



Practice Update

Following our merger we continue to look for opportunities to improve the way we work together across both locations to bring benefits to patients and help the workload of our team from the constant changes and pressures within the NHS. We recognise this is a slow and evolving process and would like to thank the PPG for their support and feedback so far.

The telephone contract at Rowan Tree Surgery was coming to an end, and represented an ideal opportunity to review the phone system. Initially we thought we should move to one phone system and a single number for both sites, however when we have looked at the detail we do not believe there are sufficient benefits in favour of this approach for the time being. Therefore the telephone numbers for Clanricarde Medical Centre (01892 546422) and Rowan Tree Surgery (01892 573108) will remain.

Rowan Tree Surgery will have a new telephone system in the next few weeks; regrettably there will be unavoidable disruption to the phones during the changeover but we are working with suppliers to keep this to a minimum. The Rowan Tree Surgery telephone number will still be 01892 573108 after the changeover.

We would like to remind all patients, but especially any Rowan Tree patients visiting Clanricarde for the first time, when parking in the Clanricarde car park please ensure you enter your registration number into the screen at reception, this is important otherwise you may incur a parking fine. Please do not park in the Kidney Centre spaces.

Nikki one of the secretaries at Rowan Tree gave birth to a baby boy on 6th July. Carole continues to provide secretarial services and has been joined by Louise while Nikki is on maternity leave.

Dr. Myers has had some happy news and will be starting her maternity leave on 13th November. Dr. Sandra Williams and Dr. Louise Hopkins have been working at the surgery during DR. Kestur's maternity leave and they have kindly agreed to provide Dr. Myers while she is away.

David and Denise – Practice Managers.



Patient Participation Group – Update

The Rowan Tree Surgery Patient Participation Group (RT/PPG) was merged with the Clanricarde Surgery PPG at an informal gathering on Tuesday 20th June to form the Clanricarde Medical Group PPG (CMG/PPG). This merged PPG will meet twice a year. The Chairperson of the combined PPGs is Tricia Forsythe. A Rowan Tree PPG sub group intend to also meet twice a year, alternating with the CMG/PPG. This sub group will meet in order to discuss matters specific to the Community One catchment area.

RT/PPG are pleased with the way the merger is progressing ; providing additional facilities and continuity of doctors, including the weekly surgeries held at Rowan Tree by some of the doctors from Clanricarde surgery. Rowan Tree has also provided an opportunity for Clanricarde to expand its catchment area and utilise the amenities at that surgery. In spite of the merger our doctors remain very busy and it is not always possible to obtain an appointment straightaway. When this occurs we are being encouraged to use the 111 service for advice and guidance on medical problems which are urgent but not life threatening. (999 remains the number to call for life threatening problems). Additionally, if necessary, rather than attending A&E at Tunbridge Wells hospital there is a minor injuries unit at Crowborough hospital. Local pharmacists are also available to give advice on minor ailments or to help in explaining medication.

We are told that using these alternatives will help ease the workloads on our GPs so we would be pleased to hear your experience in using these alternatives (good or bad). We will feed back any comments you make. Thank you for your help.

Rowan Tree Surgery Monthly Health Walks – 2017

- Rowan Tree Surgery PPG Health walks are part of the Clanricarde Medical Group PPG Health Walks and are FREE to patients registered at either of the two surgeries.
- Health walks are local walks, going at an easy pace and are not strenuous.
- Walks last between 1 to 1.5 hours starting from and returning to Rowan Tree surgery.
- A few walks in the programme provide the option for a shorter walk distance with a mid distance rest break. This rest period will allow others to continue the full length of the walk, returning to accompany any remaining mid distance walkers back to Rowan Tree surgery.
- Meet the walk leader Jan and supporting walk leaders Pat/Charles outside Rowan Tree Surgery at 9.45 am to start walk at 10.00 am.
- Please wear sturdy footwear and suitable clothing for the weather.

2017 – Programme

Walk Route

❖ Thursday 27 th July	Sainsbury's, Pantiles and Tunbridge Wellls Common circular route.
❖ Friday 25 th August	Hargate Forest
❖ Thursday 28 th September	Sainsbury's, Pantiles, Warwick Park, Rodmell Road, Grove Park.
❖ Friday 27 th October	Friezland Wood/Ramslye Wood.
❖ Thursday 30 th November	Tunbridge Wells Common
❖ Friday 15 th December	Sainsbury's, Pantiles, Calverley Park.

Details of suitability of walks are available on Surgery web site Newsletter, Noticeboards in Surgery Waiting areas and Community One Café.

Healthy Eating

Vegetable Chilli

Serves 8 – dairy free – gluten free – nut free – vegan
– low fat – low sugar – 2 portions of fruit and veg per serving – prep 15 mins. – cook 1 hour.

- ❖ 2 tsp sunflower oil
- ❖ 2-3 onions, finely chopped
- ❖ 1 red pepper, finely chopped
- ❖ 150g carrots, finely chopped
- ❖ 1 courgette, finely chopped
- ❖ 100g mushrooms, finely chopped
- ❖ 1-2 tsp chilli powder (mild or hot, according to taste)
- ❖ 1 tsp ground cumin
- ❖ 1 tsp oregano
- ❖ 2 x 400g tins chopped tomatoes
- ❖ 1 x 400g tin lentils in water
- ❖ 1 x 400g tin mixed beans in water
- ❖ 1 tbsp. tomato ketchup
- ❖ 2 tsp sugar (optional)
- ❖ 1 tsp salt
- ❖ Coriander

1 Heat the oil in a large pan, add the onions and cook for 5 – 8 minutes) until they start to brown.

2 Add the red pepper, carrots, courgette and mushrooms, and cook for a further 10 minutes.

3 Next, add the chilli powder, cumin, oregano and tomatoes. Mix well, then cook for a further 10 minutes, stirring regularly.

4 Add the lentils and beans with their water, ketchup, sugar and salt. Mix well and bring to a gentle bubble.. Add a lid and simmer gently for 30 minutes, stirring regularly.

Chef's tips – Keep in the fridge for up to three days or freeze.

Be careful with chilli – you can always add more but you can't take it out! Add a little and allow time for the heat to infuse, taste it and only add more if you need to. If sharing with friends, make it mild and serve with some chilli sauce or flakes on the side, so people can spice it up if they want to.



Caring for someone with Dementia?

Caring for a family member with dementia is rewarding but challenging. It can change family relationships and impact on a carer's psychological and physical health.

The following are a few of the many items available to help people living with dementia.

- **2-in-1 Calendar and Day Clock.** Useful where a loved one struggles with time, orientation, gets confused whether it is morning or evening or what day it is.
- **Simple music player.** Designed specifically with dementia in mind, it is extremely easy to use even when a lack of dexterity is an issue.
- **Personal Alarm and GPS Tracker.** Getting lost while out on a walk happens to 3 in 5 people. This personal alarm and GPS tracker is one way to help with this stressful event.
- **Lasting Powers of Attorney.** If diagnosed with dementia investigate setting up Powers of Attorney.

All these items are available from Unforgettable.org and other suppliers.

Get Ready for Summer

Are you counting down the days to summer holidays? Make sure you are ready with allergy relief and the best sun protection for your family, so you don't need to miss out on your outdoor adventures.

Hay Fever Hacks

Itchy and watery eyes – Try using eye drops, nasal sprays and antihistamine tablets and syrups to treat symptoms and wear wraparound sunglasses to keep allergens out of your eyes.

Frequent sneezing and a bunged up or runny nose – Put a smear of Vaseline inside each of your nostrils to ease soreness and stop pollen in its tracks.

Itching on the roof of the mouth – Don't let pets get close to your face as they can carry pollen in their fur and avoid drying clothes and bedding on your washing line when the pollen count's high.

Staying safe in the sun.

UV-A UV-A are long –wave rays that cause damage deep in the skin and are responsible not only for ageing and wrinkles, but can lead to skin cancer too. Protection from UV-A rays is often shown by the star rating symbols on the container.

UV-B UV-B are short –wave rays that can cause burning and tanning on the skin surface and can also lead to skin cancer. The Sun Protection Factor (SPF) protects against UV-B.

IR-A Infrared-rays penetrate deeper into the skin causing both long and short-term damage. LloydsPharmacy Solero is the only brand sun cream to offer customers protection against this.

Which SPF are you?

You can have fun in the sun while being protected from harmful rays. Look at the self selector guide in your local pharmacy or online to determine what SPF level is best for you, based on your skin type\, hair and eye colour.

Lloyds Pharmacy recommendation for children is always high protection, ideally SPF50 but never below SPF30 and if you have any concerns about moles or freckles speak about these to your GP.

Rainbow Child and Adolescent Therapies

Karen Seal

Play Therapist, Counsellor and Hypnotherapist
(Thrive Practitioner, DipPC. DipHyp. Bed.)

The gentle way to happy, healthy children
Anxieties, stress and phobias
Focus and concentration
Confidence and self esteem.

