

TOWER HOUSE SURGERY

Welcome!

to our newly revived patient newsletter. Each month we will be releasing a new edition to keep everyone updated on what's happening at Tower House, and what health related news is going around the UK.

Staff Spotlight

This September, we are pleased to be welcoming three new members to our team of medical staff. They might have been working with us for a little while now, but we think there's no better way to introduce our newsletter than to boast about our incredible staff! **Introducing...**

John the Paramedic

Known for his incredible google reviews and even better bedside manner, John will be helping patients experiencing muscle pain, cold and flu symptoms, chest infections, and home visits. If you're ever in need of an MSK referral, John Goodall is your guy. He is also a veteran and former first responder, so he knows how to handle any challenge thrown his way.

Karen the Nurse

Getting a blood test, or a vaccination is never someone's ideal way to spend the day, but Karen always welcomes her patients with a bright smile and warm personality. She has the uncanny ability to make patients feel at ease, even when they'd rather be anywhere else. We welcomed Karen to our team this past July, and she will be giving patients their annual reviews, immunisations (childhood, adult, and travel), cervical smears, dressing changes, asthma reviews, and many more.

Dr Hamza Butt

If you've ever wanted a doctor appointment later than 4:30pm, then Dr Butt is about to be your favourite member of our team. He has joined us to do late clinics on most Wednesdays and Fridays, with appointments available as late as 7:20pm.

Upcoming Covid and Flu Clinics

From 24th August, invites have been sent out to patients eligible for their Covid and Flu jabs. We have multiple clinics open throughout September and October this year at the surgery.

Children aged 2-3

Wednesday 9th and Friday 11th September between 8:35am and 12:35pm

Children under 18 will be vaccinated at school. If the child is homeschooled, the parent/guardian will need to contact the school nursing team on **01494323000**

Pregnant patients

Wednesday 23rd and Saturday 26th September between 8am and 12:35pm

Please note that once the baby is born, the patient is no longer eligible

At risk patients aged 18-65 (including carers)

Saturday 3rd October 8am - 12:35pm

If the patient is eligible for both Covid and Flu jabs, they will be invited accordingly

All patients aged over 65 (including carers)

Saturday 10th October 8am - 12:35pm

If the patient is eligible for both Covid and Flu jabs, they will be invited accordingly

Housebound patients

Home visits from Monday 5th October - Friday 9th October

Core Opening Hours

Monday	8am - 6:30pm
Tuesday	8am - 6:30pm
Wednesday	8am - 6:30pm
Thursday	8am - 6:30pm
Friday	8am - 6:30pm
Saturday	CLOSED
Sunday	CLOSED

Enhanced Access Hours

Tuesday	7am - 8am
Wednesday	7am - 8am & 6:30pm - 8pm
Friday	4:30pm - 7pm

Breast Screening Clinics

The NHS has regular breast screening clinics available to patients over the age of 50. Invitations are automatically sent once a patient has met the age requirement. Anyone registered as female will be automatically invited, and those who are trans and/or non-binary, please reach out either through our website, or through reception for advice on eligibility.

For further information and guidance, please visit the [NHS website](#)

September Awareness Month

Alzheimers disease

Monday 21st September is the globally coordinated day dedicated to ending the stigma and raising awareness Alzheimer's disease. Out of roughly 209,600 new cases of patients developing dementia across the United Kingdom each year, around 60% - 80% fall under the Alzheimer's diagnosis. To put it into perspective, if everyone who had an Alzheimer's diagnosis by mid-2025 was held inside Wembley Stadium, it would need to be filled 4.5 times.

The disease usually starts with minor memory problems like forgetting recent conversations, events, the names of places and objects. These symptoms then develop toward confusion, getting lost in familiar places, difficulty planning and making decisions, speech and language issues, difficulty with mobility and performing self-care, behaviour changes, and hallucinations.

For more information, please visit: [Alzheimer's disease - Symptoms - NHS](#)

Childhood Cancer

Every year, around **4,200** children and young people (*ages 0 - 24*) are diagnosed with cancer in the UK. According to the University of Cambridge, cancer is the leading cause of death by disease in children. After decades of funding and research into different cancers, **84%** of children with a cancer diagnosis will survive at least 5 years, with *most of those cases being cured*.

Learning to spot the signs of cancer in children can be really difficult, as most of the common symptoms are also symptoms of everyday illness. The key things to look out for are persistent symptoms that cluster together. It is also very important to keep track of the progression of these symptoms.

Parents and guardians know their children better than anyone, and their concerns get carefully considered by medical professionals when assessing. Symptoms that occur don't always mean it's the worst case scenario, but keeping an eye out and contacting your GP with any concerns is always the best thing to do.

The Children and Young People's Cancer Association has put together a useful guide of what cancer symptoms may appear in children and teenagers. To view this document, please click [here](#). More general information and resources can be found on their [website](#). For more information about Cancer Awareness Month, please visit [Cambridge University's](#) webpage about the topic.

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