



Summer
2017

Practice Newsletter!

All Enquiries
02380 865051
Out-of-Hours
Telephone 111

“When your GP surgery
is shut and you need
medical attention
fast, but it is
NOT an emergency,
call 111”.

This includes
Monday to Friday
6.30 pm - 8:00 am

+
Weekends
Bank Holidays

If it's a
medical emergency
call 999

Surgery
Opening Times

Mon 8.30 am - 8.00 pm

(Mon closed 1 - 2 pm)

Tue 8.30 am - 8.00 pm

Wed 8.30 am - 6.00 pm

Thu 8.30 am - 6.00 pm

Fri 8.30 am - 6.00 pm

Sat 8.00 am - 12 noon

Doors open at

8:20 am weekdays

Saturdays are

1 in every 3 weeks

(please check our website for
Saturday Surgery dates).

Home Visits

Please ensure all
visit requests are
received by 11:00 am.

FLU VACCINE

Seasonal flu vaccination is
recommended each year for
people with certain clinical
conditions that put them at
risk of flu. It is also
recommended for those
over 65 years of age and
pregnant women.

Flu clinics will be
available on the
following Saturdays:-

23rd Sept, 7th & 21st Oct

Clinics will also be
available on week days.
Bookings can be made from
05/09/17



A FOND FAREWELL

After 20 years as a GP Partner at Totton Health Centre,
Chris Alveyn has decided to retire.

We have no doubt that, just like the practice team, many patients
will be very sorry to see him go.

Chris and his wife Mary, will be enjoying their new more relaxed life
travelling. Chris has even talked about taking up a new hobby –
Falconry!!

Please join us in wishing him and Mary a long and very happy
retirement

There is a message book in reception if you'd like to leave a farewell
message.



WHAT IS AN NHS HEALTH CHECK? The **NHS Health Check** is a health check-up for adults in
England aged 40-74. It's designed to **spot early signs** of stroke, kidney disease, heart disease,
type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of
these conditions. An NHS Health Check helps find ways to lower this risk.

How do I get an NHS Health Check?

If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a
letter from your Surgery or local authority inviting you for a free NHS Health Check every five
years. In the meantime, there are **other ways of getting your health checked**, and you may
want to try the online "**Heart Age**" test accessed via NHS Choices website.

How can I improve my test results?

Once you've had your NHS Health Check, your healthcare professional will **discuss your results**
with you. You'll be given advice to help you lower your risk of a stroke, kidney disease, heart
disease, diabetes or dementia, and maintain or improve your health. But you don't have to
wait until then to make healthy changes. Take the "**How Are You**" quiz and start now with the
health apps and trackers that can be accessed via NHS Choices.



It's Your Choice - There are around 23,000 young people aged 12-25
in the New Forest area. It's Your Choice was established in 1987 to help
those young people by providing confidential and free advice, support,
guidance, and advice. As a youth charity "It's Your Choice" want to
empower young people to make positive life choices and to be there
providing help and support to prevent problems escalating into bigger
concerns. They offer information and advice about many issues that

affect young people including drug and alcohol abuse, sexual health, homelessness, and
mental health issues. Young people can access It's Your Choice services in a number of ways:
Weekly drop-in sessions at a variety of locations, One to one counselling - Through their
school, college, youth club or pupil referral unit - Targeted casework support.

If you are a young person in the New Forest in need of support
please visit iyc.org.uk or call 023 8086 4231



We are delighted to announce that our Practice has just
received after a lot of hard work, a formal accreditation to
confirm that we are now a Dementia Friendly Practice.



THE GARAGE YOUTH CENTRE

..... providing a place in which young people can socialise, stay safe and be healthy.

Find us in Eling Recreation Ground off Totton By pass A35. Term time & school holidays for young people who live in the Totton & Eling area.
MAIN CLUB NIGHTS:-
Mon, Wed, Thurs 6 to 9 pm plus occasional Saturdays
for young people aged 11-17 years.
Facebook: log in & search for 'The Garage Ufi'

Quit4life HAMPSHIRE STOP SMOKING SERVICE

Support to stop smoking at Totton Health Centre

Quit4Life provide specialist NHS help, support and medication to stop smoking if you live or work in Hampshire.

They have a variety of clinics locally, including one at Totton Community Health Centre, which provide dedicated appointments run by a trained Adviser. With free support and advice to stop, you're much more likely to quit for good with Quit4Life. Their service is flexible and friendly, so what have you got to lose?

Visit www.quit4life.nhs.uk to find your nearest clinic, email quit4life@nhs.net or call 0845 602 4663 / 01252 335 120 to book an appointment. Start your smoke-free journey today with help from Quit4Life.



Get Hampshire Walking

GPs in west Hampshire are supporting a campaign to get people walking more.

Physical activity has a positive impact on health and happiness and even small changes can make a big difference. Sitting for long periods of time can cause premature aging and diseases such as cancer, heart disease, diabetes, dementia and depression. The only thing that can prevent this damage is being more active!

Walking is also a great opportunity to meet new people and help with your mental as well as physical health. Getting out and meeting people face to face helps with local connections, provides opportunities to get to know your neighbourhood better and to make new friends.

And it's not all about big walks in the country, or walking lots of miles. You can start at your own pace, with a few minutes of additional walking and then increase this over time. You could walk to the shops, get off the bus a stop earlier or park the car further away from work. All these things can help increase your activity levels and will have a positive impact on your health and wellbeing. www.westhampshireccg.nhs.uk/gethampshirewalking

Totton & Eling Community Centre Rendezvous Cafe

2nd Monday every month
10:00 am to 12:30 pm

- Local information
- Benefits Advice
- Community Café serving tea, coffee and cake
- Chat to Friends
- Meet New people



Totton & Eling
Community Centre
Salisbury Road
Totton



For more information
Tel: 01794 519495

St Winifrid's Community Rendezvous Cafe

4th Monday every month
10:00 am to 12:00 pm

- Local information
- Benefits Advice
- Community Café serving tea, coffee and cake
- Chat to Friends
- Meet New people



St Winifrid's Church
Salisbury Road
Totton
SO40 3JA

For more information
Tel: 01794 519495



WARM WELCOME BACK TO NEW "OLD" MEMBERS OF OUR PRACTICE TEAM!



Dr Helen Fleet
Salaried GP

We are delighted to welcome back some "old" faces to our clinical team!

Dr Helen FLEET and Dr Hazel EVERITT have started back at the Health Centre on a regular basis.

As you know, Helen Fleet "retired" as a GP Partner last year, but she has re-joined us as a salaried GP.

Many of you will remember Dr Hazel Everitt as she was with us previously for many years as a University Associate GP; she has re-joined the practice team on the same basis.



Dr Hazel Everitt
Associate GP

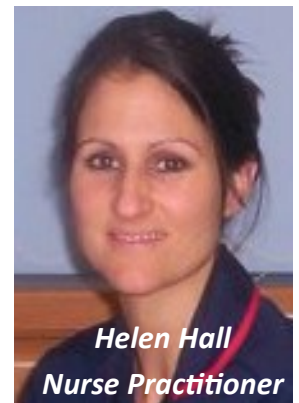
ANOTHER WARM WELCOME TO 2 "NEW" ADDITIONS TO OUR CLINICAL TEAM!



Dr Anthony Mah
GP Registrar

GP REGISTRAR—Dr Anthony MAH
Please give a warm welcome to our "new" GP Registrar, **Dr Anthony Mah**. Anthony will, in fact, be with us in total for 18 months so he will become a very familiar face to patients.

NURSE PRACTITIONER—Helen HALL
We also have to say "hello" and give a warm welcome to a new face – Helen Hall. Helen joins the Nurse Practitioner Duty Team. Helen has a wealth of experience in this field and we are lucky to have her at THC.



Helen Hall
Nurse Practitioner