

# CLAREMONT BANK SURGERY NEWSLETTER JANUARY-MARCH 2021



Here at the surgery we are still holding all our appointments with GP's over the telephone. Only come to the surgery for an appointment if the GP has asked to see you. Nurse appointments are being held as both face to face and telephone depending on the reason for your appointment.

## COVID-19 VACCINE

We are working very hard to quickly bring the COVID-19 vaccine to as many people as possible in a phased way in line with government guidance. Please do not contact us to ask us about appointments for the vaccine we will contact you either by telephone or letter with all the information you need when it is the right time.

Please click on the links below for more information-

<https://www.shropshireccg.nhs.uk/news/shropshire-telford-and-wrekin-covid-19-vaccine-rollout-please-wait-to-be-contacted/>

<https://www.sath.nhs.uk/covid19/public/#vaccine>

If you were scheduled to receive your 2nd dose of the COVID vaccination you should have received a letter or a phone call from the central bookings team to inform you that it will be rescheduled in line with national guidance.

Please see the statement from the UK Chief medical officers here:  
<https://www.gov.uk/government/news/statement-from-the-uk-chief-medical-officers-on-the-prioritisation-of-first-doses-of-covid-19-vaccines>

The British Geriatrics Society is also posted a statement on their website: <https://www.bgs.org.uk/policy-and-media/bgs-statement-on-covid-19-vaccines>

A new vaccination support line is able to tell patients when their 2nd dose is scheduled should they have not received their letter.  
Tel - 0345 678 9011. Lines are open Monday - Friday 9am - 6pm and Saturday 9-1pm.

From all the staff at Claremont Bank Surgery, we hope you have had a lovely Christmas and have a happy and healthy new year.

HAPPY  
*New Year*  
2021



We have welcomed Sophie to our administrative/reception team!  
She will be working Monday- Friday.



### Prescription Ordering Direct (POD)

As you may be aware POD are extremely busy at the moment. There may be long waits on the phone. An alternative way of contacting POD is by email.

The email address is [shropshire.pod@nhs.net](mailto:shropshire.pod@nhs.net). In the email you need to include; your name, your date of birth, your address, the surgery name, what medication you need ordering, your contact number and the pharmacy name where you wish to collect.

If you do not have access to an email address, you can post a request to the surgery or come to the surgery and fill out a prescription request form. If you put a prescription request in our red letter box before 11am your prescription will be at the pharmacy the same day after 2pm. If you post it after 11am it will be at the pharmacy the next working day after 2pm.

Are you interested in lifestyle advice?  
Would you like to give up smoking or drinking?  
Would you like to lose weight?

If yes, you may benefit from talking to our social prescriber, Ann-Marie Smith. Social prescribing is a non-medical programme, which enables people to access services and support in their own communities with the help of a trained advisor.

If you feel this is something that could work well for you, phone Claremont Bank Surgery and speak to reception. We can fill out a referral for and ask Ann-Marie to get in contact with you.



Around 1 in 3 people with COVID-19 have no symptoms.



Every action counts.



HANDS FACE SPACE



STAY HOME

PROTECT THE NHS

SAVE LIVES

WASH HANDS



COVER FACE

MAKE SPACE

STAY HOME  
PROTECT THE NHS  
SAVE LIVES

The new COVID-19 variant is spreading fast. We all need to play our part to stop the spread.

STAY HOME PROTECT THE NHS SAVE LIVES



# Dry January

Every day, 20 people die as a result of their drinking.  
But alcohol harm is not inevitable.



Dry January is the annual movement though which millions of people give up alcohol for the month of January. It is run by the charity Alcohol Change UK.

Taking part in Dry January is a chance to ditch the hangover, reduce the waistline, boost your energy and save some serious money, while doing your body a lot of good. More importantly, it's a way to reset your relationship with alcohol and drink more healthily year-round.

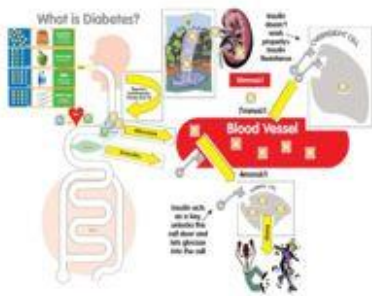
72% of people who do Dry January are still drinking less riskily six months later.

People who sign up for Dry January, whether online or via the free app are twice as likely to make it through the whole month alcohol-free compared to those who go it alone.

Download the free Dry January app to track your units, calories and money saved or sign up online by visiting

<https://alcoholchange.org.uk/get-involved/campaigns/dry-january/sign-up-for-dry-january>





## The NHS run free structured education programmes for people diagnosed with type 2 diabetes

**Are you struggling with your diabetes control?**

**What is diabetes? What do your health results mean?**

**Nutrition for Health – different dietary approaches?**

**Physical Activity?**

If you would like more information on diabetes and how to manage it effectively or even try to put your diabetes into remission, then these sessions are for you

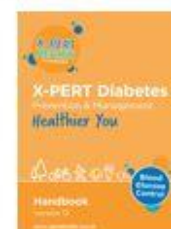
Nutrition for Health



We are offering 2 different options:

**Option 1 – Virtual sessions**

**Option 2 – small face to face group sessions**



If you would like more information on what we are offering, please contact the Community Diabetes Specialist Nursing service on 01743 277693

# Cervical Cancer Prevention Week

## 18<sup>th</sup>-24<sup>th</sup> January 2021

Cervical cancer is the most common cancer in women aged 35, and 75% of cervical cancers are prevented by cervical screening (smear tests). Cervical Cancer Prevention Week encourages women to reduce their risk of the disease by promoting the steps they can take to look after their health.

### How can you reduce your risk of cervical cancer?

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

Cervical screening is a free health test available on the NHS as part of the national cervical screening program. It helps prevent cervical cancer by checking for a virus called high-risk HPV and cervical cell changes. It is not a test for cancer.



# Do you know the symptoms of cervical cancer?

The most common symptoms include:



Vaginal bleeding that is unusual for you – after menopause, between regular periods or after sex



Unexplained pain in your lower back or between your hip bones (pelvis)



Pain or discomfort during sex



Changes to vaginal discharge

**These symptoms are not usually cervical cancer, but it's important to contact your GP and get them checked out. Don't wait for cervical screening (a smear test).**

If your GP asks you to go into the surgery, don't worry – they have measures in place to keep you safe from coronavirus.

For more information or support,  
call our Helpline on **0808 802 8000**  
or visit [jostrust.org.uk/symptoms](https://jostrust.org.uk/symptoms)

Jo's cervical  
cancer trust 



# Eating Disorder Awareness Week

## 1<sup>st</sup> - 7<sup>th</sup> March 2021

Eating Disorders Awareness week is an international awareness event, fighting the myths and misunderstandings that surround eating disorders. Awareness is raised to spotlight the impact eating disorders can have on an individual and highlight what individuals, colleagues and employers can do to support someone's recovery.



Eating disorders are serious mental illnesses affecting people of all ages, genders, ethnicities and backgrounds. People with eating disorders use disordered eating behavior as a way to cope with difficult situations or feelings. This behavior can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. making themselves sick, misusing laxatives, fasting, or excessive exercise), or a combination of these behaviors.

It's important to remember that eating disorders are not all about food itself, but about feelings.

### The impact of eating disorders at work

Our survey respondents told us:



4 out of 5 don't feel or don't know whether colleagues are informed about eating disorders

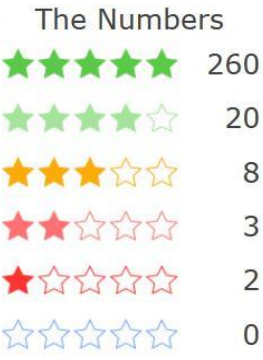




# FRIENDS AND FAMILY RESULTS FOR OCTOBER-DECEMBER 2020



Not Recommended (%)	Neither/Don't Know (%)	Recommended (%)
2	3	96
October 2020		
All		
All		
293 Responses		
2178 Appointments		
13% Response Rate		
171 Verbose Responses		



**October 2020**

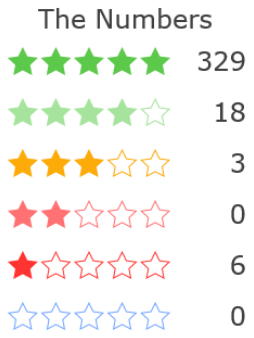
**November 2020**



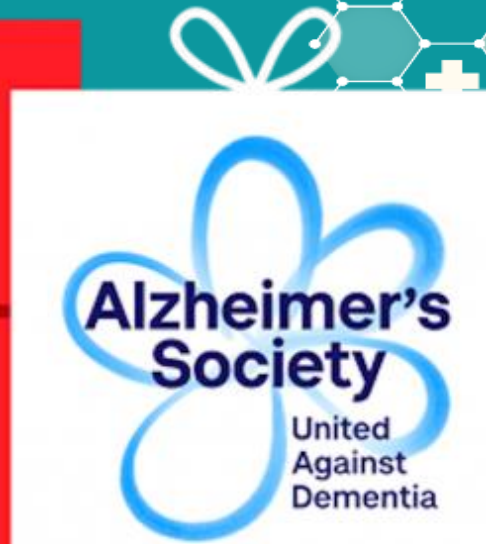
Not Recommended (%)	Neither/Don't Know (%)	Recommended (%)
1	1	97
November 2020		
All		
All		
134 Responses		
788 Appointments		
17% Response Rate		
74 Verbose Responses		



Not Recommended (%)	Neither/Don't Know (%)	Recommended (%)
2	1	97
December 2020		
All		
All		
356 Responses		
1325 Appointments		
27% Response Rate		
214 Verbose Responses		



**December 2020**



## Elf Day!

On the 4<sup>th</sup> December the admin team here at Claremont Bank Surgery took part in Elf day. We all wore elf themed clothes to raise money for the Alzheimer's society. We raised £50. Thank you to everyone who donated and for anyone wanting to donate you can find our page on [www.justgiving.com](http://www.justgiving.com) by searching Claremont Bank Surgery.

Just £6 could supply our scientists with 50 microscope slides and £50 means 312 people can access Talking Point, a helpful online community.



# Kelly's Corner

## 21 things to do with your elderly relative during lockdown - using online resources

### Arts and Crafts

1. Origami - using **Origamiway** - loads of figures, easy and fun to make.
2. Listen to free audiobooks with **Audible**

### Games

3. Play chess on line free
4. Complete a jigsaw with **Jigdi**

### Health and Wellbeing

5. Fitness classes by **Gymbox** - probably more suited to carers - live classes for 30 mins of indoor exercise
6. BBC audio exercise classes - aimed at older people - available through **BBC Sounds**
7. Meditate and relax with **Calm** - meditations, sleep stories, music to relax and unwind

### Knowledge and learning

8. Learn a new language with **Duolingo**
9. There are 1500 free online courses from the world's top universities. From Archaeology to lectures on black holes.
10. Do a creative online course
11. Learn the piano with **HomeSchool Piano**

### Music and Radio

12. Do Karaoke with **Singsnap** - thousands of songs to choose from.
13. Reconnect with powerful memories with **BBC Music Memories**.
14. **Reminiscence Radio Show** - tune in, and roll back the years.
15. Join Gareth Malone's **The Great British Home Chorus** - online choir experience.
16. Listen to **BBC's A History of the World in 100 Objects** podcast.

### Nature and the world

17. Watch animals live on camera with **explore.org** - kittens to gorillas
18. Watch some of the best nature programmes with **Documentary Heaven**.
19. Explore the world through **Skyline Webcams** - from Lake Como to Iceland.

### Theatre and Concerts

20. Watch a performance hosted by **The Royal Albert Hall** - all kinds of performers and artists sharing their talents live from their own homes.
21. Fancy a free West End musical? Andrew Lloyd Webber shares his shows through **The Show Must Go On** every Friday at 7pm, then available for 48 hours