

# The Tinkers Lane News.

## THE CONTINUED WEARING OF MASKS IN GENERAL PRACTICE

Notwithstanding the changes to Covid restrictions announced by the Govt this week, the mandatory wearing of masks will continue whilst attending the Surgery:

- ◆ To be authorised entry to the Surgery all patients are required to wear a surgical mask/face covering.
- ◆ If patients are exempt from wearing a facemask/covering, we will provide you with a face shield/visor to wear whilst in the Surgery.
- ◆ If a patient refuses to wear any facemask/covering or face shield/visor, regrettably entry to the Surgery will be prohibited and the appointment will have to be cancelled and rearranged for a telephone appointment. Any appointments that require face to face contact (like nurses' appointments) cannot take place unless the patient wears a facemask/covering or face shield/visor.

This policy remains in place to continue to protect our clinically vulnerable patients and staff. Please help us by cooperating and being kind during this extremely busy and stressful time.

At the time of booking the appointment reception will ask you to do an **Lateral Flow Test [within 24 hours before your appointment]** as we have vulnerable patients and staff within the surgery. You can get an LFT by use this link to order one to your home: [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk/order-coronavirus-covid-19-rapid-lateral-flow-tests)

**HEALTH FIRST**  
**FACE MASK**  
**REQUIRED**  
**FOR ENTRY**



### **Surgery Announcement:**

All Ukrainian refugees are welcome to register as patients at Tinkers Lane Surgery. Ideally, please bring passport and visa when registering as it makes the process easier. However, nobody will be refused registration in the absence of those documents.

If you have any queries on this subject, please contact us via reception on 01793 852131 or by email on: [tinkers.lanesurgery@nhs.net](mailto:tinkers.lanesurgery@nhs.net)

## Highlight of the month: Spurgeon's Young Carers

### Are you a young carer?

A young carer is someone who helps care for someone within their family. That person may be a parent, sibling, grandparent or other relative affected by:



Many children and young people who are caring for someone in their family do not see themselves as young carers. Sometimes they have grown up with their caring role and it seems normal to them, for others it is because they do not want to be seen as different or singled out from their peers and stigmatised or judged

### Some indicators that a young person may be a young carer are:

- They are often late or miss school for no apparent reason, often with parental permission
- They may be underachieving at school or struggling to keep up with homework, often handing in work late or of poor quality
- They can present as being tired or withdrawn or not want to talk about their home life
- Have difficulty in taking part in after schools clubs or outside activities
- Are often isolated from their peers or a victim or bullying
- Express anxiety or concern over someone at home (the person they care for)
- Have behavioural problems or have difficulty concentrating.

## HRT Shortage explained:

The British Menopause Society has issued an update on HRT supply to provide guidance to clinical practitioners on the current availability of HRT products. The BMS advises women who are experiencing difficulty in obtaining Oestrogen to consider equivalent alternative HRT preparations. This could include Sandrena gel (0.5mg or 1 mg) or Lenzetto spray preparations.

If you have any questions or concerns about your HRT then please book a telephone appointment in with our Clinical Pharmacists to discuss further.

## Urine and Other samples: *Samples MUST be requested by a clinician.*

If you have a suspected urine infection, you'll need a triage telephone consult before providing a sample.

All samples need to be placed in our **Green** letterbox [by our staff entrance] before 1pm every weekday. Samples handed over that haven't been requested or give past our cut off period will be discarded.

## It's Hayfever season!

If you suffer from Hayfever symptoms you might like to know that Fexofenadine 120mg can now be bought over the counter, to relieve Hayfever symptoms.

If however you are on Fexofenadine all year round due to Asthma or on your consultants request—due to allergies, we will still prescribe this to you.

Fexofenadine is used to treat:

- Hayfever
- Conjunctivitis (red, itchy eye)
- Eczema
- Hives
- Reactions to Insect bites and stings
- And some food allergies.

Fexofenadine is not suitable for some people. To make sure it's safe for you, tell your doctor or pharmacist before taking fexofenadine.

**To book your COVID Spring booster, please call 119. We aren't doing these here.**

## Wanting to Travel, we've got you!

We are happy to announce we can offer patients travel advice and vaccines with the nurse come June. We have updated our travel risk assessment form and our advice leaflet, to match the current travel guidelines.

The Nurse requires you to complete the risk assessment form 6-8 weeks before travel and book an appointment in with her. We need these form back before your appointment with them, on the day is too late, as they will need to review your record ahead of your appointment.

### How to find these forms?

They are on our website for you to download and in our reception area for collection too.

Do I need malaria tablets where I am going?

The nurse can answer this question, once you have completed the travel risk form.

### Are Malaria tablets free?

Malaria tablets are not free and there are 5 types depending on where you are going and what medical conditions you have. You can purchase these over the counter at a chemist, however if you have complex underlying medical conditions the chemist may require a private prescription. Only some chemists will supply Malaria tablets for children, so please research ahead of your travel.

### I am travelling in under 3 weeks, what do I do?

The nurse has requested that you still complete a travel form and collect an advice leaflet, which has a list of private providers for vaccines. If you hand the form in to us within this timescale the nurse will still review your records and let you know if you require any vaccines, however you won't be seen by them unless she receives a cancellation in her travel clinic.

**WE ARE ONLY OFFERING NHS VACCINES. FOR PRIVATE VACCINES YOU'LL NEED TO GO TO A CLINIC LISTED IN THE TRAVEL ADVICE LEAFLET.**



**Patient Participation Group:** If any patients are interested in joining, please inform reception or email [tinkers.lanesurgery@nhs.net](mailto:tinkers.lanesurgery@nhs.net)