



## Welcome

We share a monthly patient newsletter to keep you up to date with what is happening here at Tower House, and to raise awareness of health and wellbeing issues.

Please send any feedback or things you would like to see to:  
administration.ths@nhs.net

To stop receiving texts about the newsletter, simply reply 'opt out'. Note that this will prevent all future texts about appointment reminders and vaccination messages too because our system can't separate different message types for opt-out.



## Your Feedback Matters:

We want to hear what you think of our services.

Please complete the Friends & Family feedback form here



There are also paper versions in reception which you can pop in the collection box.

As responses are anonymous, we cannot respond directly to individual comments, but we review them each month and act where possible.

Recent patient feedback and the steps we have taken:

**Concern:** Patient toilet out of action is very inconvenient for disabled patients.

**Action:** The patient toilet is now fixed and back open for use. We are sorry for the delay.

**Concern:** The garden is looking very untidy and overgrown.

**Action:** We have had landscape Gardner's in to clear much of the overgrown edges and thinking of the trees to the rear of the car park. We have also had fence panels replaced to improve security.

## Team Spotlight

Flu season is a GO!

We have recently had 2 very successful flu clinics with a total of over 800 patients vaccinated against flu, over 400 vaccinated against Covid and a further 100 having received their RSV vaccine.

We are immensely proud of our clinical and admin teams who came together to deliver a seamless programme this year.



### OCTOBER / STOPTOBER

Stoptober is back, calling on smokers in England to join the 2.5 million others who have made a quit attempt with the campaign previously.

Over 5 million adults in England still smoke. Smoking causes 64,000 deaths a year, making it the biggest cause of preventable illness and death. Quitting smoking is one of the best things you can do for your health. That's why this year's Stoptober campaign is encouraging smokers to join the thousands of others who are committing to quitting for the month of October – quit smoking for 28 days and you're five times more likely to quit for good. When you stop smoking good things start to happen – quitting will allow you to start moving better, breathe more easily and give you more money to spend.

Stoptober offers a range of free quitting tools including the NHS Quit Smoking app, daily email support, Facebook support group, information about quitting smoking with a vape and expert support

from local stop smoking services. Simply search 'Stoptober' for more information or visit [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/).

Free Home collection of sharps

And clinical waste bags.

Patients can request a FREE collection of Sharps bins or clinical waste bags directly

Their home address.

Simply visit

[Book a collection of needles or syringes \(sharps\) | Buckinghamshire Council](#)

