurer); Pippa Doran; Ruth Ellis; Mike Everest; Elizabeth Malik; Stephen Parris, & Fiona Pring.

The aim of the PPG is to give patients an opportunity to become actively involved with the doctors and staff in planning and developing new services and to take an active interest in their own healthcare.

Travel Advice

If you are planning to travel outside the UK this Summer you may need to be vaccinated against some of the



serious diseases found in other parts of the world - particularly in the tropics. It is vital that you check with your practice nurse for a travel risk assessment at least eight weeks before you are due to travel so that any appropriate inoculations can be given.

Those patients going on 'last minute' travel may be referred to a private clinic if there are insufficient appointments available at Kingswood Surgery.

Please refer to the National Travel Health Network and Centre (uclh.nhs.uk) for current advice. There are several websites devoted to travel and health advice.

Malaria Prevention

It is important to think about malaria prevention for you and your family if you are travelling to an affected area. Malaria still represents a serious risk to those infected via bites from the anopheles mosquito. Be sure to check with your practice nurse or travel clinic for advice and possibly a course of anti-malarial tablets. **It is important to complete the course of malaria prophylaxis to get the protection you need which often means continuing for a few days after your return to the UK.**



Should you be so unfortunate as to develop symptoms of malaria such as a high temperature and feeling increasingly unwell please seek urgent medical advice.

Zika Virus

For those of you travelling to the Olympic Games in Rio de Janeiro be sure to get the latest advice regarding Zika prevention. **At the present time there is not a vaccine available to prevent a Zika illness so steps such as insect repellents, mosquito nets and clothes that cover adequately are vital in order to protect from mosquito bites in Brazil and elsewhere in South America.** Men returning from South America are advised to use a condom for eight weeks after returning to prevent sexual transmission of the virus.



Bon voyage to those who plan to travel
in the near future -
but please remember to keep yourselves safe!

Services Available in the Kingswood Room

Regrettably, due to staff shortages at Tunbridge Wells Borough Council, we will no longer be able to offer the Healthy Lifestyles service. However, we still provide:

Physiotherapy Service – all day Tuesday & Friday every week

Ultrasound clinic 1st Thursday of each month (morning)

Both of the above services can be accessed by a referral from your GP.



Carers First are available on the 3rd Wednesday of each month, and an appointment with them can be booked with Reception, who can also provide more details.

New Trainee Registrar

We are delighted to welcome Dr Oliver Ferguson who will be joining the surgery in August as a Trainee Registrar. Dr Ferguson will be working with Dr Paul Roome.



A **FREE** event every **Thursday** between **2:30pm** and **4:30pm**
Starting 30th June 2016

Following on from the success of the **Mindwell Art group**, we are launching another group which will take place in the Hub, located in the serene **Grosvenor and Hilbert Park, Tunbridge Wells**.

If you would like to attend the group or just come along to see what it's all about contact

Roisin Donovan at Roisin.Donovan@tchg.org.uk
or call on **01892 501617** for more information.

town & country
foundation



Half Day Closure

From time to time the practice staff undertake training, with the support of the CCG, to ensure that the services we offer are as effective as possible. Our next training session is as follows:

Tuesday 13th September -
SURGERY CLOSED ALL AFTERNOON from 1 p.m

If you require urgent medical advice during this period please telephone NHS 111 for assistance. We apologise for any inconvenience caused.

Lunchtime Closures

Last Thursday of every other month

As part of our commitment to raising professional standards, the surgery staff will be also be undertaking regular training. **This will necessitate the closure of the surgery between 1pm and 2pm on the last Thursday of every other month, starting on 25th August and on alternate months thereafter.**

In the event of an emergency, please contact the Practice Manager, Joanne Adam on 07921 030200. Joanne apologises for this minor inconvenience on behalf of the partners and staff; and hopes that you will be both understanding and supportive of this decision.

Click to Cancel



We know that sometimes your circumstances change and you don't need to attend your booked appointment. Our website now has a button on the front page that can be clicked to take you straight into a form on which you can cancel your appointment, meaning that another patient will be able to use that time-slot. **If you do need to cancel, please tell us and help us to use our Nurse and Doctor clinics as effectively as possible.**



GP exercise referral

Offering subsidised gym membership and specialist support to people whose health can be improved through regular exercise

The scheme is available at:

Tunbridge Wells Sports Centre
Putlands Sport and Leisure
The Weald Sports Centre

Induction with Qualified GP Referral instructors.

Only £2.60 per visit

Allowing patients to discover the health benefits of regular exercise at a subsidised price for 10 weeks!

Contact the Health team on 01892 554201 or email twhealthteam@nhs.net for more information.



Family Activity Days



Bore Place, Bore Place Road,
Chiddingstone, Kent TN8 7AR

Tuesday 23 August 10am 1pm &
Friday 2 September 2-5pm

Cook and Eat
Workshop

Tour of the dairy farm
and vegetable garden

Other information:

- Wear suitable clothing – this should be something that won't spoil if it gets a bit dirty
- All participants should bring two pairs of footwear: a pair suitable for the tour of the farm (ideally wellies) and a pair for indoor use
- Please notify the team of any allergies upon booking

All activities are free. Please book early
to avoid disappointment

Contact the Health Team on 01892 554201
or e-mail health@tunbridgewells.gov.uk



New Patient Transport Service Provider

A new and improved patient transport service was launched on 1 July 2016. Tough new measures to raise standards have been introduced, with greater emphasis on customer care and getting patients home from hospital promptly. The new service is provided by G4S, and their performance will be measured against a Patient Charter, developed by people who use patient transport services in Kent and Medway. There are tighter timescale targets for collecting and dropping off patients before and after their appointments or when going home after an inpatient stay.



The bookings line is a freephone number **0800 096 0211** open 24 hours a day, seven days a week.

The criteria for eligibility for patient transport services are not changing – these are set nationally. Hospital staff can use the G4S online system to track patients' bookings in real-time, so they can update patients if there is any delay.



The patient transport service provides free transport for people whose medical condition means they cannot get to or from their place of care (a hospital, hospice or clinic) in any other way. Eligible patients can book transport to get them to and from outpatient and inpatient appointments.

For further information about the new patient transport service in Kent and Medway, including a leaflet, poster and feedback form, please visit www.km-pts.co.uk

Fun ways to stay fit on Holiday!

By Patricia Carswell

When you've worked up to the wire before your holiday and endured airport hell, you could be forgiven for just wanting to lie around doing nothing when you get there. But while it's important to get plenty of rest on holiday, you don't want to come home having lost your fitness and gained a spare tyre.

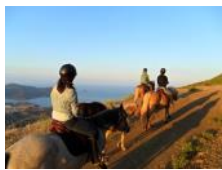
- **Keep moving**

Luckily, staying active while you're away doesn't have to spoil your holiday - in fact it can make it more fun, and you'll go back to work feeling more energised than if you'd lain on a sunbed the whole time. Here are some fun ideas for staying fit on holiday plus a few tips for keeping your weight down.



- **Take the plunge!** Going to the beach is the highlight of many holidays. When you head to the coast, make sure you make it into the sea. It'll cool you off, and research shows that swimming increases sleep quality by 40% - great for recovering from the pressures of work.

- **Surf's up!** If you've ever fancied surfing consider this - balancing on a board is great for your abs, and swimming out to catch a wave is great exercise. You don't need to be a blonde beach babe to give it a try. Surf schools cater for everybody, and if learning to surf sounds too scary, buy a cheap foam boogie-board and start splashing around.



- **Saddle up!** Whether it's pony trekking through the hills or a donkey ride on the sands, riding is fun, great for the whole family, and works your shoulders, core and thighs. It's also a lovely way to explore the countryside at your destination.

- **Walk the walk!** If you prefer to keep your feet on the ground, get out walking. It will tone your legs and butt and burn off loads of calories, especially if you include a few hills. Instead of taking the car to see the area, explore on foot. All you need is some sensible shoes, some sunscreen, water and snacks to keep you going.



Of course you don't want to sit around nibbling a lettuce leaf when you're away - one of the joys of a holiday is sampling local delicacies - but if you're smart you can enjoy your food without overindulging.

- **Slow down!** Take your time and enjoy the fact that you don't have to eat your meals against the clock. Eating slowly allows you to appreciate your food more and will stop you eating so much.



- **Veg out!**

Make fruit and vegetables the main focus of the dishes you order - it'll make it easier to feel full without having gigantic portions and the vitamins and minerals will make your skin glow.

- **Snack attack!** It can be the casual grazing that causes the most damage when you're on holiday. Avoid the crisps and snacks between meals - or stick to fruit - and save your appetite for a delicious dinner.

PPG Sponsored Walk

After last year's successful event, the Patient Participation Group are planning another sponsored walk to raise funds for equipment to benefit the surgery's patients. They are planning to undertake the walk over the weekend of 17th & 18th September and all funds raised will go towards purchasing tables and chairs for the children's area. More details will follow shortly - please be generous with your sponsorship!

