

Cherrymead Chat

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Coronavirus Vaccination : A Patient's Experience

My name is Chris Ransted and I am the Chairman of the Patient Reference Group at Cherrymead Surgery.

there to direct us and remind us to keep 2 metres apart. I was shown where to register and given a consent form and a vaccination card. I had to sit in a different area to wait.

I recently received a message on my phone inviting me to have my COVID-19 vaccine. It told me how I could arrange a date. I chose to have the vaccination on Saturday 23rd January at Adam's Park football stadium.

I was then told to move to a different seat where I met my vaccinator. I had to answer some questions about coronavirus symptoms, recent vaccinations and illness. I was asked to sign the consent form. I was then injected in the top of my arm.

With my son currently living with me, he was able to take me to Adams Park at the right time. When we arrived, we were asked questions by the parking attendant. We were directed to where we should park. I was told to stay in the car until just before my appointment.

I then met another person who gave me a card showing that I had had my first vaccination and which vaccine had been used. I had the AstraZeneca vaccine so was able to leave straightaway. I was given information about which vaccination I had.

At the right time I put my mask on and walked over to where the reception hall. There were many other people standing in a queue, all 2 metres apart. A couple of people were escorted immediately into the reception hall when using a wheelchair, pushed by carers or staff.

Overall, I was very happy with the service I received. The centre appears to be running well, everybody was friendly and I felt very safe. I am extremely pleased to have had my vaccine. A huge well done to all involved!

When I entered the building, I had to use hand sanitiser. Several staff were

First Coronavirus Vaccination Uptake

As of March 19, 2020 our registered patients had turned out in force to have their vaccinations.

94% of people over 80 years old had been vaccinated.

96% of people aged 70-79 years old had been vaccinated.

86% of people aged 60-69 years old had been vaccinated.

84% of people in at risk groups under 60 had been vaccinated.

Second vaccinations are now under way.

BANK HOLIDAY WEEKENDS

We'll be closed on Good Friday, Easter Monday, the Early Spring and Spring Bank Holidays. On April 2 and 5 and on May 3 and 31 please check the red links for advice and the blue one for Easter weekend pharmacy opening times.

https://docs.google.com/document/d/1kePZzyC91YBVID75VrXTy_IQOIEXcehVowd4Tnzklw/edit?usp=sharing

<https://www.buckinghamshireccg.nhs.uk/wp-content/uploads/2021/03/Buckinghamshire-Pharmacy-Opening-Times-East-er-BH-2021-Final.pdf>

Booking Blood Tests at Bucks Hospitals



To ensure safety, blood tests at Buckinghamshire Hospitals Trust now have to be booked online in advance. Please search for **Bucks Hospitals Trust blood tests** in your web browser to go to the bookings page.

Are you struggling to control how much alcohol you drink?

It's okay to say you're not okay; the past 12 months have been hard on everyone . You may have even found yourself reaching for an alcoholic drink to help you through the day.

With COVID-19 restrictions lifting slowly and life beginning to return to some normality, you may still find yourself reaching for a glass or bottle to help you through the day so with this in mind here are some self-management tools to support you.

Realising you have a problem with alcohol is the first big step to getting help. Speaking with your GP is a good start, they may suggest different types of assessment and support options available to you.

Any recovery from an addiction will help you to decide whether you have a problem, encourage motivation to change and offer the tools and techniques to support a full recovery.

By building motivation you will have power over the choices you make, how you behave and the goals you set.

Understanding why you have urges and how to recognise them will help prevent you from acting on them.

Managing thoughts, feelings, and behaviours and how you think, feel and act can help stop you from drinking to feel better.

Drink Line is the national alcohol helpline. If you are worried about your own or someone else's drinking, you can call the free helpline on 0300 123 1110.

The NHS website <https://www.nhs.uk/live-well/alcohol-support/>, has further advice and useful contacts.

You can also contact One Recovery Bucks . <https://onerecoverybucks.org/>

INSOMNIA



One of the best ways you can look after yourself is to try and get a restful night's sleep. If you are well rested you will be healthier, less tired and improve your immunity.

On average an adult needs 7 to 9 hours sleep, children 9 to 13 hours and toddlers 12 to 17 hours.

Symptoms of insomnia or difficulty getting a good night's sleep, include finding it hard to fall sleep, waking up several times during the night, lying awake and feeling tired after waking up.

The most common causes of insomnia are stress, noise, alcohol, caffeine and smoking.

The good news is that you can improve your sleep by changing your sleeping habits.

Here are some of the things you can do yourself to improve your sleep every night.

- * Go to bed and wake up at the same time every day
- * Relax for at least 1 hour before bed
- * Exercise during the day
- * Make sure your bed, pillows are comfortable
- * Avoid eating a big meal late at night
- * Avoid smoking, drinking alcohol or tea or coffee before bedtime
- * Avoid watching tv or using electronic screen devices just before going to bed

However, if changing your sleeping habits has not improved your sleep and insomnia is making your life difficult you can ask for help from your pharmacist or your GP.

The following websites offer advice and explain ways to improve your sleep.

www.nhs.uk

This provides a self-assessment and gives advice and examples of how to treat insomnia.

www.sleepio.com

This will show you how to improve your lifestyle, your way of thinking and your daily schedule to help you find a restful sleep. If you are registered with a Bucks GP and register with your Bucks address you will be able to use it free through the NHS.

mind.org.uk

This website explains sleep and mental health, gives practical suggestions and information about where to get support.

buckshealthcare.nhs.uk

This website offers advice when looking after a child who has a sleep problem since this can be exhausting and have a significant impact not only on your child but also the whole family.

bhf.org.uk

Certain conditions such as those of the heart or circulation can cause insomnia. The British Heart Foundation site offers advice and ways sleep can be improved.

I Think My Home Is Making Me Ill

We've all had to spend more time indoors than normal this winter and I'm sure that, like me, you've noticed things around the house that haven't really registered before. Not all of them are pleasant.

One particularly unpleasant winter visitor is damp. You may have noticed more water droplets on windows this winter. If you do, check for dark mould on walls and around windows. Nothing? Great! But, before you breathe a sigh of relief, check behind wardrobes and other furniture fitted close to the wall. If you see dark mould, brown fungus or if you notice a mouldy smell you've got damp.

Across England, it is estimated that more than one in 25 homes has a damp problem. Damp is more common in privately rented accommodation (8.2%) and lowest in owner occupied accommodation (2.7%).

There are many causes of damp in the home. It could be coming from outside your home, in which case it could be penetrating or rising damp. Or it could be due to condensation from within the home.

The first type is generally caused by a failure within the fabric of your home allowing rain or groundwater to pass from the outside to the inside of your home. Crumbling plaster, tide marks on the walls and rotten windows and skirtings are common tell-tale signs.

If you notice any of these and have concerns, seek advice from a competent building surveyor or builder who will be able to work with you to identify the most likely source of the problem and develop a plan of attack.

Condensation is the most common kind of damp. It is also the one that is most difficult to remedy as the causes are a mixture of the way we live and our ageing housing stock. It is caused by moist warm air condensing on cool surfaces, walls and windows in particular. It is most commonly found in rooms that naturally generate a lot of air moisture during normal use, such as kitchens and bathrooms.

Long-term exposure to black mould can make you more susceptible to health problems, particularly if you have allergies, Asthma or COPD. The very young and the very old are also thought to be at greater risk too. If you feel that any of your health conditions are getting worse as a result of damp or mould, please contact the surgery.

OK. So, what can you do about damp?

As with all good public health messages, there is a three-letter acronym. **H-A-M** stands for Heat, Air and Moisture.

Heat – Maintain an even temperature in your home. Avoid extremes of heat and rapid heating and cooling which can generate moisture.

Air - Let your house breathe. Open a window. Make sure that your airbricks are uncovered. Unblock chimneys. Open trickle vents. Move large furniture items away from the wall so that air can pass freely around them.

Moisture – Reduce moisture generated by day-to-day activities like cooking, laundry and personal hygiene. For instance:

- Avoid drying clothes inside
- Make sure that your tumble drier is vented outside
- Use your cooker hood, if you have one
- Do not disable kitchen, shower or bathroom fans
- Use a dehumidifier
- Remove moisture and mould from windows and other surfaces as soon as you notice it
- Avoid long showers and baths

The Homes (Fitness for Human Habitation) Act 2018 that came into force in March last year creates a legal obligation for private and social

landlords to make sure that their properties are safe and healthy.

So, if you have damp and live in a rented home, make sure that you inform your landlord and that you have taken **all** the H-A-M actions that you can reasonably be expected to do.

Then invite them to inspect and deal with the problem. If your landlord refuses or fails to respond, contact your local Citizens Advice Bureau for further advice.

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>



**HAPPY
EASTER
2021!**

Help With Personal Money Problems and Debt

Coronavirus has had big impacts on all our lives. It has affected more than our health. More people have found themselves struggling with less money and with debt. There are lots of places that can give you free advice and help you get your finances back on track.

The Money Saving Expert website has a step-by-step guide to assessing your debt.

[Free debt advice: what to do & where to get help - MSE \(moneysavingexpert.com\)](#)

There are a number of charities which can offer free help and support with debt.

Citizens Advice provides a full debt and consumer advice service.

[Find your nearest](#) CA centre and opening times by clicking on the link above .



Or you can telephone 03444 111 444 .

National Debtline provides free advice and resources to help people deal with their debts. Advice is available over the phone, online and via webchat.

Telephone **0808 808 4000**

Opening Times: Mon - Fri 9am to 8pm, Sat 9.30am to 1pm

offers a full debt help service is available across the UK. Online support is also available



via its [debt advice tool](#) where you can create a budget and get a personal action plan with practical next steps.

Telephone **0800 138 1111**.

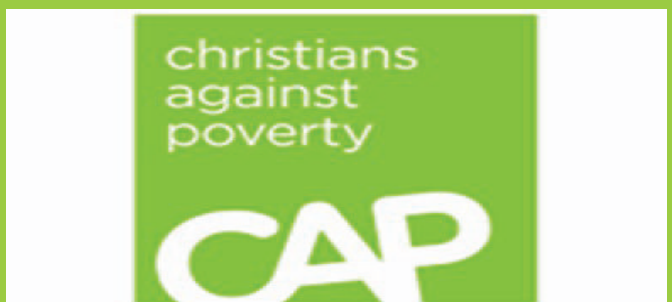
Opening Times: Mon - Fri 8am to 8pm, Sat 8am to 4pm

Christians Against Poverty also specialises in helping those who are struggling emotionally.

The religious focus is *why* they do it, not *how* they do it.

Telephone **0800 328 006**

Opening Times: Mon - Thu 9.30am to 5pm, Fri 9.30am to 3.30pm



HAY FEVER

The pollen season has started. Hazel, yew, alder and willow spread allergens starting in February. Between now and late August all those lovely trees and plants in the Chilterns will be giving people itchy watery eyes, sneezes and wheezes.

Prevention is better than a cure.

- Wear wrap-around sunglasses.
- Avoid being outdoors in the early morning and evening when the pollen count is higher.
- Avoid walking through fields, and cutting grass.
- Close windows.
- Change and shower after being outside, and damp dust inside your home.
- Avoid alcohol! It contains histamines and will make matters worse.

If you have asthma, *don't* stop taking your inhaled steroid. Remember that thunderstorms make pollen counts rise. So keep your reliever inhalers for asthma to hand.



You can buy antihistamine eye drops, tablets, nasal antihistamines and steroids over the counter from the pharmacy. They are usually at a lower cost than on a prescription. This will also free our phone lines for people who have major conditions to get through to us for help.

You can keep an eye on the pollen count at the Met Office website:

<http://www.metoffice.gov.uk/health/public/pollen-forecast>

Your PRG Needs You!

The PRG is the Patient Reference Group for Cherrymead Surgery. We are a group of patients who meet with the Surgery Manager and a Partner once a month. We are there to support the Surgery and also give a patient opinion on what goes on.

As a group we produce this Newsletter. We also organise Health Information Meetings for patients on a variety of health conditions. You can also see action points from our meetings on the Cherrymead website www.cherrymeadsurgery.co.uk

We are always keen to welcome new members to the group. If you are interested in joining us or have questions about what we do please get in touch .



For more information on how you can get involved with the Patient Reference Group please contact us : prgcherrymead@gmail.com

Cherrymead Surgery Patient Reference Group