



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. FLU SEASON



Flu clinic appointments are available to book now

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.

NEW AFTER WORK DROP IN FLU CLINIC, NO APPOINTMENT NEEDED!

This new service will be available from 5pm—7pm on:

Thursday 13th October 2016

Wednesday 19th October 2016

2. DR LINDA ARTHUR

We are sorry to inform you that Dr Linda Arthur has left the surgery for pastures new.



Dr Arthur will continue to be part of the team for our Warwick Medical Students and will be back in January 2017, in a very limited capacity.

3. NEW WEBSITE DESIGN

Upton Surgery's website has been re-designed to introduce a more modern layout with modern features that should make finding the most useful information easier and quicker.



We would welcome suggestions from our patients on their first impressions and if there are any items that we could position better or make easier to find.

Please use the patient suggestion box in the waiting room for your comments.

4. HANLEY HIGH SCHOOL ART PROJECT



As part of the partnership with ourselves and Hanley Castle High School, we are pleased to announce the winner of the Dr George Wilson Memorial Art Cup 2016 is Emily Dodd for her painting "Think Global/Act Local".

This was chosen by the staff of Upton Surgery. Emily will be presented with the cup and a prize and her painting will be on display in the surgery.

There are a number of paintings from the students now on display in our patient corridors.

5. UPDATE FROM JO DODD NURSE LEAD FOR OLDER PEOPLE:



As part of Upton surgery's on-going commitment to promote the health and well-being of older people we are continually looking at ways of improving our care and support for this group of patients. A health questionnaire was recently sent out to 102 people aged 90yrs+ and we had a fantastic response, with 95 completed forms returned - Thank you!

From these results we are now able to explore ways of identifying older people who would perhaps benefit from further assessment and support.

6. ANTIBIOTIC GUARDIAN



What is antibiotic resistance?

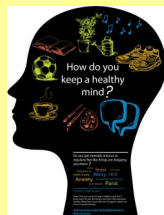
When bacteria adapt and develop a way to protect themselves from being killed by antibiotics. Bacteria are more likely to develop resistance when antibiotics are overused or not used as prescribed.

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 our antibiotics do not work these procedures will become impossible without risk of infection

7. WORCESTERSHIRE HEALTHY MINDS

Worcestershire Healthy Minds supports people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression. They help people improve their mental wellbeing through a range of interventions such as short courses, talking therapies, and self - help information. Worcestershire Healthy Minds have developed an app to enable people to get self-help information at their fingertips about managing common mental health issues.



Search 'Worcestershire Healthy Minds' to download the app which is available on both Android and Apple devices. For more information on Worcestershire Healthy Minds please see website:

www.hacw.nhs.uk/our-services/healthy-minds/

8. UPTON CHIROPRACTIC CLINIC – ADDITIONAL CLINIC

The Chiropractic Clinic is now running from 8am on Tuesdays and Thursdays from the Welland Room at Upton Surgery.

No GP referral is required as you can self refer, or if you are not sure, ask your GP if they think your condition may respond to Chiropractic Treatment and feel you may benefit from a Chiropractic Consultation.

See what other patients say about their experience at the clinic and if it helped them with their aches and pains and helped them back to doing the things they enjoy.

Many Upton patients use this musculoskeletal service as access is immediate and there are no waiting lists.

Contact Dinah de Wit, Principal Chiropractor 0779 309 8272 or for more information look at our new website www.uptonchiropractic.co.uk



9. CARE AND REPAIR WORCESTERSHIRE

CRW helps disabled, older and other vulnerable people with adaptations, repairing and modernising their home and offer a range of services with the aim of enabling them to live safely and well in their own home.



For more information please visit their website:

www.careandrepairworcestershire.co.uk