

Tower House Surgery

Patient Newsletter



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: bobicb-bucks.administration.ths@nhs.net

Opening Hours

In accordance with NHS England's Enhanced Access Standards, our doors are open 08.00-18.30, with phone lines available 08.00-13.00 and 14.00-18.30.

You can now Self-Refer for Physiotherapy!

Musculoskeletal (MSK) physiotherapists assess and treat problems with muscle, bone and joints that may cause pain, stiffness and/or disability.

The team provide specialist assessment followed by expert advice and treatment for a wide range of service for any joint and muscular related problems including rehabilitation after orthopaedic surgery, sports injury rehabilitation and women's health physiotherapy advice and treatment.

All eligible patients can now directly access NHS physiotherapy services, through our new self-referral service without needing to go via their GP.

Patients under the age of 16 years will need a clinical referral.

Please click the link to the staywell-bob website to access information on the self-referral eligibility criteria and details of how to self-refer in the area you are registered with a GP. ·

<https://staywell-bob.nhs.uk/musculoskeletal/>

WHEN

Sunday 23rd March 2025 11am-3pm

WHERE

West Wycombe Park, West Wycombe, Buckinghamshire, HP14 3AJ

Brilliant news! We've been given exclusive access to the stunning West Wycombe Park – a National Trust Property and home of the Dashwood family – for this year's Sepsis Savvy Walk.

Let's come together to remember loved ones, raise awareness and thereby save lives that are often, needlessly, being lost to this condition. Do please remember to wear something red, orange or yellow if you can – our UKST colours!

Tickets can be purchased on arrival (£5 Adults, £3 Children), or in advance using the form below.



Team Spotlight

We have a diverse and multiskilled team of over 30 clinical and non-clinical members that care for our 10,000 patients and ensure the smooth running of your surgery.

It is with great sadness that we announce that our Practice manager Beth will be leaving Tower House for new adventures.

She has been with us since 2017 and as Manager since 2020. We wish her well in her new post.

The current management team are looking into structure and how we move Tower House Surgery forward.
Exciting times

Ovarian Cancer Awareness Month



Feeling bloated? Need to wee more? Feeling full? Unexplained tummy pain? Raising awareness of ovarian cancer is vital in improving early diagnosis. Currently, just one in five women can name bloating as a symptom of ovarian cancer.

Ovarian Cancer Awareness Month highlights the importance of picking up on early changes. Two-thirds of women are diagnosed with ovarian cancer too late, when the cancer is harder to treat. We need to change that! If you have any of these ongoing symptoms, make an appointment with your GP.

#EarlyDiagnosisSavesLives

This video explains more:

<https://www.youtube.com/watch?v=D5z1JUnRSe4>

PCN Spotlight

This Month we welcome Dr Jin Chang and Tasleem Saeed to our team.

Dr Chang will be working with us in conjunction with our PCN. His clinic days are Mondays & Wednesdays.

Tasleem is also working with us in conjunction with our PCN. She is an experienced mental health worker who will be bringing her expertise to clinic on Fridays.
We welcome both Dr Chang & Tasleem to the team.

No Smoking Day, 12th March

Did you know, by quitting smoking, you could save around £2,500 per year? Not only will your wallet benefit, but you'll notice almost immediate improvements in your health.

Make time to take back your life this No Smoking Day. Quitting smoking is the best thing you can do and it's never too late to give it a try. Even if you've tried before, No Smoking Day is a great chance for a fresh start. Support is vital in helping you succeed and in maintaining a smoke-free future.

Managing cravings and coping with triggers can help avoid relapsing. Cravings can be triggered by stress, habits and lifestyle reminders. Being aware of your triggers helps you manage cravings when they strike.

<https://www.nhs.uk/better-health/quit-smoking/>

<https://www.nhs.uk/better-health/understand-your-smoking-triggers-and-cravings/>