



MENDIP VALE

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Welcome to the April Patient Newsletter



Public Health
England

Healthier Together

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Public Health England launches 'Cervical Screening Saves Lives' Campaign

Last month, Public Health England (PHE) launched the major new national campaign 'Cervical Screening Saves Lives', to increase the number of women attending their cervical screening across England. The campaign will encourage women to respond to their cervical screening invitation letter, and if they missed their last screening, to book an appointment with their Nurse at their surgery.

Around 2,600 women are diagnosed with cervical cancer in England each year, and around 690 women die from the disease, which is 2 deaths every day. It is estimated that if everyone attended screening regularly, 83% of cervical cancer cases could be prevented.

New research from PHE shows that nearly all women eligible for screening (90%) would be likely to take a test that could help prevent cancer - and of those who have attended screening, 9 in 10 (94%) would encourage others who are worried to attend their cervical screening. Despite this, screening is at a 20-year low, with 1 in 4 eligible women (those aged 25 to 64) in the UK not attending their test. The new PHE campaign provides practical information about how to make the test more comfortable, and gives reassurance to women, who may be fearful of finding out they have cancer, and that screening is not a test for cancer.

Regular screening, which only takes a few minutes, can help stop cervical cancer before it starts, as the test identifies potentially harmful cells before they become cancerous, and ensures women get the right treatment as soon as possible. The PHE research shows that once they have been screened, the vast majority of women feel positive about the experience, with 8 in 10 (87%) stating they are 'glad they went' and that they were 'put at ease by the nurse doing the test' (84%).

The campaign is also being supported by charities, including Jo's Cervical Cancer Trust. Activity includes new advertising on TV and other channels, together with the cascade of information through GP surgeries and pharmacies. For further information about cervical screening, please search 'NHS Cervical Screening'.



NHS Long Term Plan

NHS England is inviting **patients**, NHS staff, partner organisations and interested members of the public to give their views on potential proposals for changing current primary legislation relating to the NHS.

You can take part and ensure your voice is heard by completing the short survey available online where you can read the consultation document which summarises the proposals and the reasons behind them

<https://www.engage.england.nhs.uk/survey/nhs-long-term-plan-legislation/>

NHS England want as many people as possible to give their views and intend to share the feedback with the Parliamentary Health and Social Care Select Committee to inform their inquiries. Closing date is 25th April 2019.

Hayfever Medications

In line with guidance from NHS England and the local Clinical Commissioning Group, we are no longer prescribing medication for hay fever that is otherwise available to



buy over the counter. This includes antihistamine tablets, eye drops, and nasal sprays. More information can be found on the NHS England website:

<https://www.england.nhs.uk/wp-content/uploads/2018/08/1a-over-the-counter-leaflet-print-ready.pdf>

Please speak to your local Community Pharmacist for advice on hay fever self-care

<https://www.nhs.uk/conditions/hay-fever/>

Social Prescribing

Addressing people's needs in a holistic way

You may hear the term “social prescribing” being used more frequently. The government have recently been promoting it as part of the new NHS Long Term Plan. But what exactly is it, and what does it mean?

Social prescribing, sometimes referred to as community referral, is a means of enabling primary care professionals to refer people to a range of local, non-clinical services. Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social prescribing schemes can involve a variety of activities which which are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports. The schemes are designed to support people with a wide range of social, emotional or practical needs, and many schemes are focused on improving mental health and physical well-being. Those who could benefit from social prescribing schemes include people with mild or long-term mental health problems, vulnerable groups, people who are socially isolated, and those who frequently attend primary and secondary health care services.

The practice has already set up the Wellbeing Lifestyle Club supporting patients in self-care, managing their long-term conditions, and we are working with the PPG to develop further social prescribing initiatives.



Government plans to tackle childhood obesity



The government is consulting on proposals to introduce a 9pm watershed on TV and online adverts for food and drink high in fat, sugar or salt. The restrictions would limit children's exposure to advertising as part of efforts to tackle childhood obesity. Read more, where you can also respond online at:

<https://www.gov.uk/government/consultations/further-advertising-restrictions-for-products-high-in-fat-salt-and-sugar>

The closing date is 10th June 2019.

Parents encouraged to be aware of scarlet fever symptoms

Scarlet fever is a seasonal bacterial illness that is common at this time of year, mainly affects children, and is easily treated with antibiotics. It is usually a mild illness but it is highly infectious so PHE is advising parents to be on the lookout for symptoms, which include a sore throat, headache and fever with a characteristic fine, pinkish or red body rash with a sandpapery feel. If signs of scarlet fever are suspected, it is important to contact your local GP or NHS 111. Early treatment with antibiotics is important as it helps reduce the risk of complications such as pneumonia and the spread of the infection to others. Children or adults diagnosed with scarlet fever are advised to stay at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.



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Dr Theresa Lamagni, Senior Epidemiologist at PHE said: *“It's not uncommon to see a rise in cases of scarlet fever at this time of year. Scarlet fever is contagious but not usually serious and can be treated with antibiotics to reduce the risk of complications and spread to others. We are monitoring the situation closely and remind parents to contact their GP for assessment if they think their child might have it.”*

PHE is investigating possible reasons for why there has been a rise in scarlet fever cases over the last few years by studying the strains of bacteria causing disease and the spread of infection in different settings.

Warmer than average weather predicted



Most of us welcome hot weather, but when it is too hot for too long there are health risks. If a heatwave hits this summer, make sure the hot weather does not harm you or anyone you know.

The main risks posed by a heatwave are:

- Dehydration (not having enough water)
- Overheating (which can make symptoms worse for people who already have problems with their heart or breathing)
- Heat exhaustion and heatstroke

Who is most at risk?

- Older people, especially those over 75
- Babies and young children
- People with a serious chronic condition, especially heart or breathing problems
- People with mobility problems – for example, people with Parkinson's disease or stroke
- People with serious mental health problems
- People on certain medications, including those that affect sweating and temperature control
- People who misuse alcohol or drugs
- People who are physically active – for example, labourers or those doing sports

The Meteorological Office has a warning system that issues alerts if a heatwave is likely. Ensure you stay tuned to the weather forecast on the radio, TV or social media, the Met Office and the practice website. There is lots of guidance on government websites; www.nhs.uk/live-well and www.gov.uk

Tips for coping in hot weather

***Shut windows and pull down the shades** when it is hotter outside. You can open the windows for ventilation when it is cooler.

***Avoid the heat:** stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.

***Keep rooms cool** by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).

***Have cool baths or showers**, and splash yourself with cool water.

***Drink plenty of fluids and avoid excess alcohol** – water is the best option. Lower-fat milks, herbal teas and tea/coffee, and low-fat milk are also options, although keep a limit on the amount of caffeine you are drinking. You can also drink fruit juice, smoothies and soft drinks, but they can be high in sugar. Limit fruit juice or smoothies to a combined total of 150ml a day, and choose diet or sugar-free soft drinks.

***Listen to alerts** on the radio, TV and social media about keeping cool.

***Plan ahead** to make sure you have enough supplies, such as food, water and any medications you need.

***Identify the coolest room in the house** so you know where to go to keep cool.

***Wear loose, cool clothing**, and a hat and sunglasses if you go outdoors.

***Check up on friends, relatives and neighbours** who may be less able to look after themselves.

Meet the Team

Dr Samuel Partridge - GP Partner



I trained at Bristol University and then spent several years working in hospital medicine in Taunton. Following that I worked in London for a while but I missed the South West countryside so returned to undertake my GP training.

I joined the practice in Yatton in 2006, prior to this I had been a GP trainee in Wrington and then worked at Sunnyside Surgery for two years before returning to Yatton. Working as a GP is an extremely rewarding job that I feel very privileged to do in my local community, and be part of such an excellent, hardworking and compassionate team.

I am one of the GP trainers at the practice and very much enjoy supporting and supervising junior colleagues who are training to become GPs. As well as Education I have interests in Dermatology and Occupational Health, as well as being the IT Lead GP for the practice. My interest in dermatology spurred me onto completing a diploma in practical dermatology at Cardiff University, and I then spent some time working as a Clinical Assistant in the Dermatology Clinic at the Bristol Royal Infirmary. I have also undertaken a diploma in Occupational Health and carry out some occupational health work with some of my colleagues.

I have two daughters, the eldest of whom will fairly soon be off to University, how time flies! I enjoy all sports, I'm an avid Liverpool supporter, but my number one passion is golf. I also enjoy tasting Beer and Wine, and recently helped to organise the first Wrington Beer Festival which was a great success and raised money for the local scout and guide group.



“Healthy Weston” Consultation

Healthier Together



“*Healthier Together*” is an organisation set up for improving health and care in Bristol, North Somerset and South Gloucestershire. Healthy Weston is a programme to join up services for better care in Weston-Super-Mare, Worle and surrounding areas. This includes the future for services at Weston General Hospital. The vision was developed by local health and care partners talking and listening to staff, stakeholders, patients, carers and the public about providing the best possible health and care services suitable for people’s needs and sustainable; for the long-term.

Local people’s current and future needs are changing and there is increasing demand on local services as well as wide variation in people’s health and life chances. Delivering Healthy Weston will mean that *Healthier Together* can support people to stay well and care for people closer to home in a joined-up way across different services. And when people do need specialist hospital treatment, they will be able to provide the highest quality care and then help patients get home again quickly, as soon as they are well enough.

To do this *Healthier Together* have been looking closely at how existing services are organised and delivered, and how they could work together to provide better joined-up care for patients. This will also help ensure services are delivered to national quality standards and can be provided within available funding. They want to know what you think about their proposals before they make any decisions about the future of services at Weston General Hospital.

Their consultation runs from Wednesday 13 February 2019 to 12 noon on Friday 24th May 2019. There are a variety of ways that you can get involved and let them know what you think. Go online to www.bnssghealthiertogether.org.uk or call them on 0117 900 2655 or send your views via post to Freepost HEALTHY WESTON.