



Follow us on Twitter

Welcome to the September Newsletter

New Prescribing Guidance for Gluten Free Products

Following a recent review of prescribing Gluten Free foods in North Somerset and South Gloucestershire, guidance on NHS prescribing of Gluten Free Foods to Patients with Coeliac Disease and Dermatitis Herpetiformis has been introduced.

The new guidance comes into effect on **14th August 2017** and recommends that:

- Patients aged 18 years and over should no longer receive Gluten Free Products on Prescription
- Patients under the age of 18 will continue to be able to receive a limited range of Gluten Free Bread, Pasta, Flour and Multipurpose Mixes on Prescription

The decision was taken by North Somerset and South Gloucestershire Clinical Commissioning Groups (CCGs) and local NHS organisations made up of membership of all the GP practices in the CCG areas. The decision was taken following a robust consultation process that included GPs, Secondary Care Clinicians, Patients and other Stakeholders. Further details of the decision making process is available online:

www.northsomersetccg.nhs.uk/get-involved/gf-food

Flu Clinics – Dates for your Diary

We have released dates for Flu Clinics at Pudding Pie Lane, Yatton and St Georges. These are initial clinics at our larger sites; we will be adding in some additional bookable clinics in other sites and look to reach the smaller villages with some outreach sessions.



Langford	Saturday 16 th September 2017	8.30 am - 12.00
	Saturday 30 th September 2017	8.30 am – 12.00
St Georges	Saturday 16 th September 2017	8.30 am – 12.00
	Saturday 30 th September 2017	8.30 am – 12.00
Yatton	Saturday 16 th September 2017	8.30 am – 12.00
	Saturday 7 th October 2017	8.30 am – 12.00

Leg Club Volunteers Needed

Do you have 2-3 hours of spare time per week? If so we would love you to join us as a Volunteer for the Leg Club.

We are looking for Volunteers to help run the Leg Club at Hangstones Pavillion in Yatton on Tuesday mornings. If you or anyone you know is interested please email Sue Millard, Service Manager at Mendip Vale Medical Practice at sue.millard@mendipvale.nhs.uk

Further information regarding the advantages of Leg Clubs can be found at info@legclub.org

Ear Syringing



The following information is as a result of changing Practice in Doctors Surgeries and the following advice is suggested by Ear, Nose and Throat (ENT) services at all local hospitals.

The up-to-date way of clearing wax is simple olive oil (this can be any olive oil, available at chemists in dropper bottles or off the shelf oil). Other "specialist drops" offer no advantage. Put a few drops in **2-4 times**

daily. The most important time is **before you go to bed**. This needs to be done for about 2 weeks. After this time you should then be able to clean the wax out easily yourself.

Scam Awareness

Every year, millions of people become victims of scams. This can be perpetrated over the Internet, Phone, via Post or at the Persons Home.

Age UK will be offering advice to Patients of Mendip Vale to help raise awareness on how to avoid becoming Victims of Scams.

Linda Griffin from Age Concern will be in the Receptions of the following Surgeries on these dates between 9.30am – 11am.

Langford

Wednesday 6th September
Tuesday 10th October
Monday 6th November
Tuesday 12th December

Congresbury

Monday 23rd October
Monday 11th December

Yatton

Monday 18th September
Monday 20th November

St Georges

Monday 2nd October
Monday 4th December