



# Upton Surgery

## Patient's Newsletter

**PLEASE GIVE US AS MUCH NOTICE AS POSSIBLE IF YOU NEED TO CANCEL YOUR APPOINTMENT. THIS WILL GIVE US THE OPPORTUNITY TO USE THE TIME FOR OTHER PATIENTS. THANK YOU**

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#### 1. ANTIBIOTIC GUARDIAN



**What is antibiotic resistance?** When bacteria adapt and develop a way to protect themselves from being killed by antibiotics. Bacteria are more likely to develop resistance when antibiotics are used too frequently or not used as prescribed. e.g. not taking the full course.

**Why is it a problem?** Infections caused by antibiotic resistant bacteria are more difficult to treat leading to increased levels of disease and longer hospital stays, or even death. Operations like bone, heart or bowel surgery and treatments like chemotherapy all require antibiotics to be successful, If antibiotics do not work these procedures will become impossible without risk of infection.

**Please be reassured that if your GP feels antibiotics are the right course of action you will not be denied the appropriate treatment.**

#### 2. CLINICAL STAFF CHANGES

From August we will have our **new GP Partner Dr Gail Wetmore** joining us along with 3 new trainee doctors: **Dr Amber Holmes** will be with us until October 2017, **Dr Bishwa Thapa** will be with us until August 2017 and **Dr Thomas Wallbridge** will be here for 4 months.

#### 3. XPERT DIABETES PROGRAMME

This is a structured patient education programme for people with Type 2 diabetes. The programme has been shown to improve diabetes control and quality of life and sometimes results in reducing the need for medication. It can improve self management skills and confidence. We are running taster sessions for those patients with diabetes who feel extra information/input would be useful. **If you are interested please contact Janet Hogarth on 01684 592696**

#### 4. HOW TO COPE IN HOT WEATHER

Most of us welcome hot weather, but when it's too hot for too long there are health risks. Make sure the hot weather doesn't harm you or anyone you know.

##### 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 cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
- 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.

## 5. FLU CLINICS



Flu vaccination provides the best protection against an unpredictable virus which infects many people and can cause serious illness and death. The vaccination is free and recommended annually for those most at risk of flu. This includes:

- children aged 2 -7years old (children aged 2 - 4yrs will be vaccinated at the surgery children aged 5 - 7 years will be vaccinated at their school)
- pregnant women
- anyone living with a long term medical condition
- everyone aged 65 and over
- people with caring responsibilities

**FLU CLINIC APPOINTMENTS ARE AVAILABLE TO BOOK NOW**

**Saturday 1st October 2016**

**Saturday 15th October 2016**

**Saturday 5th November 2016**

**YOU CAN BOOK ONLINE AND IF YOU HAVE NOT REGISTERED FOR ONLINE BOOKING AND HAVE A COMPUTER PLEASE REGISTER NOW**

## 6. UPTON COMMUNITY CARE

In the last twelve months (July 2015-June 2016) we averaged 75 journeys a month to Upton Health Centre. This was out of an average monthly total of 175 journeys which also included visits to hospitals, clinics, day care centres and taking partners to visits at care homes etc. Are you "time rich", could you spare some of your time to help in your local community? We need new drivers to take elderly and disabled clients to medical appointments in and around the local area. You have probably noticed our drivers with their yellow ID badges in the waiting room here at Upton surgery or seen our advertisements for new drivers on the display screen. We are always seeking new drivers and at the moment in particular for the central local area of Upton town. The clients pay for all of the mileage covered, UCC ensures you are re-imbursed at the total rate of 45p per mile.



**For more information leave a message on 01684 593633 or email us at [uptoncommunitycare@hotmail.com](mailto:uptoncommunitycare@hotmail.com) and we will get back to you**

## 7. WORCESTERSHIRE HEALTHY MINDS

Worcestershire Healthy Minds (WHM) is a community based mental wellbeing service that provides support to people aged 16 and over and who are experiencing difficulties such as stress, anxiety, low mood or depression. WHM offers a range of interventions:



**Psycho-educational courses** – these can help you learn immediate self-help techniques to improve your mental wellbeing.

**Cognitive-Behavioural Therapy (CBT)** – a psychological approach for depression and various forms of anxiety which focuses on changing unhelpful patterns of thinking and behaviour.

**Counselling** – can help you develop coping strategies, improve relationships and make changes in how you live your life.

**Behavioural Couple therapy** – is provided by Relate counsellors and can help by looking at the way that depression affects you and your partner, and also how the relationship impacts on your mood.

**Psychotherapy** – can assist people to explore and deal with a wide variety of complex mental health, personal and relationship problems.

**Online and Computerised Psychological Therapies** – offering online treatment for adults experiencing emotional distress. This can help to teach you techniques to manage your difficulties.

**Mindfulness** – is a form of self-awareness training that can help individuals manage low mood, anxiety and persistent depression.

**For more information contact the Hub on 01905 766124**

**or email [WHCNHS.wellbeinghub@nhs.net](mailto:WHCNHS.wellbeinghub@nhs.net)**

## 8. PATIENT SELF MANAGEMENT



Patient Self-Management (PSM) is a free course for individuals with a long term condition(s) in Worcestershire who would like to find better ways of managing their health condition in order to improve their health prospects and quality of life. **For more information please visit the website: [www.hacw.nhs.uk/our-services/patient-self-management/](http://www.hacw.nhs.uk/our-services/patient-self-management/)**