PARKVIEW SURGERY AUTUMN EDITION

newsletter

As we head into the colder months, we're seeing more seasonal bugs like cold, flu and COVID. This month's issue is packed with some useful information, ranging from how to manage infections at home, how to book your flu jabs. Plus, we're offering help sessions to get you set up on the NHS app. In addition, we're sharing mental health support for autumn and winter, including simple ways to manage low mood or Seasonal Affective Disorder (SAD), and signposting free NHS-approved mental health apps. In our Teen health Corner, we're talking about autumn acne, covering everyday skincare tips for managing breakouts linked to colder weather, dry skin, and school stress.

'Health on your phone'

Take control of your health with trusted, NHS-recommended or UK-approved apps. Here are some of the most useful digital tools available, supporting sleep, mental health, menopause, long COVID and more.

1. Better Sleep- Sleepio

A digital CBT (coginitive behavioural therapy) programme to help improve your sleep

- Tracks sleep patterns
- Offers personalised sleep plans
- NICE-approved
- Availble on App store or Google Play

2. Mental Wellbeing- Wysa

An AI chatbot and self-care app that helps with low mood, anxiety, and stress.

- Mood tracking & Journaling
- Guided CBT techniques
- Confidential and easy to use
- Available on App store

3. Menopause Support- Balance App

Helps track symptoms and access trustworthy advice.

- Creates personalised health report
- Access community support
- NHS-trusted & easy to use
- Free to download
- Also available online- **www.balance-menopause.com**

4. Asthma control- Digital Health Passport

Helps young people manage asthma and allergies.

- Track peak flow & symptoms
- Store action plans
- Set medication reminders
- Available on App store and Google play

DIGITAL DROP-IN SESSIONS - Learn all you need to know about the NHS App

Did you know every Wednesday & Thursday, you can pop into the surgery to meet with Sreejana for NHS APP support? Come on down anytime between 10am-3pm!

Scan the QR code to find out more about the NHS APP!

SCAN ME

BOOK YOUR FLU JAB

- Adult and Child flu available!
- Weekend and evening options!
- Call reception for more information on how to book!

https://parkviewsurgeryhillingdon.nhs.uk

020 8573 7674

What's going around in Hillingdon - respiratory virus update, October 2025

As we enter autumn, respiratory viruses are becoming more active in Hillingdon, current trends show:

- **COVID-19:** Slight increase in cases, with a 7.2% positivity rate over the past three weeks
- **Influenza (Flu):** Activity remains low, but is gradually increasing, the most common strains currently circulating are influenza A and B
- **RSV (Respiratory Syncytial Virus):** Currently low, consistent with seasonal expectations

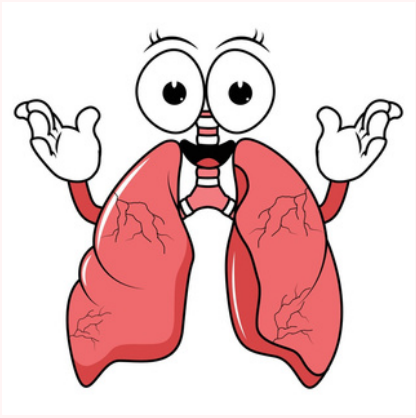
Local Surveillance

While specific Hillingdon data is not publicly available, regional trends suggest an increase in respiratory illnesses. The health lungs project in North Hillingdon has been actively monitoring and addressing lung health issues in the community.

The Healthy Lungs Project in North Hillingdon (Harefield), launched in late 2024, is showing promising results in 2025 by bringing respiratory care directly to the community. Over 100 spirometry tests have been carried out, detecting lung disease in around 1 in 6 people tested, with more than 120 patients referred for rehabiitation and over 2,300 people invited for smoking cessation support.

The project targets high lung disease rates caused by factors like smoking, poor housing, and industrial exposure, despite the area's green appearance. It uses community engagement through ''Healthy Lung Champions'', health walks, and exhibitions to raise awareness and encourage participation. Early results suggest strong local impact, with plans to expand outreach and testing.

For more details about the ongoing project, follow their website on:
https://www.nwlondonicb.nhs.uk/news/news/improving-lung-health-harefield-hillingdon-healthier-lungs-project



Symptoms to Watch Out For

COVID-19 - sore throat, hoarse voice, cough, fever and fatigue
Flu - symptoms often overlap with COVID-19 and may include body aches, chills, and fatigue
RSV - primarily affects children and older adults, causing wheezing and difficulty breathing

What you can do

- **Vaccination** - Flu and COVID-19 vaccines are availble and recommended, especially for vulnerable groups.
- **Hygiene** - Regular handwashing and and wearing masks in crowded places can help reduce transmission.
- **Stay informed** - Keep an eye on local health updates and follow public health advice.

For more information regarding public health statistics and information, you can follow their website on:
https://www.gov.uk/government/statistics/national-flu-and-covid-19-surveillance-reports-2025-to-2026-season/national-flu-and-covid-19-surveillance-report-25-september-2025-week-39

https://www.gov.uk/government/collections/respiratory-syncytial-virus-rsv-guidance-data-and-analysis

MEET THE TEAM

WONDERING WHO YOU MIGHT SEE? MEET A FEW MEMBERS OF OUR INCREDIBLE CLINICAL TEAM — A GLIMPSE OF THE MANY FACES HERE TO SUPPORT YOU!

Baljit - Clinical Pharmacist
| Medication Reviews | Long Term Condition Review | Blood Results |

Rebecca - GP Assistant
| Long Term Condition Reviews | Phlebotomy | Lifestyle Advice |

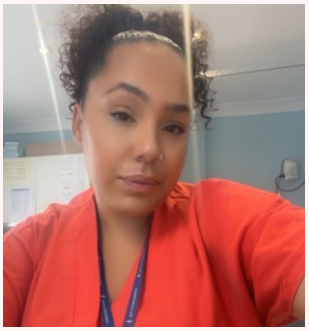
Preetha - Nurse Practitioner
| Acute Illness | Referral Advice | Test Results | Long Term Condition Support |

Dr Sinthuja Neminathan - GP
| Acute Illness | Complex History | Outbound Referrals | Hospital Follow Ups | Long Term Condition Support | Mental Health Support |

Dr Arif Damani - GP
| Acute Illness | Complex History | Outbound Referrals | Hospital Follow Ups | Long Term Condition Support | Mental Health Support | 6 Week Post Natal Check Up |

Dr Ajay Mehta - Partner GP
| Acute Illness | Complex History | Outbound Referrals | Hospital Follow Ups | Long Term Condition Support | Mental Health Support | Steroid Injections | Private Medical Appointments |

Baljit



Rebecca

Preetha

Dr S Neminathan

Dr A Damani

Dr A Mehta

SAYING GOODBYE TO DR STERA

After 27 years as a valued partner in the practice, Dr Stera has decided to step down.

We thank Dr Stera for her many years of dedication and wish her all the best in her future endeavors.

We're pleased to welcome Dr Sinthuja Neminathan-Patel, who joined the practice as a GP on 1st October. Some of you may already be familiar with Dr Neminathan-Patel, as she has previously worked with us in a locum capacity.

We look forward to having her back as part of the team and are confident she will be a great addition to the practice.

ANTIBIOTIC AWARENESS- November 2025

In November 2025 the UK will observe **World Antimicrobial Resistance Awareness Week (WAAW) from 18-24th November**, anchored by European Antibiotic Awareness Day on 18th November, under the theme ''Act now: Protect Our Present, Secure Our Future.''

The aim is to remind both the public and health professionals about the risk of antibiotic overuse, resistance, and misuse.

Top Tips on Antibiotics

Help protect antibiotics- for today and the future:

1) Antibiotics don't work on viruses
- Colds, flu, most sore throats and coughs will get better on their own.

2) Always take as prescribed
- Finish the full course, even if you feel better- stopping early can help bacteria become resistant.

3) Don't share antibiotics
- What works for one person could be harmful to another- and may not treat the right infection.

4) Never save leftovers
- Leftover antibiotics may be out of date or not right for future illnessses.

5) Talk to your GP or Pharmacist
- Ask questions if you're unsure whether antibiotics are needed- there are often safer alternatives.

Supporting Mental Wellbeing This Autumn:

As the days grow shorter and colder, many experience a dip in mood, energy, or motivation, sometimes due to Seasonal Affective Disorder (SAD). October is a key time to raise awareness and offer support. The NHS encourages early recognition of symptoms like perssistant low mood, tiredness, sleep changes, and social withdrawal. Free, NHS approved help is available- from therapy referrals to evidence-based self- help apps. Sharing simple strategies with patients can prevent symptoms from worsening and promote resilience through the winter.

Key Support Options for Patients

✓ Know the Signs of SAD

- Low energy, oversleeping, carb cravings, and low mood starting in autumn or winter.
- Learn more online on: **https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/**

✓ NHS Talking Therapies (IAPT)

- Free, confidential counselling and CBT.
- Self-referral is easy online
- For information and referral process, this can be found on: **https://www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression/**

✓ Support for anxiety, stress, sleep & low mood

- Beneficial apps - Wysa, Headspace, Unmind, Sleepio

✓ Practical Self-Help Tips

- Get daylight daily
- Stay active indoors or outdoors
- Keep a regular sleep/wake routine
- Stay socially connected
- Limit alcohol and caffeine intake

✓ When to Seek Help

- If a young person is feeling persistently low, withdrawing socially, or struggling with sleep or eating, then encourage a GP visit early.
- Early support can make a big difference.
- For more infomation, follow the NHS website on: **https://www.nhs.uk/mental-health/children-and-young-adults/**

✓ In Crisis? Support is 24/7

- **Call NHS 111,** contact local crisis teams, or use use the **free Samaritans line on 116 123** for urgent support.
- More information can be found on the website: **https://www.samaritans.org/how-we-can-help/contact-samaritan/**

Still unsure about Flu jab? Let's discuss common Myths & Facts

Myth 1: 'The Flu vaccine will give me flu'
Fact: Flu vaccines in the UK contain inactivated (non-live) virus, so they cannot give you flu. You may experience mild side effects (sore arm, slight ache, mild fever) as your immune system responds - but that's not flu itself.

Myth 2: 'I had the flu jab last year, so I don't need it this year'
Fact: Immunity from the vaccine declines over time, and flu virus strains changes each year. So you need a new flu jab each autumn to get the best protection.

Myth 3: 'I'm healthy, so I don't need the vaccine'
Fact: Even if you're healthy, you can catch and spread the flu. Getting vaccinated helps protect not just you, but those more vulnerable (e.g: older people, those with chronic conditions).

Myth 4: 'I missed October, it's too late to get the flu jab'
Fact: It's best to get it early (October/ November) so you're protected before flu season peaks. However, it's not too late later in winter- you can still get a jab further into the season to provide protection.

Myth 5: 'I'm pregnant/breastfeeding- I can't have the flu jab'
Fact: Pregnant women are recommended to have the flu vaccine (at any stage of pregnancy) because flu can pose serious risks to both mother and baby. It also helps pass protection to the baby after birth.

Myth 6: 'I've had the flu already this season, so I don't need a jab'
Fact: Having had the flu (or thinking you had the flu) doesn't guarantee protection- there are different strains, and your immunity may only cover one.

For more information about the flu jab, follow NHS website link on:
https://www.nwlondonicb.nhs.uk/Winter/flu
https://www.nhs.uk/vaccinations/flu-vaccine/

FLU JAB FACTS

TEEN HEALTH CORNER
Let's talk about acne this autumn:

As colder weather sets in, many teens notice their acne flaring up. Dry air, central heating, stress, and changes in routines (like diet, sleep, or skincare) can all make breakouts worse. October is a good time for young people and parents to check in on skin health, and seek early, effective treatment if needed.

Autumn Skincare & Acne Tips: While acne is completely normal, here are a few NHS-informed tips to help manage it during the autumn months:

Do's:

- **Wash gently twice a day**

Use a mild, fragrance-free cleanser- no need for harsh scrubs or strong products.

- **Moisturise daily**

Cold air and heating can dry out skin. Moisturisers helps prevent clogged pores and flaking.

- **Stick to a routine**

Give your skin time- it can take several weeks to notice improvement from good habits.

- **Be kind to your skin**

Always remove any makeup/ beauty products before bed.

Don'ts:

- **Don't over-wash or scrub**

It can irritate the skin and make acne worse.

- **Don't Pick or pop spots**

This can lead to scarring or infection

- **Don't blame yourself**

Acne isn't caused by being dirty- ir's influenced by hormones, stress, and sometimes genetics.

- **Tip:** Stress and late nights can also affect your skin- try to get good sleep, stay hydrated, and talk to someone if you're feeling overwhelmed.

For more information regarding acne advice and information. Follow link on:
https://www.nhs.uk/conditions/acne/

Healthy Halloween

A fun time for families and children! Although it does not have to be all about sweets. Here are a few NHS-friendly ideas to enjoy the season while keeping health in mind.

Smart & Healthy Halloween Tips:

(1) Keep treats small - spread them out over a few days, not consuming all at once!

(2) Healthier treat swaps - try mini fruit packs, popcorns, or dark chocolate.

(3) Brush after sugar - remind kids/teens to brush teeth after sugary snacks to avoid cavities.

(4) Crafts over candy - pumpkin carving, costume-making, or spooky crafts can be just as exciting as sweets.

(5) Avoid latex if allergic - many cheap masks and gloves contain latex- which can trigger reactions. Opt for latex-free versions when possible.

(6) Go-fragrance-free - costume sprays, makeup, and glitter gels often contain perfumes, choose unscented options to reduce the risk of skin flare-ups.

(7) Watch for tripping hazards - make sure costumes fit well and avoid long trailing fabric-especially in the dark.

For more information, check out the NHS England website.

HAVE FUN, STAY SAFE, AND ENJOY A BALANCED HALLOWEEN!