

CROWN STREET SURGERY

Summer 2017

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Crown Street Surgery Patient Participation Group needs you.....

Our next meeting will be 21st SEPTEMBER 2017 from 7PM

Please join us to talk about your practice, your local services and your NHS.

Registering for online access will give you access to appointment booking and cancellation, ordering of repeat medication and allow you to view test results and your medical history. Crown Street and the NHS are encouraging patients to use online access to help them manage their appointments and prescriptions more easily and help to reduce wait times on the phone for queries that require a conversation with reception. If you wish to access this service please come to the practice with

proof of ID and we can set up your account straight away, we can also add access for your children aged under 14 via your account. Please ensure you provide us with an up to date email address and telephone number to ensure that you can reset your password and reception can contact you regarding the practice and your own health.



FROM THE SUGGESTION BOX

- Patients have asked for the air conditioning to be on more often during the hotter days— if you are in the waiting room and are feeling hot please ensure you ask reception to turn on the AC.
- Patient have also requested water be available on hot days—the reception team will now start leaving a jug and cups out to allow patients to access water in the waiting room . Again, if you are hot and water is not available please ask reception they will be happy to help.



Signposting hub at Crown Street Surgery



We are currently working towards setting up a hub area in the waiting room to improve access to care for our patients. This hub will potentially house a 'care navigator' who will be able to provide important information about what is the most appropriate service for patients to use and how to contact or access that service. The services to access will include social services, pharmacists, family planning clinics and of course, your own GP. We hope that by implementing this new style of contact patients will be able to access the most appropriate care in a quicker timescale. Initially we hope to set up this hub in the waiting area during the busiest mornings of the week to pilot the scheme and we aim to begin in September. We would be keen for feedback from all patients on information they would like to be able to access from the 'care navigator' and following use of the service would love to hear feedback about how useful you have found it. Please drop in any ideas into our suggestion box in the waiting room or email FAO Vanessa Zahran—Signposting via crownstreetsurgery@nhs.net.

Vitamin D

What is it?

Who needs it?



Why is vitamin D important?

- Vitamin D helps to **regulate** the amount of calcium in the body, it is important for developing strong and healthy bones and teeth.
- Not getting enough vitamin D can cause bone aches and pains in adults and lead to bone deformities such as rickets in children.

Where does vitamin D come from?

Most vitamin D is produced on the skin by UV light from the sun during spring and summer, only a small amount comes from our diet.

From the sun:

Most people will get enough vitamin D by going outside regularly for few minutes at midday, exposing their face and arms to the sun without sunscreen.

The time needed in the sun to make enough vitamin D is different for every person and depends on skin colour, time of day and time of the year. People with dark skin need more time in the sun to produce enough vitamin D. Whatever your skin type you don't need to sunbathe, the amount of sun you need is less than the amount needed for tanning or burning.

From our food:

Although the main source is the sun, we can get some vitamin D from the foods we eat. Vitamin D is also found in oily fish (salmon, sardines and mackerel),* meat and eggs, fortified formula milk, cereals, soya products and margarine. Vegetarian or vegan diets can increase your risk of vitamin D deficiency. Note: You should not have more than two portions of oily fish a week if you are pregnant or breastfeeding.

Who needs vitamin D?

Everyone needs vitamin D but some people (like those listed below), may be more at risk of not having enough.

- **Pregnant or breastfeeding women**
- **People with little sun exposure**
- **Children under 5 years**
- **People over 65**
- **People with some chronic diseases**

How do I get the vitamin D that I need?

It is important for people at risk to take a supplement. Over the counter preparations of vitamin D are available to buy at most pharmacies or health food shops.

People at risk of not getting enough vitamin D need about 400 IU per day of vitamin D a day to keep their levels topped up.

Ask your pharmacist about the vitamin D products for adults and children recommended by the NHS locally. These products con-

tain your daily vitamin D requirements.

Am I eligible for FREE vitamin D supplements?



Women and children from families who are eligible for the Government's Healthy Start scheme can get **free** vitamin supplements which include vitamin D, in the form of tablets for women and drops for children. Healthy Start vitamins contain the right concentration of vitamin D recommended for pregnant women and children. In Ealing they are available from the following centres:

Acton Health Centre 35-61 Church Road, Acton, W3 8QE
Featherstone Road Health Centre Hartington Road, Southall, UB2 5BG
Grand Union Village Health Centre Taywood Road, Northolt, UB5 6WL
Greenford Green Clinic Wadham Gardens, Greenford, UB6 0BP
Hanwell Health Centre 20 Church Road, Hanwell, W7 1DR
Jubilee Gardens Medical Centre Jubilee Gardens, Southall, UB1 2TJ
Mattock Lane Health Centre 78 Mattock Lane, West Ealing, W13 9NZ
The Broadway Health Centre 71-73 The Broadway, Southall, UB1 1LA

Recommended vitamin D products

available locally: These can be bought from pharmacies (chemists) or health food shops. Some examples of supplements are listed below but other supplements are also available.

Product	Strength ¹	Size
Holland & Barrett ²	400 IU	100
Morrison ³	400 IU	90
Boots ⁴	500 IU	90
HealthAid	500 IU	60
Boots ⁴	1000 IU	90
Valupak	1000 IU	60
Vitabiotics	1000 IU	96
HealthAid	1000 IU	30
Holland & Barrett ²	1000 IU	100
Lamberts	1000 IU	120