



## Don't miss the PPG's ALZHEIMER'S and DEMENTIA EVENT

Thursday 30 September 2010 at the Victoria Medical Centre

for patients, carers, family and friends – a chance to find out about medical advice,  
local facilities and day-to-day help

Provisional Programme (subject to changes)

**2.30 INTRODUCTION**

**2.45 THE WESTMINSTER DEMENTIA ADVISER SERVICE**

Jasmine Scott (Dementia Adviser, Westminster)

**3.30 CARERS: THEIR WELFARE AND PROBLEMS**

Speaker to be confirmed

**4.15 THE ADMIRAL NURSES FREE SERVICE TO PATIENTS AND CARERS**

(with advice on daily care) Claire Hawman (Admiral Nurses)

**5.00 HOW TO GET HELP WITH THE FINANCIAL SIDE OF DEMENTIA**

Speaker to be confirmed

**5.30 SUMMING UP – HOW TO COPE WITH DEMENTIA IN THE COMMUNITY**

Dr Claudia Wald (Consultant Psychiatrist for the Elderly)

Alex Johnson (our Link Worker for the Elderly) and other professionals will  
be there all afternoon; there will be leaflets to take away, and light refreshments.

*Dear friends and colleagues,*

I hope you have had a decent summer and are now beginning to think about staying healthy through the coming winter. Over the past year we have had a series of good speakers at our PPG meetings. Our last meeting was on Rheumatology. If you missed it, see the report over the page by Iris Warwick.

On 30 September the PPG is organising an ambitious half-day event in an effort to raise awareness of Alzheimer's and other forms of dementia. We shall be starting bang on 2.30 and through the afternoon there will be a series of sessions as outlined above. Each session will be led by a professional highly qualified in a particular field of dementia. We are privileged that Dr Claudia Wald, a well-known specialist on Alzheimer's, will be summing up the event.

There will be plenty of time for questions, and breaks where you can meet other carers, talk one-to-one with the professionals, pick up leaflets and take light refreshments. We are anxious to have as wide an audience as possible. Please tell all your friends about it and bring them along. *They do not have to be patients. All are welcome.*

Full details about the content of each session will be e-mailed to you if you are on our mailing list, otherwise

look out for posters in the surgery, local chemists, libraries and supermarkets.

**It would be really helpful if you could let us know if you are coming** and to which sessions – by e-mail to the PPG (vmgppg@yahoo.co.uk), by phone, or by leaving your name at reception – so that we can best organise the afternoon. More details will be available nearer the time at the surgery and on the VMC website, see ppg link on the address below.

Few of us are not touched by Alzheimer's in some way, even if it is only a neighbour down the road. But one day it may be a much-loved family member or close friend. The more we know about dementia, the more help we can give people affected by it, their carers and their relatives. Do come and support us. We are working hard to give you a really interesting and useful event.

*Gillian Guy*, Chair PPG

The surgery has a new phone number:

**020 7834 2298**

The number will be answered during surgery hours by our staff and when the surgery is closed it will be answered directly by the out of hours service. So one number works 24 hours a day.

## News from the Practice

### STAFF CHANGES

Andrew Kolenda who has been the Practice Manager for seven years has left and will be replaced by Aziz Pandor at the end of September. Until then Julie Chilton will be acting as Practice Manager.

We have two new doctors: Dr Nicola Buxton and Dr Elise Dallas. Dr Farah Latif-Montgomery will be leaving in November and we are looking for a replacement. We also have a new nurse, Angela Radcliff, who will join Joanna and Gillian.

Dee Vaughan joined us in July as our new reception manager. Dee has already introduced new appointment cards so that patients can keep a note of their forthcoming appointments.

### FLU IMMUNISATIONS

We are increasing the number of flu sessions this autumn to make sure everyone can be immunised before the flu season starts. All patients over 65 or at risk from long-term illness such as heart disease or diabetes will get priority. Special winter flu injection clinics for the over-65s and long-term illness patients will be held at the Victoria Medical Centre from 9am-1pm on the following Saturday mornings: 9, 16 and 30 October. Pregnant women will also be eligible for flu immunisation this year.

### PROTECTION FROM PNEUMONIA

A once-in-a-lifetime pneumococcal vaccination will be offered to all over-65s and 'at risk' groups with their flu immunisation. Patients who only want the pneumococcal vaccination and not the flu immunisation should just book a nurse's appointment.

### NEW GOVERNMENT WHITE PAPER

The partners have been to several meetings about the Government's New White Paper on Health Reforms. At the moment there is very little detail but we are already part of the Victoria Commissioning Consortium which is a group made up of local GPs from the nine practices in South Westminster. It seems to be rather confused and a bit daunting at the moment but we will try our utmost to get the best for our patients from the reorganisation.

### MUSCULOSKELETAL TRIAL

The year long trial providing early intervention of acupuncture and osteopathy to patients with musculo-skeletal pain has now come to an end. The results look promising and will be submitted at the end of the year. A lot of patients have benefited from the three practitioners over the past year.

## IF YOU BOOK IT, KEEP IT!

Please let the practice know – even on the day – if you are unable to keep an appointment, so that the time can be made available to others.

## NEW FAST, FREE PODIATRY SERVICE



**GOOD NEWS!** If you are registered with a Westminster GP and have problems managing your own nail care you are eligible for a new FAST, FREE nail cutting service. You can be referred by your doctor, healthcare or social care professional, or you can refer yourself by ringing the Central Booking Office on 020 8962 3930 and asking for a form which will be sent to you.

**All nail cutting appointments must be made through the Central Booking Office by ringing 020 8962 3930.** The good news is that waiting time for an appointment has been reduced to a few days rather than a few weeks. More difficult problems will be dealt with by the normal podiatry service. New patients who need more than nail cutting need to be referred by a member of a medical team. All long-care patients will still be seen at Vincent Square but there will be no more nail cutting there. Instead you will be asked to attend your nearest nail cutting clinic. In Pimlico that will probably be Anchor Court, 2 Carey Place, Vauxhall Bridge Road.

### PPG MEETING ON RHEUMATISM AND ARTHRITIS

The May PPG meeting was addressed by Dr Alexander Brand, Consultant Rheumatologist at the Chelsea & Westminster Hospital, and Specialist Nurse Antonia Greeves. Dr Brand explained that there are many forms of arthritis, including rheumatoid arthritis and osteo-arthritis. Rheumatoid arthritis is sometimes associated with the immune system and can affect a wide range of people. Among Dr Brand's patients are musicians and people involved in sport. He will first listen to the patient's explanation of the symptoms to determine whether the problem is caused by the immune system or whether it is degenerative. Having established the cause, treatment involves pain killers and physiotherapy and an MRI scan. Some patients attend the Pain Clinic at CWH for help with pain management.

Dr Brand said that arthritis can make a person feel very tired, especially if they cannot sleep at night as a result of the pain. Back pain is quite common, but arthritic pain can also occur in the hips, knees and feet. Severe hip pain with pain also in the groin can be alleviated by having a hip replacement. It is important to continue to take exercise in some form, and many people find that exercise is also helpful if they have stiffness in the joints.

Some arthritis sufferers may not have eaten a healthy diet as a child, and children should be encouraged to eat foods that contain calcium. Omega 3, found in fish oil, is a good supplement to take for arthritis sufferers. Dr Brand recommended the website [ARC.org.uk](http://ARC.org.uk), which gives useful advice on how to deal with arthritic pain on a day-to-day basis.

(reporter Iris Warwick)