

# FURNACE GREEN SURGERY



Providing NHS services

## WINTER NEWSLETTER

### Get Winter Strong

It's not too late to book your flu vaccine! If you've been vaccinated, you are less likely to have severe symptoms of the flu, and you will get better faster. Getting the vaccine also helps protect people around you.

UK Health Security Agency

# GET WINTER STRONG

Get your flu and COVID-19 vaccines this winter. Your symptoms will be milder and you will recover faster.

Check your eligibility and book online at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)



Get vaccinated



There are walk-in clinics for COVID vaccinations at Furnace Green Community Centre on Friday 15th December and Friday 22nd December from 10am to 4pm. They have boosters available for ages 65+ and first doses available for ages 12+. No appointment needed, just walk in!

To get your flu vaccine, give us a ring to book an appointment, or head to your local pharmacy.

### Don't forget your shingles jab too!



Shingles is a common, painful skin disease. Some people are left with pain lasting for years after the initial rash has healed. Shingles can also be fatal for around 1 in 1,000 over-70s who develop it.

People in their seventies can have a vaccination against shingles on the NHS. Starting from this year, people who turn 65 after 1st September 2023 will also become eligible when they turn 65. Unlike the flu vaccine, you only need one shingles vaccine. You do not need to repeat it every year.

### Merry Christmas from Furnace Green Surgery!

We've got our tree up in the waiting room, plus a few smaller ones dotted around the surgery. The best decorations are all the cards we've received - thank you so much to everyone who has sent one. See if you can spot yours on our reception door!

We'll be closed on Christmas Day, Boxing Day, and New Year's Day so please make sure you get your prescription requests into us in good time. We'll post a reminder on our Facebook page, along with details of local pharmacy opening times over the Christmas period.



[facebook.com/  
furnacegreensurgery](https://facebook.com/furnacegreensurgery)



## Staff news

### New registrars

In January, we will have two new trainee GPs join the practice: Dr Flemming and Dr Shahid. They are fully qualified doctors who are spending time with us to complete their GP training, with supervision from our partners. We look forward to welcoming them to Furnace Green.

### New number?



It's very important you let us know if you change your mobile number. We need to contact you periodically for reasons related to your healthcare, for example:

- to send you appointment reminders
- to let you know if you need to book an appointment, for long term condition reviews or any other reason
- to invite you for screening programmes

You can check what number we have on your record by checking online – go to our website and click “Change of address” to check your current contact details and update them if needed. If you don't have internet access, give us a call or drop us a note.

### Stay warm this winter!

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

If you can, you should heat the rooms you use regularly at home to at least 18°C. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills. You can find advice online at [www.helpfourhouseholds.campaign.gov.uk](http://www.helpfourhouseholds.campaign.gov.uk) or you can call the Government helpline on 0800 444 202. The Citizens Advice Bureau in Crawley can also provide help and advice on 0808 278 7969 or via their website at [www.advicewestsussex.org.uk](http://www.advicewestsussex.org.uk). You can also drop in to their office in Southgate at The Orchard, 1-2 Gleneagles Court, Brighton Road, RH10 6AD.



Crawley Borough Council has a list of community spaces which provide a warm and comfortable space for residents who can't afford to heat their home. In Furnace Green, St Andrew's Church has their Cornerstone Café which is open 10am–3pm Mondays, Wednesdays and Fridays during term time. In the town centre, Crawley Library is open every day except Sunday.

Crawley Open House and the Easter Team are working together as the Crawley Food Bank Partnership for anyone who needs help with getting enough food over the winter. Call 01293 447702 for Crawley Open House or 07940 900948 for the Easter Team.

Some people are more at risk from cold weather than others, including older people, children under 5, people with long-term health conditions, and pregnant women. Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell.

**For more information, visit [www.nhs.uk/staywell](http://www.nhs.uk/staywell)**

## New Year, New You!

There's never a better time than right now to stop smoking. Here's what can happen after your last cigarette...

### After 20 mins...



Check your pulse! It's already returning to normal.

### After 8 hours...



Your oxygen levels are recovering too, and the carbon monoxide in your body has halved.

### After 48 hours...



Your lungs are clearing out mucus and your senses of taste and smell are improving.

### After 72 hours...



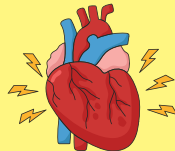
Breathing feels easier and you're feeling more energetic.

### After 3-9 months...



Your lungs are working 10% better, so less coughing and wheezing.

### After 1 year...



Your risk of a heart attack has halved compared to a smoker.

### After 10 years...



Your risk of death from lung cancer has halved as well.

### After 15 years...



Your risk of heart attack is now the same as someone who has never smoked.

So give us a ring and book in for our smoking cessation clinics. You're three times more likely to succeed in quitting if you have help from an advisor, and we're very happy to help.

## What's been going on at Furnace Green Surgery?

### Last month...

Our staff went out on **32** home visits

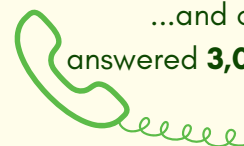


We now have **7,192** patients registered at the practice, with **181** new registrations in November



...we sent **434** referrals...

...issued **12,814** medications...



...and our reception team answered **3,095** incoming calls!

### We carried out 3,070 appointments, of which...

**65%** were with a GP

**65%** were face to face

...and **81** were missed by patients.

**A missed GP appointment costs the NHS around £30. Please always cancel if you can't attend, so we can offer the appointment to someone else.**

If you would like a paper copy of this newsletter, please pop into reception.