



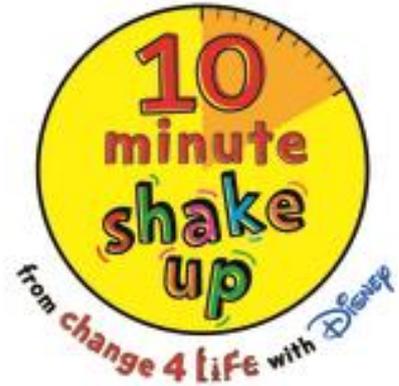
MENDIP VALE

www.mendipvale.nhs.uk

Welcome to the August Patient Newsletter



RCPCH
Royal College of
Paediatrics and Child Health
Leading the way in Children's Health



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Information on when the practice is open during the bank holiday period, and how to order your medication

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Healthwatch North Somerset win the contract to run services across the region – find out more

“Sean’s Story”

NHS England SW have launched a new patient story about living with chronic pain and using alternatives from opioids to cope

Riverbank move to St Georges

We are looking forward to welcoming our patients from our Riverbank site to access their primary healthcare team and services from St Georges in the Autumn 2019

STOMP and STAMP Leaflet

NHSE have put together a leaflet for families of children and young people with a learning disability, autism or both to help them with their care

Prepare yourself for the flu season

Our Flu Vaccination Campaign will commence again in Autumn 2019 so here are the top 10 things you should know in advance if you are eligible

August Bank Holiday Practice Opening Hours

Surgery Opening Times:

	PPL	Yatton	Congresbury	St Georges	Riverbank	Sunnyside
Fri 23 rd August	08:00-18:30	08:00-18:30	08:30-13:00	08:00-18:30	08:00-18:30	08:00-18:30
Sat 24 th August	08:30-12:30	CLOSED	CLOSED	08:30-12:30	CLOSED	08:30-12:30
Sun 25 th August	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Mon 26th August	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Tues 27 th August	<i>Normal service resumes at all sites – check our website for more details</i>					

Appointment Booking

Patients can call NHS 111 when we are closed where you will be directed to the most appropriate healthcare based on your symptoms.

Ordering your Medication

Please help the medicines team by ordering your prescription in plenty of time, rather than requesting medications urgently or at the last minute. This will ensure we are able to deal with your requests quickly and efficiently. Pharmacy opening hours during the bank holiday can be found on www.nhs.uk

Healthwatch North Somerset

Healthwatch North Somerset is an independent voice for the people of North Somerset to help shape and improve local health and care services. They want to hear about your views, needs and experiences to help the people of North Somerset get the best possible health and care.

They have just announced that they have won the contract to run their existing Healthwatch North Somerset, as well as Bristol and South Gloucestershire Healthwatch services too. This will mean they can continue their commitment to strengthening the voice of local residents so people can tell them how health and care services are working for them.

Find out more at

www.healthwatchnorthsomerset.co.uk

NHS Apps Library

The NHS has produced an App Library to help you find digital tools to help you manage and improve your health. The apps are assessed against a range of NHS standards to make sure only safe and secure apps are published on the NHS apps library.

Apps include:

- Baby and child health and first aid
- Mental health and wellbeing tools
- Support from therapists
- Oral health and hygiene
- Getting your medication delivered at home
- Finding the right treatment when you need it
- Exercise programmes based on your personal health needs

Go to www.nhs.uk/apps-library to find out more

“Sean’s Story”

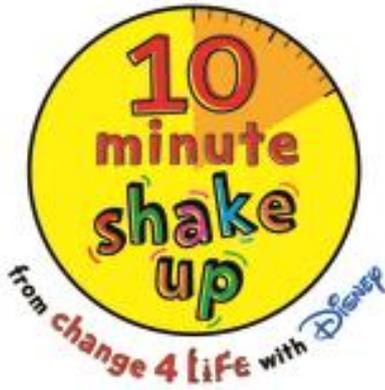
A short film for patients about managing chronic pain



NHS England South West have launched a new patient story ‘Sean’s Story’ as a short film. ‘Sean’s Story’ is a video that tells the story of Sean Jennings from Cornwall who had a hernia operation 25 years ago and due to an infection, ended up suffering chronic pain. For many years, Sean was taking large doses of opioids which presented numerous side effects and yet he still suffered from continued chronic pain. The film shows how long-term use of high-dose opioid prescribing had a devastating impact on his quality of life and how non-drug therapy has been

life changing for Sean. Sean now manages his pain without medication. The film aims to encourage and inspire patients with chronic pain to seek alternatives to prescription opioids to help deal with their condition. A patient version is available from this link: <https://youtu.be/l17SjDth4pU>.

Change4Life “The 10-minute Shake Up”



A new survey from Change4Life and Disney UK has found that less than half of parents are aware that physical activity can build children's self-confidence (49%), reduce anxiety (47%) and improve their self-esteem (46%). Just 1 in 6 parents (16%) think that physical activity can help children develop attributes which make it easier to cope with life's little set-backs.

Evidence shows that children and young people who are more active have more confidence, higher self-esteem, less anxiety and stress and better social skills – attributes that can help them deal with the challenges they face in daily life. Positive attitudes towards physical activity have also been associated with children being happier.

The UK Chief Medical Officers recommend that children do at least 60 minutes of moderate to vigorous physical activity every day, yet just 20% of boys and even fewer girls (14%), are meeting this target, despite 95% of children saying that they enjoy being active.

Earlier this year, research from Sport England also found that enjoyment is the single biggest factor that motivates children to be active. So, to help the nation's kids get more active this summer, the Change4Life campaign is encouraging children to play “10 Minute Shake Up” games inspired by favourite characters from Disney and Pixar's Toy Story 4 and Incredibles 2; and Disney's Frozen and The Lion King. Change4Life has also launched a new online quiz to help children, with their parents, find activities and sports that might be perfect for them to try, based on their skills and abilities.

According to the survey, nearly half of children think that they need to be ‘fast’ (49%) or ‘strong’ (41%) to be physically active and only a quarter see themselves as ‘sporty’. The campaign reinforces that simple daily activities like active play, scooting or walking count, so by encouraging them, parents can help their children become more active.

Eustace de Sousa, National Lead for Children, Young People and Families, Public Health England (PHE) says: *“Across England, children's physical activity levels are worryingly low, with only a fifth of boys meeting the guidelines and an even smaller number of girls. We must combat this or risk facing a generation of inactive children who won't experience the wide health and wellbeing benefits of physical activity. “That's why we are delighted to be launching the “10 Minute Shake Up” campaign with Disney and Sport England this summer. Getting children into the habit of doing fun, short bursts of activity can set them up for life by improving not just their physical health but also helping them develop key life skills.”*

This year marks the sixth year that PHE and Disney have worked together to inspire children to move more, with almost 2 million children taking part in last year's campaign. “10 Minute Shake Up” packs have been distributed to schools during the summer term for children to take home so that they can continue to keep active over the summer. To keep the kids busy this summer with “10 Minute Shake Up” games from Change4Life with Disney, search online for ‘Change4Life’ or go to <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Riverbank move to St Georges Coming soon...

Our St Georges site is a wonderful 2012, purpose-built surgery with great parking, contemporary facilities and modern equipment. It is currently undergoing a state-of-the-art internal renovation to develop space for a new 1st floor clinical suite, allowing for more primary care services to be delivered from the site for the community.



We are looking forward to welcoming our patients from our Riverbank site who we anticipate will regularly be able to start accessing their primary health care team and services from our St Georges site in the Autumn 2019. We hope to share further information with our patients in the coming weeks.

NHS England introduces prescription changes

The NHS currently spends around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol. By reducing the amount it spends on over-the-counter (OTC) medicines, the NHS can give priority to treatments for people with serious conditions, such as cancer, diabetes and mental health problems.



Generally, you will not be able to get a prescription for OTC medicines for a range of minor health conditions. Instead, OTC medicines are available to buy in a pharmacy or supermarket. The team of health professionals at

your local pharmacy can offer help and clinical advice to manage minor health concerns. If your symptoms suggest it's more serious, they'll ensure you get the care you need. You can buy OTC medicines for any of these conditions:

- Acute sore throat
- Mild cystitis
- Mild dry skin
- Dandruff
- Dry eyes and sore tired eyes
- Nappy rash
- Sunburn
- Infrequent constipation
- Threadworms
- Mild acne
- Oral thrush
- Indigestion and heartburn
- Minor burns and scalds
- Coughs and colds
- Cradle cap
- Mild to moderate hay fever
- Mouth ulcers
- Excessive sweating
- Infrequent cold sores (lips)
- Teething or mild toothache
- Insect bites and stings
- Warts and verrucae
- Head lice
- Ringworm or athlete's foot
- Conjunctivitis
- Nasal Congestion
- Mild irritant dermatitis
- Diarrhoea (adults)
- Earwax
- Infant colic
- Sun protection
- Infrequent migraine
- Travel sickness
- Haemorrhoids (piles)
- Prevention of tooth decay
- Minor pain, discomfort and fever (e.g. headache, aches, sprains, period pain & back pain)

You may still be prescribed a medicine for a condition on the list if:

- You need treatment for a long-term condition, for example regular pain relief for chronic arthritis or inflammatory bowel disease;
- You need treatment for more complex forms of minor illnesses, for example migraines that are very bad and where OTC medicines do not work;
- You need an OTC medicine to treat a side effect of a prescription medicine or symptom of another illness, such as constipation when taking certain painkillers;
- The medicine has a licence that does not allow the product to be sold to certain groups of patients. This could include babies, children or women who are pregnant or breastfeeding;
- The person prescribing thinks that a patient cannot treat themselves

GPs, nurses or pharmacists will also generally no longer prescribe probiotics, some vitamins, and minerals. You can get these from eating a healthy, varied and balanced diet, or buy them at your pharmacy or supermarket.

STOMP and STAMP Leaflet published by NHS England



NHS England has published a leaflet for families of children and young people with a learning disability, autism or both who may be prescribed (or are prescribed) psychotropic medication, to help them ask questions about their care and be more involved in discussion.

STOMP stands for **S**topping **T**he **O**ver-**M**edication of children and young **P**eople with a learning disability, autism or both.

STAMP stands for **S**upporting **T**reatment and **A**ppropriate **M**edication in **P**aediatrics. The programme is aimed at making sure children and young people are only prescribed the **right medication**, at the **right time** and for the **right reason**. You can find the leaflet online at

<https://www.england.nhs.uk/publication/stomp-and-stamp-patient-leaflet/>

Public Health England (PHE) issues advice to people travelling to Egypt

PHE is issuing advice to people travelling to Egypt after a number of people, including children, have returned with a serious illness caused by E.coli infection. All travellers had been to the Hurghada region of Egypt.

E. coli can cause an unpleasant diarrhoeal illness with stomach cramps and occasionally fever. Most people will recover without the need for medical treatment, but younger and older people may go on to develop complications of the infection.

PHE recommends travellers to:

- where possible, avoid eating salads and uncooked vegetables;
- only eat fruit they can peel;
- avoid unpasteurised milk, cheese and ice cream;
- avoid food that has been left uncovered in warm environments and exposed to flies;
- ensure that all meat is cooked thoroughly before you eat it, avoiding any meat that is pink or cold;
- avoid ice, unless made with filtered or bottled water, and tap water, even when brushing teeth;
- only drink bottled water;
- wash your hands thoroughly after visiting the toilet, and always before preparing or eating food;
- when swimming try to avoid swallowing water where possible, and supervise children swimming;
- do not swim whilst ill.



This advice also applies to other countries where E. coli infections are common, including Turkey and Spain. For more information about E. coli visit www.nhs.uk

Prepare yourself for the Flu Season September 2019 – March 2020

Anyone can catch flu.



Our Flu Vaccination Campaign will commence again in Autumn 2019 so here are the top 10 things you should know in advance if you are eligible for a flu vaccination.

For more information on eligibility criteria go to www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine

1. **Flu is much worse than a heavy cold.** Flu symptoms can be severe and can come on suddenly. You're likely to spend several days in bed and feel very unwell. Some people become seriously ill and have to go to hospital.
2. **You are at greater risk of complications from flu** – you are eligible for vaccine because you need it.
3. **The flu vaccine is very safe.**
4. **The flu vaccine is the best protection we have** against an unpredictable virus.
5. **The flu vaccine CANNOT give you flu** - your arm might be a bit sore where you were injected and some people have a slight temperature.
6. **The flu vaccine stimulates your body's immune system to make antibodies to attack the flu virus** - if you're exposed to the virus after you've been vaccinated, your immune system will recognise the virus and produce antibodies to fight it.
7. **It can take up to 2 weeks for the flu vaccine to work**, so get vaccinated as soon as you can.
8. **You need to have the flu vaccine each year** because the circulating strains of the virus change and so different vaccines are produced to match.
9. **Pregnant women can have the vaccination at any stage of pregnancy**, flu can make you and your baby very ill. Vaccination can also protect your baby against flu after they are born and during their first few months.
10. **Your vaccination helps to protect those around you too**, so elderly relatives, those with long-term conditions and other family members are all protected by your vaccination.

Patient Education Session on “Mindfulness”



Topics will include:

1. what it is
2. considerable benefits
3. why it's so powerful
4. several ways to do it
5. practice
6. take away resources

MONDAY 5TH AUGUST

19:00 – 20:30
ST ANDREWS
CHURCH CENTRE
**“MIND-
FULNESS”**

Heidi Hollis

A Mendip Vale patient, Heidi manages 2 long-term health conditions, a husband, and two young children, as well as a career in Arts and Culture. She is an experienced practitioner of Mindfulness and knows its power to change people's lives, especially if or when they feel stuck.

Heidi's expertise comes from the world of drama and storytelling. By using similar insights to those needed by actors when creating an honest authentic performance, she guides and supports people – the bold as well as the shy or vulnerable – to find greater wellbeing, presence and contentment.

**Another session in
the Sunnyside
Self Care series**

**.. courtesy of our
Patient Group**

**Places are limited so
book via**

julian@cohear.com

01275 340240

Entry is £2 on the door

**Many people think caring is just
common sense. This session is
for people who feel there might
be a little more to it.**