



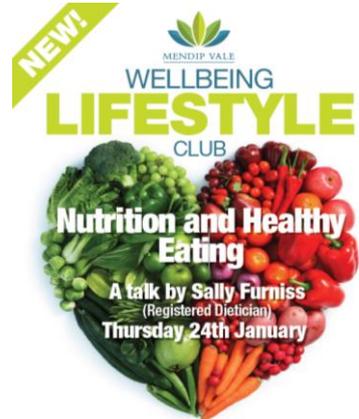
MENDIP VALE

www.mendipvale.nhs.uk

Welcome to the January Patient Newsletter



Stroke
association



In this issue...

Influenza Vaccination Campaign

As the weather is becoming colder, it's not too late to get your influenza vaccination if you haven't had it already

Childhood Influenza

Did your child miss their school vaccination? Find out what to do to get them immunised.

Diabetes Peer Support Sessions

Diabetes UK has set up a peer support session for the area in Nailsea.

Cryotherapy Services Cease

Cryotherapy treatment will be ceasing across all sites – find out why

Wellbeing Lifestyle Club

Mendip Vale Wellbeing Lifestyle club runs first educational session with talk by Sally Furniss, registered Dietician

New Childrens Group in Churchill

New group commences in January supporting parents with young children in the Churchill area

My Stroke Guide

Stroke Association develops new “my Stroke Guide”

Cancer Café in Yatton

New Cancer Café for people living with cancer, their friends and family commences in Yatton

Check-in Screens

All sites acquire check-in screens making it easier for patients to check-in for their appointments without having to queue

Dr Warinton takes a Sabbatical

Dr Warinton will be taking a sabbatical for the next 6 months – find out what he will be up to whilst away from the practice

Cervical Cancer Awareness Week

Mendip Vale Wellbeing Lifestyle club runs first educational session with talk by Sally Furniss, registered Dietician

“Dry January” - Alcohol Awareness

Find out more about the benefits of a “Dry January” and kick start the new year on a healthy note!

Influenza Vaccination Campaign

It's not too late to get vaccinated

Each year the NHS prepares for the unpredictability of flu. For most healthy people, flu is an unpleasant but usually self-limiting disease with recovery generally within a week. However, there is a particular risk of severe illness from catching flu for

- Older people (specifically over the age 65)
- The very young
- Those with underlying diseases, particularly chronic respiratory or cardiac disease
- Those who are immunosuppressed
- Pregnant Women



Complications include pneumonia, other secondary infections (such as ear and sinuses), or a flare of pre-existing conditions such as Asthma or Heart Failure. The complications can be very serious, sometimes resulting in hospitalisation and death. In the UK about 600 people a year die of flu and results in tens of thousands of hospital admissions for complications directly from the flu, or because of it affecting pre-existing conditions.

As we are now entering the coldest part of the winter, there is a very high risk of people catching flu. In October and November the practice held drop-in clinics across sites at Riverbank, St Georges, Sunnyside Yatton, and Langford to patients to get their vaccinations. Children's vaccination clinics were held separately at Riverbank, Sunnyside, Congresbury, and Langford.

If you have not yet had your influenza vaccination, but have received an invitation to have one, **do not delay**. Please contact the practice on 01934 839820 to arrange a mutually convenient time to have your flu jab.



Childhood Flu Vaccinations

Flu is a very common infection in babies and children. It can be a very unpleasant illness for them. Children with flu have the same symptoms as adults, including fever, chills, aching muscles, headache, stuffy nose, dry cough and a sore throat lasting up to a week. Some children develop a very high fever or potentially serious complications including bronchitis, pneumonia and a painful ear infection. They may need hospital treatment, and very occasionally a child may die from flu. In fact, healthy children under the age of 5 are more likely to have to be admitted to hospital with flu than any other age group.

Learn more about protecting your child from flu on www.nhs.uk. If your child missed having their vaccination at school, either go on line to <http://www.nscphealth.co.uk> (look for school age flu vac and follow instructions) or phone 01275 373104 to find where they go to get them done. If your child is "at risk", that is to say they have a long-term health condition like diabetes, asthma, heart disease or lung disease, contact the surgery to get your child vaccinated.

Stroke Association develops "My Stroke Guide" to help support recovery

The National Association for Patient Participation (NAPP) recently ran an article on the new "My Stroke Guide".

Around 80,000 people a year are admitted to hospital with a stroke, and there are more than one million stroke survivors in England.

The Stroke Association has recently developed a "My Stroke Guide" giving people free access to trusted information about stroke and risk factors, alongside advice on prevention. It includes personal stories from stroke survivors, case studies from healthcare professionals who have used the guide, and explains how it can support staff working with people affected by stroke. It also includes information on locally commissioned support services.

You can find it at <https://www.stroke.org.uk/finding-support/my-stroke-guide>



New check in screens

The practice has now invested in new state-of-the-art standalone touchscreen check in systems so that there is one at each of its sites. We hope these screens

- Make it quicker and easier to check in for your appointment when you arrive at the surgery;
- Stop patients checking into the wrong site;
- Provide you with helpful information including waiting times and arrival notices;
- Cuts down queues at reception desks, allowing our front of house staff to be able to deal with more complicated queries;
- Allows us to spend more time focussing on your care & experience whilst at the surgery

Diabetic Peer Support Sessions

DIABETES UK
CARE. CONNECT. CAMPAIGN.

Diabetes UK has set up a peer support session for the area. They have useful information for you and your family to take away, and they can show you where to find the most up-to-date and reliable online resources.

If you would like a chat and you are in need of some support with managing your condition, they would be delighted to see you

Date: First Tuesday of the month
Time: 10:00 – 11:00
Where: 65 High Street, Nailsea BS48 1AW

A message from Dr Andy Warinton who is taking a sabbatical for 6 months

I joined the practice in July 1998 with my first weeks spent driving between work and the special care baby unit in Exeter where my first baby had been born prematurely. 20 years on my second has just left for university and my wife and I are fortunate that my partners have granted me a 6 month sabbatical from mid-January to take a break from the practice.

After a few days' rest I am off with my wife to trek across the mountains of Tasmania for a week, with two weeks' cycle-touring to follow and with a look around Vietnam and Cambodia on the way out and back. I have an interest in Travel Medicine and hope to gain some qualifications in Expedition Medicine in the coming couple of years. With that in mind I will be doing "Medicine in Remote Areas" Course in March, and starting a Mountain Medicine Diploma in the Autumn. I am also applying to provide medical cover for a research project looking at sustainability of the reefs off Madagascar for 6 weeks in April, and will hope to spend a few more weeks boosting my confidence in the mountains at the end of a rope if I can find some friends I trust enough not to drop me!! I hope my patients all had a very Merry Christmas and continue to have good health until I am back in July!



Cryotherapy Services Cease



From the new year cryotherapy services across the organisation will cease. This is the use of liquid nitrogen to remove skin lesions by freezing them (cryotherapy literally means "treatment using low temperature"). In the past a wide variety of superficial benign (non-cancerous) lesions were treated with this method, and often, depending on the nature of the lesion, more than one treatment may have been necessary, repeated at regular intervals. The reasons for ceasing this service are as follows:

- There is wide-spread evidence which shows that treatment may not be effective or the condition may recur;
- It's a minimally invasive treatment which can cause some pain, swelling and soreness, as well as some unwanted side-effects including scarring, pigmentation changes, numbness. There are now other treatments that are less uncomfortable and do not have side-effects;
- Treatments can be inconvenient for patients who may have to take time off work to come to the practice for an appointment, and where more than one treatment is necessary they may have to attend at regular intervals;
- Multiple appointments will be required, using up valuable appointments and NHS resources;
- There is little evidence to support that this treatment is effective and so NHS funding ceased about 3-4 years ago;
- Replacement of cryotherapy equipment is extremely costly.

For patients requiring treatment for superficial benign lesions, there are less invasive alternatives. You can buy creams, plasters and sprays from pharmacies to get rid of warts and verrucae. These treatments can take up to 3 months to complete. A pharmacist can give you advice about the best treatment for you.

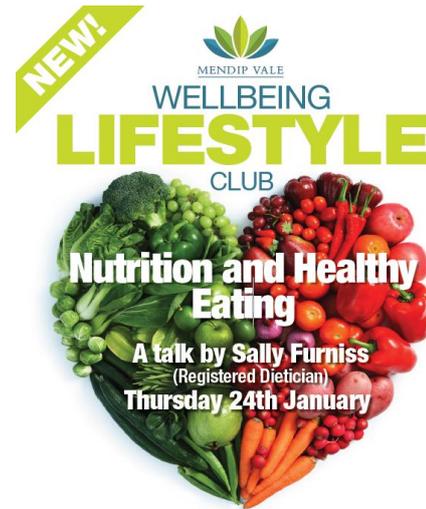
Wellbeing Lifestyle Club

Sue Fursdon, Nurse Manager at Mendip Vale Medical Group – Pudding Pie Lane has developed a Wellbeing Lifestyle Club to help support patients to discover

- What wellbeing lifestyle could mean to you
- How to choose a new lifestyle
- How to learn new habits and keep them

Following a very positive “taster” event in November 2018, the Wellbeing Lifestyle Club is hosting its first health talk on “**Nutrition and Healthy Eating**” with speaker Sally Furniss, registered dietician, on 24 January 2019 at Yatton Methodist Hall.

For further information please contact Barbara on 01934 835736 or Liz on 01934 834079.



Churchill Tots New Stay and Play Group

Starting from 18 January, Churchill Tots is a new group for Parents and Babies/Preschoolers.

When: Fridays from 10am – 11.30am

Where: Churchill Village Hall

It is a friendly group for lots of play and crafty fun for little ones. It's a great way to get out of the house and meet other new parents in the locality. There will also be the occasional speakers to provide parents with advice and support on topics such as health, nutrition, fire safety etc.

Email: churchilltots@gmail.com
or find them on Facebook.



Cervical Cancer Prevention Week

21-27 January is Cervical Cancer Prevention week.

During this week we want to ensure all women and people with a cervix know how cervical cancer can be prevented. This means:

- Attending cervical screening when invited
- Knowing the symptoms of cervical cancer and seeking medical advice if experiencing any
- Taking up the HPV vaccination if aged 11-18
- Knowing where to find support and further information

On Wednesday 23 January, staff at the practice will be “wearing pink”, in support of this campaign. To find out more and how you can reduce your risk of cervical cancer go to:

www.jostrust.org.uk/ccpw



Cancer Café in Yatton



St. Mary's Church in Yatton feels there is a need to offer a safe place locally for people living with cancer, their friends and family to share their thoughts and feelings with one another, and talk about how they're coping (or not). They won't be offering medical support, but rather the chance for those coming to talk and listen to one another, as well as providing some information from Macmillan.

This group will be open to anyone of any faith, or no faith at all. Of course, the church will be open for those who might value some quiet or time to pray. Hot drinks and cakes will be provided free of charge, as well as a different craft activity each month. CancerCafé @ St.Mary's will open for the first time on Thursday 3 January 2019, 2pm till 4pm, and thereafter on every first Thursday of the month at the Chapter House, adjacent to St. Mary's Church in Yatton. If you'd like to find out more please contact Jo Stobart via office@yattonchurches.org or on 01934 832184.

“Dry January” Alcohol Awareness



Dry January is the annual movement through which millions of people give up alcohol for the month of January. It is the perfect training ground for helping you cut down from February onwards! Cutting down permanently is, for many people, very hard, because habits are hard to break. Giving your body a break from alcohol for a month is great, but you'll get lots more benefits if you cut down long term.

Alcohol is linked with more than 60 health conditions, including liver disease, high blood pressure, depression and seven types of cancer. In fact, alcohol is the biggest cause of death for people aged 15-49 in the UK. Cutting back on alcohol reduces your risk of developing these conditions.

Alcohol and Weight

Weight gain is a major concern for many of us in the UK, given its links to a range of health problems. Amongst adults who drink, alcohol accounts for somewhere between 4% and 10% of our total calorie intake.

Research has shown that the general population has a relatively poor awareness of the number of calories in their drinks. Alcohol is also an appetite stimulant, which can lead to overeating at mealtimes and late at night.

To achieve and maintain a healthy weight, it is best to moderate our alcohol intake. Alcoholic drinks lack most essential nutrients and vitamins. To provide all the nutrients needed to maintain health and reduce the risk of disease, a health balanced diet containing a variety of foods is needed. Go to <https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-and-calories> for more information.

Know your units:

UNITS					
	2	2.5	2	1	9
	Pint of Beer/ Cider	Alcopop or can of lager	Glass of wine (175ml)	Single measure of spirits	Bottle of wine

Alcohol and Type-2 Diabetes

If you have diabetes, or are at risk of the condition, moderating your alcohol intake is an important element of diabetes management, and can also help you reduce your risk of developing type-2 diabetes.



There are two main ways in which alcohol can increase your risk of developing diabetes. Alcoholic drinks are not only high in calories, but they can lower your blood-sugar levels, making you want to eat more, leading to weight gain and potentially an increase in the risk of type 2 diabetes.

Long-term heavy drinking can also cause pancreatitis, meaning that the pancreas becomes permanently damaged from inflammation and is no longer able to produce enough insulin.

The best way to keep your risk of diabetes as low as possible is to be physically active, eat healthily and, if you drink alcohol, drink in moderation. Try to stick within the Chief Medical Officer's guidelines by not drinking more than 14 units of alcohol per week and spread your intake over three days or more. Try to have a few alcohol-free days too.

Alcohol – a guide to family support services

For those with a family member struggling with harmful drinking, life can be extremely difficult. There are many agencies available that can support you. Here are some of them specifically relating to alcohol:

Adfam	E: www.adfam.org.uk T: 020 3817 9410	DrugFam	E: www.drugfam.co.uk T: 0300 888 3853
Al-Anon	E: www.al-anonuk.org.uk T: 020 7403 0888	Family Lives	E: www.familylives.org.uk T: 0808 800 2222
Bottled Up	E: www.bottled-up.com	Relate	E: www.relate.org.uk T: 0300 100 1234