



Asplands Medical Centre & Woburn Surgery

Newsletter Spring 2025

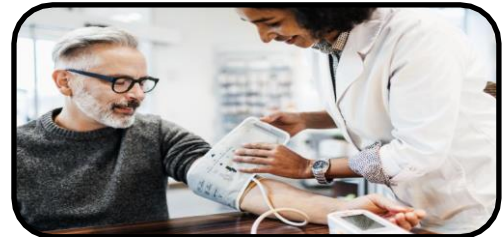
Important News from Dr Wallace.

Dr Wallace will be stepping down from her role as a partner of Asplands Medical Centre from 1st April but will remain with the team as a salaried GP.

At the same time, Dr Hari Durairaj will be stepping into the role of Senior Partner. Dr Hari brings a wealth of experience and leadership to the practice and he will continue to lead us with the same dedication and vision that we've all worked hard to maintain.

Additionally, we are welcoming Dr Jenny Cusack as our newest partner. Dr Cusack has supported the Partnership and shared our vision for many years.

The name of the Partnership will change to Dr Durairaj and Partners, and Dr Wallace will no longer hold a list of patients. Patients who previously had Dr Wallace as their GP will move to Dr Cusack who will continue to keep up to date with their communications and results with the same dedication Dr Wallace and our other doctors show.



HYPERTENSION

It is important to keep an eye on your blood pressure. If your blood pressure is constantly above 140/90 this is hypertension. Constant high blood pressure can lead to serious health conditions such as kidney failure, stroke and heart disease.

♥ 50% of heart attacks and strokes are associated with high blood pressure (British Heart Foundation 2023).

To maintain a healthy heart, check your blood pressure regularly. This can be done at home if you have a blood pressure machine or ask our reception team to help you take a reading.



Vaccinations for Adults

Are you up to date with your Vaccines?

Vaccines are designed to keep us safe, preventing serious disease and illness.

Look out for your invitation for the spring 2025 COVID vaccination program. This will include adults 75 and over, residents in adult care homes, plus those who are severely immunosuppressed.



HELP AND ADVICE FOR CHILDREN WITH ADHD / SPECIAL EDUCATION NEED

If you are seeking advice about ADHD, Special Education Need or Disability, you can speak directly with your child's school teacher or special educational needs co-ordinator (SENCO) for help. This is a direct route for care as your child will be known to staff who have access to a wide range of resources to assist you. They will be able to advise you and refer you on to the relevant service for assessment should this be needed. Please see the links below for Bedfordshire and Milton Keynes.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/SEND>

<https://localoffer.centralbedfordshire.gov.uk/kb5/centralbedfordshire/directory/home.page>

STAY WELL

When you fall sick, we will always be here for you but there are lots of things you can do yourself to promote health and prevent sickness!

A few strategies you can take are:

🍏 Nourish yourself well: whatever your diet looks like currently you can improve it by focusing on eating a wide variety of fruits and vegetables.

🌈 As you have probably heard before, we advise to "eat the rainbow!" By having fruit and veg of different colours on your plate, you are maximising your intake of different vitamins, antioxidants and phytochemicals that your body needs to thrive. **A challenge for you: could you eat 30 different types of fruit and veg in a week?** what about a month? Have fun counting! If you want more advice please visit: <https://www.nhs.uk/live-well/eat-well/>

🌿 Spend time in Nature: spending time in green spaces has been shown to improve your health, both physical and mental. We are lucky in Woburn Sands to have access to lots of green spaces so make use of them! Go for walks alone or with friends and look around, take in the beauty of nature, listen to the sounds around you and practice breathing deeply. Have you tried Mindful Walking? <https://www.mindful.org/6-ways-to-get-the-benefits-of-mindful-walking/>



ENJOY MOVING

🧠 We all know exercise is important to maintain a healthy body, but did you know it helps to maintain a healthy mind as well? Research has shown that regular exercise (30 minutes of moderate exercise 3 times per week) helps you to maintain a happier mind.

It is important that you find a form of movement that you enjoy so that it is easier for you to stick to regularly exercising. It could be walking, swimming, running, doing chair yoga or going to the gym, whatever suits your lifestyle best.

🏃 If running is something you always wanted to try but didn't feel able to, why don't you try signing up for **Couch to 5 K**? It takes you step by step and will get you running in no time.

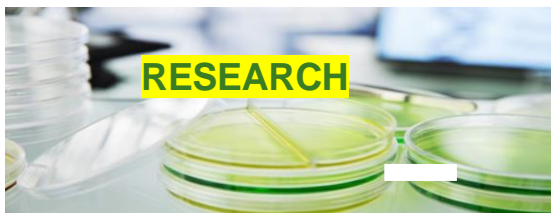
Locally, Woburn Sands council offers yoga classes, activities for kids and an exercise class for over 60's. Have a look on the billboard next to the library or online here: [What's On In Our Halls? - Woburn Sands Town Council](#)

Research in the practice:

Our GP surgery continues to take part in Research. There are 2 projects that we are participating in at the moment:

- Identifying the viruses that cause colds and coughs
- Identifying the microorganisms that cause diarrhea and vomiting.

If you are suffering from either and you present to us, we might ask you to either swab your throat or post a stool sample. Participating is optional and whatever you decide it won't influence the care you receive.



You are now able to visit your local pharmacist for seven common conditions. This service is free. Your pharmacist will be able to advise you on the best course of action and prescribe antibiotics or antivirals where necessary

Your pharmacist can see you for common conditions such as athlete's foot, thrush, thread-worms, hay fever and sprains and strains.

- Sinusitis
- Sore throat
- Earache
- Infected insect bite
- Impetigo (a bacterial skin infection)
- Shingles
- Uncomplicated urinary tract infections in women