

FRIARSGATE FOCUS

Summer 2018



ON 5TH JULY 2018 THE NHS WILL TURN 70!

Nye Bevan, Health Minister said in 1948, that the introduction of a NHS was a milestone in history and his initiative had huge public support - by the day of the launch 94% of the public were enrolled with the NHS. Its founding principle was and still is '**Care for all, on the basis of need and not the ability to pay**' this principle has stood the test of time.

NHS at 70

This is a Heritage lottery funded project led by the University of Manchester which is collecting stories and memorabilia from patients, workers, volunteers and the public. Contact the team via nhs70@manchester.ac.uk or call 0161 275 0560 to share your story. You can also follow them on Twitter: @NHSat70.

SUMMER FUN AND SUNSCREEN

We all want to have fun in the sun but it is very important that we are careful and look after our skin. Use at least a factor 15 sun screen to

protect against UVB. Factor 30 or 50 for Children and Adults with very fair skin. Don't rely on sun screen alone, make sure you wear suitable clothing and spend time in the shade when the sun is at its strongest (between 11am-3pm March to October). Adults should use at least 2 tablespoons of sunscreen cover their entire body which should always be applied at least 30 minutes before going out into the sun. It should be reapplied frequently and liberally, especially after being in water.

If you do burn sponge with cool water and apply after sun or calamine lotion. Paracetamol or Ibuprofen can be taken to ease pain and reduce inflammation. If you feel unwell or the skin swells or blisters seek medical attention.

TRAVELING ABROAD

If you are going away this summer please remember to contact the practice to discuss holiday vaccinations. We will conduct a travel risk assessment based on your itinerary and take into account any existing medical conditions before advising on vaccines and/or medication needed.

We carry a full range of vaccines in stock and we recommend you book an appointment 6-8 weeks in advance. The Practice is an accredited yellow fever centre.

DIABETES AWARENESS

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. There are two main types of diabetes:

- **Type 1 diabetes** where the body's immune system attacks and destroys the cells that produce insulin
- **Type 2 diabetes** where the body doesn't produce enough insulin or the body's cells don't react to insulin.

Type 2 diabetes is far more common than type 1. In the UK about 90% of all adults with diabetes have type 2.

When to see a Doctor

Visit your GP as soon as possible if you experience the main symptoms of diabetes which include:

- feeling very thirsty
- urinating more frequently than usual, particularly at night
- feeling very tired
- weight loss and loss of muscle bulk
- itching around the penis or vagina or frequent episodes of thrush
- cuts or wounds that heal slowly
- blurred vision

Type 1 diabetes can develop quickly over weeks or even days.

Many people have type 2 diabetes for years without realising because the early symptoms tend to be general.

DEMENTIA INFORMATION EVENING

This was our most recent event and was very well attended. It was supported by Dr Nicki Wright, the Princess Royal Trust for Carers, the local Dementia Advisory Service and the practice's proactive care team.

Dan Hodges from the Advisory Service has kindly provided the key points from his presentation:

- The importance of getting Power of Attorney = without which dealing with the patients' affairs is nearly impossible
- Engagement with various agencies and charities as they can provide a lot of useful information
- Carers should organise support to ensure they are able to take a break and to make sure that their GP is aware that you are a carer
- Memory Matters Course run by OPMHT explained why certain things happened and provided strategies to deal with various situations

Dr Nicky Wright also provided these key points:

- The importance of staying fit and active with dementia.

- Making sure that if you are a carer that you inform your GP to make sure you get the best care and support possible.
- Getting a carers assessment from the practice's proactive care team, to see what help and support you may be eligible for.
- Completing a 'This is me' form for dementia patients, which provides useful information about the person and this can be very helpful when visiting hospitals or support groups.

PPG ACTIVITY 2017/18

It is just over a year since we started communicating with you via our Newsletter – this in the 6th edition - and we hope you have found useful as a means of keeping in touch with what is going on in the practice and as a resource for information on various health topics.

During the past year the Practice and the PPG have worked together to:

- Informing the practice about the frustrations of calling to cancel an appointment and being held in a queue. This led to the practice introducing a dedicated cancellation line.
- The WAVE initiative- this involves members of our PPG in the waiting areas

at Friarsgate speaking with our patients about services the practice offer.

- Start The Friarsgate Focus Newsletter which is a great way on keeping patients up to date with what is happening in practice.
- Work with the practice and other professionals to provide Information Evenings for patients who have had Pre Diabetes, Stroke and those living with or caring for someone with Dementia

DON'T RUN OUT

As this is the holiday season make sure you order enough of your regular medication to cover your trip and for at least a week after.

KEEP US UP TO DATE

You never know when we may need to get in touch with you in a hurry so make sure you keep us up to date with any changes to your contact details especially mobile and home telephone numbers

AND FINALLY

The practice is still losing many appointments each week as a result of patients not attending so your phone call or text could make a real difference. Please let us know if you are unable to attend your appointment for any reason.