



# Cherrymead Chat



**Autumn 2017**

**e-mail : prgcherrymead@gmail.com**



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## Seasonal Flu Vaccinations

A Flu vaccination is available every year on the NHS. It helps to protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy, it will usually clear up on its own within a week.

However, flu can be more severe for some people. These include:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection). It is recommended that they have a flu vaccine every year to protect them.

The injected flu vaccine is offered free on the NHS annually to:

- adults over the age of 18 at risk of flu (including everyone aged 65 and over)
- pregnant women
- children aged six months to two years at risk of flu
- children in reception classes and school years one, two, three and four (given at school).

- children aged two to 17 years at a particular risk of flu

A nasal spray flu vaccine is routinely given on the NHS as an annual to children aged two and three (given at the surgery)

Flu vaccine is the best protection we have against an unpredictable virus. It can cause unpleasant illness in children and severe illness and death among at-risk groups. They include older people, pregnant women and those with an underlying medical health condition.

The flu jab will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary. It is not a 100% guarantee that you'll be flu-free. If you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been.

The flu jab can reduce your risk of having a stroke.

Over time, protection from the injected flu vaccine gradually decreases and flu strains often change. So new flu vaccines are produced each year. That is why people advised to have the flu jab also need it every year

If you are unable to attend a clinic, or wish to query your invitation, contact our office.

If you are in a high risk group, we will be writing to you in September and October to invite you to our walk-in flu clinics.

Our adult walk-in flu clinics, at which you will receive an injection, are on:

**Saturday September 30th**

**Saturday October 7th**

**Saturday October 14th**

Each will run from 8am to 1pm

Our children's walk-in clinic will be on:

**Saturday October 14th from 8am - 1pm**

We will have additional Children's Clinics by appointment only

Please call Reception to book once you have received your letter

Please let us know if you have already received the vaccine at work, or a pharmacy, or if your child has had the vaccine at school.

Our Office phone number is 01494 478640.

## PRG Health Talks:

# Autism



The PRG held an Autism information Meeting on 12<sup>th</sup> July. The speaker was Paulette Hunn. She is the autism Development worker at Bucks CC. The meeting was attended by a small group of patients and PRG members.

Paulette began by covering some facts and myths about Autism. She then used the letters of **AUTISM** to link behavioural patterns. She explained how carers and others may identify those links to help with difficult situations.

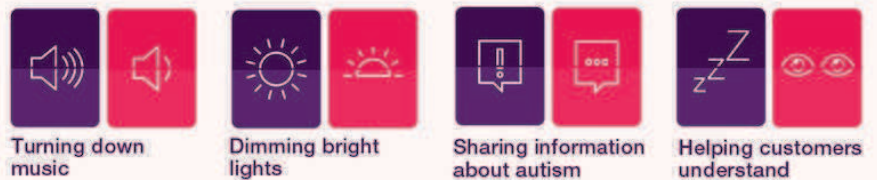


If you missed the meeting and think the details could help you, please contact Paulette. Her contact details are shown below:

**Paulette Hunn MEd (Autism) BSc**  
–Autism Development Worker  
**07917642227**  
**Autismbucks@buckscc.gov.uk**

**On October 2nd 2017 at 10 am**

**Shops and services will be:**



## Meet Harriet and Kate: PAs to the Partners



As PAs to the Partners, Harriet supports Dr King and Kate supports Dr Fraser. They ensure all patient tasks are completed in a timely and suitable manner. Patients always come first.

They are both excellent communicators.

They are helpful, organised, and in control, all ideal traits for a PA. Their daily workload can include referrals, insurance reports, and telephone calls from external and internal customers. They scan and sort all mail received, register patients, and deal with medical records.

They also fit in many other tasks from the GPs and patients.

Harriet previously worked as a Dental Nurse. In her spare time, Harriet volunteers for the “Contact the Elderly” charity. She is a driver who collects an elderly member once a month and takes them to a hosted tea party. There they meet with other members and drivers for afternoon tea and friendly chats. Harriet says the members are very interesting to talk to and tell great stories of times past.

Kate has previously worked as a veterinary nurse. Hence, she has experience in handling clinical records. An animal lover, she has her own dog and shares in the care of a horse. She has also worked in the wedding business. There she organised and decorated wedding venues. A change of workplace but a perfect marry up to her role as PA!

# PRE-DIABETES



## What is pre-diabetes?

People with blood sugar levels higher than normal but lower than those for diabetes are said to have pre-diabetes.

Most people with pre-diabetes will develop Type 2 diabetes within 10 years.

## What are the symptoms?

Pre-diabetes has no clear symptoms.

## Risk Factors

The risk factors for pre-diabetes include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having diabetes during pregnancy or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome.

You should have your blood sugar levels tested if you have any of the risk factors.

If you have been diagnosed with pre-diabetes or would like to discuss your risks of it, please make an appointment with one of the practice nurses at the surgery.

**Pre-diabetes is reversible.** You can prevent or slow the development of it and of diabetes through lifestyle changes.

## Eating right

The NHS recommends a healthy, balanced diet. It should be low in fat, sugar and salt. It should also contain a high level of fresh fruit and vegetables.

Healthy eating is not about strict diets, staying very thin, or depriving yourself of the foods you love.

## Weight Loss

Losing weight can lower blood levels, reduce blood pressure and lower cholesterol. That weight loss could be as low as 10-20 pounds.

## Exercising more

You can reduce your risk of diabetes by being regularly active. Thirty minutes on most days of the week is recommended. It can be anything, such as walking, that raises your heartbeat to your target rate.

## Diabetes Talk

**Our Diabetic Lead Nurse will be giving a talk around these areas on Wednesday 25th October at 19.30. She will also answer any questions. If you are interested in attending please contact us via email: [prgcherrymead@gmail.com](mailto:prgcherrymead@gmail.com)**

## SHINGLES - (varicella-zoster virus)

Shingles is a painful skin rash caused by the chickenpox virus (varicella-zoster virus). It is also known as herpes zoster.

A one-off vaccine given in the upper arm is available. You are eligible if you are aged 70 or 78 years old.

You can also receive the immunisation, if you could have had it in the previous three years but missed out. You remain eligible until your 80th birthday.

This includes:

- **people in their 70s who were born after 1 September 1942**
- **people aged 79 years**

The shingles vaccine is not available on the NHS to anyone aged 80 or more.

That is because it seems to be less effective in this age group.



**[www.bucksmind.org.uk/  
buckinghamshire-mind-guide](http://www.bucksmind.org.uk/buckinghamshire-mind-guide)**

The Buckinghamshire Mind Guide is intended for members of the public and a wide range for professionals, from NHS and health services to the police, local authorities and care providers. It provides a database that can be easily searched and navigated so that people with a mental health problem can access the support they need.



# Wye Valley Volunteers

Wye Valley Volunteers (WVV) are an affiliate of Bourne End Community Association. They offer help to the elderly, disabled, and others in need. The area they cover includes Bourne End, the Wooburns, Flackwell Heath, and Little Marlow.

**TRANSPORT** WVV drivers take clients to appointments at hospitals, doctor's surgeries, dentists, podiatrists, day centres etc. (Wheel chairs and/or escorts can be arranged as required).

**HOME VISITING** WVV provide befrienders to those who live on their own. They also help those that need a regular visitor to share a chat and a cup of tea. Most carers will help with occasional shopping. Some volunteer to walk dogs.

**Social** WVV run a monthly luncheon club, and pop-in coffee mornings, at the Bourne End Community Centre. There old friends can meet and new ones be made.

## WHAT DO THEY NEED?

New Volunteers! In particular they need new drivers. That is to cover holidays, sickness, child care, the age related retirement of some drivers, and other causes.

## WHAT CAN YOU OFFER?

Your time whenever it suits you....as much or as little as you can offer. It is entirely your choice.



PLEASE HELP THEM TO MAINTAIN THEIR VITAL SERVICES

## CONTACT THEM

In person: Community Volunteer Office, Wakeman Road, Bourne End, SL8 5RE  
(10 am to 12 noon every weekday)

By phone: 01628 521027

By email: [office@wyevalleyvolunteers.org.uk](mailto:office@wyevalleyvolunteers.org.uk)

Website : [wyevalleyvolunteers.co.uk](http://wyevalleyvolunteers.co.uk)

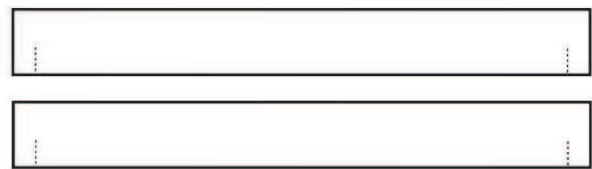
# Finger Puppets



nurse



doctor



1. Colour in the nurse and doctor puppets
2. Cut out the puppets
3. Cut out the rectangles
4. Attach the rectangles to the back of the puppets using sticky tape leaving enough room for your finger.

For more information on how you can get involved with the Cherrymead Surgery Patient Reference Group:

Come and meet us at one of our regular Meet The PRG sessions or email us directly at :

[prgcherrymead@gmail.com](mailto:prgcherrymead@gmail.com)

**Cherrymead Surgery Patient Reference Group**

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