

# Salisbury House Surgery Patient Participation Group

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Welcome to the Spring 2026 issue of the Salisbury House Surgery Newsletter, produced by the Patient Participation Group (PPG) in collaboration with the Surgery Team.

The PPG has now recruited a full complement of volunteers and is working with the Surgery on various projects we hope will benefit the Surgery's patients as well as the Surgery itself. One of these projects is a survey, which began in April. Members of the PPG are visiting the Surgery on 3 days each month to gather information from patients on their appointment experience. Results will be posted on the PPG noticeboard in reception.

Another project is this newsletter which we plan to issue quarterly, with updates from the Surgery team, alongside topical items on the theme of taking control of personal health and wellbeing.

We are keen to hear whether you find the newsletter useful, and about ideas for future content. Please contact us via the suggestion box in reception.

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## NEWS from THE PRACTICE MANAGER

We are delighted to welcome three new GPs to our practice team.

Dr Kayode joins us as an experienced female GP with a strong commitment to patient-centered care. She brings a wealth of knowledge and is passionate about supporting patients with both acute and long-term conditions.

Dr Osonowo, also a female GP, has a keen interest in holistic care and preventative medicine. She is dedicated to building strong relationships with patients and promoting overall wellbeing.

Dr Kumar joins us as a male GP with broad clinical experience across a range of specialties. He is focused on delivering high-quality care and supporting patients in managing their health effectively.

We are very pleased to have them on board, and we are sure they will be a great asset to the practice.



## Pharmacy First Services

Did you know that prescription medications for seven common conditions can now be obtained directly at Pharmacies, without first visiting your Surgery.

These conditions are: urinary tract infections; sore throat infections; infected bites; shingles; Impetigo; sinusitis; and children's ear infections. Blood pressure checks can also be requested, and Pharmacies in the Town participate in the NHS Contraception Service.

More details are available at: [Community Pharmacy – Services your local Pharmacy offers](#) including a useful tool to find local Pharmacies including their opening times.

### SPOTLIGHT on DIETARY FIBRE

Nine out of ten of us don't eat enough dietary fibre!

We probably all know that fibre – along with keeping active and staying hydrated – helps keep us regular and promotes digestive health. But a fibre-rich diet is also linked with lower risk of serious conditions such as heart disease, type 2 diabetes and bowel cancer.

Fibre-rich foods can also help with weight management and keeping us feeling fuller for longer.

The recommended amount for adults is 30g per day, and for children it's 15-25g per day depending on their age. Just 4% of us hit the daily target, with average intakes among UK adults being less than 20g per day.

Fibre is found in wholegrain foods, beans & lentils, vegetables, fruit, nuts & seeds. Boosting fibre intake doesn't have to cost a fortune – a small can of baked beans and two slices of wholemeal bread together provide 14.8g of fibre – almost half the recommended intake

#### Ways to boost fibre intake include

- Choose higher fibre breakfast options – wholewheat cereals, porridge, reduced sugar, muesli or wholemeal toast.
- Add fruit, nuts or seeds to meals and snacks.
- Choose brown rice and pasta. Quinoa provides fibre too.
- Have a jacket potato (in its skin) for lunch. Add even more fibre if you include some sweetcorn or salad.
- Add beans (e.g. red kidney, cannellini, butter beans, haricot), chickpeas, lentils or pearl barley to stews, casseroles and salads.
- Have at least five portions of fruit and vegetables every day and vary your choices.

More information can be found on the NHS website [How to get more fibre into our diet - NHS](#). Note that some fibre-containing foods can provoke adverse reactions in some individuals e.g. nuts in those with an allergy and some cereal based foods for those with coeliac disease.

#### Check out food labels

If a food label states it is a 'source of fibre', by law this means it contains at least 3g of dietary fibre per 100g. 'Rich in fibre' means at least 6g per 100g. The back-of-pack nutrition panel of foods is also a place to look for additional detail on fibre content.

#### Aim to have a fibre rich food at each meal

As well as main meals, snacks provide an opportunity to boost fibre intake. Snack suggestions include: fruit, vegetable sticks, wholegrain or rye crackers (e.g. with hummus or reduced fat spread), oatcakes, unsalted nuts.

### MAKE the MOST of the WARMER WEATHER

As the spring flowers emerge, the buds ripen and birdsong fills the air, getting outside for a walk or a spot of gardening seems even more attractive and will also help boost Vitamin D levels (from late March onwards until October). Being active is so important for health.

The target for adults is 150 minutes of moderate intensity a week (e.g. brisk walking, lawn mowing), or 75 minutes of more vigorous exercise (e.g. running, swimming, walking upstairs). This can be achieved by combining shorter bouts over the week.

The key thing is to reduce time spent sitting or lying down, and to break up long periods of not moving with some activity. Mix up the types to benefit different muscle groups. Start gradually and check first with your GP if you have medical concerns.

Every day, children aged 5-18 should aim to do at least 60 minutes of moderate (e.g. walking to school, playground activities, swimming) or vigorous activity. Recommendations also exist for younger children.

More information, including targets for different age groups and for those with disabilities, can be found on the NHS website [Benefits of exercise - NHS](#). And don't forget to protect exposed skin when outside, with a sunscreen and a hat.

Free guided **Wellbeing Walks** are available weekly, pitched at different levels ([healthwalkslb@outlook.com](mailto:healthwalkslb@outlook.com)). They start at the Leighton Buzzard Cricket Club car park

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### TRAVEL VACCINATIONS

Planning a trip abroad? Don't forget to check if you need any vaccinations before you travel. Helpful websites include [Available travel vaccines - NHS](#) and <https://travelhealthpro.org.uk/countries>.

Some destinations present particular health risks and some vaccines need to be given several weeks before departure to ensure full protection. Booking a travel health consultation allows our Clinical Team to review your itinerary, medical history, and vaccination status, so we can offer a personalised service and keep you safe while you are away.

Even if you have travelled before, recommendations can change, and protection from previous vaccines may have expired. A quick appointment can help prevent serious illness, and give you peace of mind during your trip.

Travel vaccination appointments can be booked via reception in the same way as a routine appointment with one of our Nurses. We recommend contacting us as early as possible once your travel plans are confirmed, to allow enough time for any required vaccines. For some travel vaccines a charge is payable.

Stay safe and enjoy your travels!

### Benefits for All

People of all ages should do some type of physical activity every day. Even exercising just once or twice a week can reduce the risk of heart disease and stroke.

It can also help maintain bone and muscle strength, and improve weight management, balance, sleep and mood.

### Fun Fact

An adult human typically has 206 bones. But we are born with around 270 bones, some of which fuse together as we grow.

Bone is a living tissue, routinely replenished and repaired. Being active helps keep bones strong as does a regular supply of nutrients, such as Vitamin D and Calcium

### OTHER VACCINATIONS

The Surgery offers a wide range of vaccinations at the practice, to help protect you and your Family, at every stage of life.

These include

- Childhood immunisations (Routine NHS schedule).
- Flu vaccination (seasonal)
- Covid-19 vaccinations and boosters (when eligible).
- Shingles vaccination.
- Pneumococcal vaccination.
- Respiratory Syncytial Virus (RSV) vaccination (when eligible).
- Travel vaccinations (including destination-specific vaccines).
- Tetanus, Diphtheria and Polio boosters.
- MMR (measles, mumps and rubella) catch-up vaccinations.
- HPV vaccination (where appropriate).

Information about eligibility for each of these and why vaccines are important can be found on the NHS website at [NHS vaccinations and when to have them - NHS](#).

The Practice also provides travel health services including advice and vaccinations such as hepatitis A, typhoid and others depending on your destination.

All vaccinations are delivered by the experienced Nursing Team and can be booked via the reception team routinely,

