



The Lodge Health  
PARTNERSHIP

Lodge Highfield Redbourn

NEWSLETTER DATE:  
10/05/2021



### *Have you downloaded the NHS APP*

If you have patient access then you can continue to use this but we recommend you also download the NHS app to your mobile phone or tablet. This now offers a range of features including

- Book and manage appointments
- Order repeat prescriptions
- Get health information and advice
- view your medical records securely
- Covid-19 vaccination status

[www.nhs.uk/nhs-](http://www.nhs.uk/nhs-)

[services/online-services/nhs-app](http://www.nhs.uk/nhs-services/online-services/nhs-app)

## Using E-Consult

As you know our phone lines are extremely busy and we really need your help freeing them up. If you are contacting the surgery for advice about non urgent problems and you have access to a computer or mobile phone – please try using e-consult, this is an easy way to contact us directly without having to wait on the phone and allows urgent medical queries and those who do not have access to online services to reach us easier. Simply go to our website [www.lodgesurgery.co.uk](http://www.lodgesurgery.co.uk) and click on the orange **online consult** button. This is the best way to contact us and we will respond within 2 working days, often sooner.

## Goodbye to Amanda

This month we wish Dr Amanda Margereson all the best for her retirement. She joined the surgery over 27 years ago first as a GP Partner and then as a salaried GP. She has given dedicated service to all her patients specialising in diabetes and women's health. Her experience and expertise will be greatly missed at the Lodge Health Partnership. We all hope she enjoys her free time in retirement although she will continue to help us deliver the Covid-19 vaccination programme at Batchwood



A warm welcome to our new Doctor  
Sonali Dasgupta and our new Pharmacist  
Erum Nasrullah

## LONG TERM CONDITIONS

### Cardiac fitness



To all patients over 18

Dr Richard Pile has produced a 45 minute presentation on cardiac prehab - please go to [www.youtube.com/watch?v=hnS4Nq4 ECdA](http://www.youtube.com/watch?v=hnS4Nq4 ECdA) to watch it.

Have you thought about a blood pressure monitor?

A home blood pressure monitor can be purchased cheaply and used to submit regular blood pressure readings to the surgery via our website. Keeping on top of any irregularities



**Every 8 minutes** someone in the UK dies from coronary heart disease



Around **50%** of heart attacks and strokes are associated with high blood pressure



**Every 3 minutes** someone in the UK goes to hospital due to a heart attack



**7 out of 10** Survival rate for heart attacks in the UK today



Around **7 million** people live with heart and circulatory diseases in the UK



People with heart failure are 2-3 times more likely to have a stroke



**40%** of adults in the UK do not meet physical activity recommendations



There are more than 30,000 out-of-hospital cardiac arrests in the UK each year

We are looking for new members to join our Patient Participation Group (PPG). If you would like to be involved please visit [www.lodgesurgery.co.uk/practice-information](http://www.lodgesurgery.co.uk/practice-information)

### Your Surgery

Your views: get involved

Have your say



Share your views

make a difference

Patient Participation Group (PPG)

## Covid -19 Vaccination Programme

After a hugely successful vaccination programme, Batchwood hall are now calling cohort 11, 30-39 year olds. If you are in this group you will receive a text message inviting you to book.

Cohort 12, 18-29 year olds will begin on 7<sup>th</sup> June

If you are awaiting your second vaccine some people may be called earlier than 11 weeks to speed up, supply dependent

Our government objective is to have all adults vaccinated by the end of July and is currently on target

Are your contact details up to date?

It is important that we have up to date phone numbers and address for all our patients. If your details have changed please put this in writing via our website

Useful information links:

[www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands](http://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands)



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