

Upton Village Surgery Newsletter

Produced by

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For the latest NHS advice & information on the Coronavirus click here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

To find the latest government advice click here: <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Hello and welcome to the second edition of Upton Village Surgery's newsletter produced by our [Patient Participation Group \(PPG\)](#). This is a biannual publication (September and April), designed to keep you up to date with changes within and outside the practice that affect all our patient community. Anyone who is registered with the surgery can opt to receive the newsletter by emailing UVSPPG@gmail.com or by picking up a paper copy at the surgery (post-pandemic!).

Some of the articles recommend contact with your GP. So, whilst we are all living through the current pandemic, **please refer to the latest advice on the Surgery website on how to contact the practice**. Please also note that some of the overlong web addresses have been shortened by the use of [BITLY](#) to avoid using up too much space in the article.

If you enjoy the newsletter please forward onto your family and friends and encourage them to register. **#stayathome**

Practice Update

As I type this on a sunny April afternoon in Chester, I can't believe the difference 6 months has made since our 1st newsletter.

When we first started hearing reports of COVID -19 in the news in January I don't think any of us could have foreseen how our lives have changed now. As we now near the predicted peak of the pandemic, I can't express how proud I am of the team here at Upton Village Surgery and also of you, our patients, for how positively you have all adapted to the changes we have had to make. Within a short space of time we have completely adapted our approach to patient appointments: with most patient contact with our teams now being over the phone or via video.

Our aim as a surgery continues to be to keep our patients and staff safe, whilst still providing urgently required healthcare. I would like to take this opportunity to thank the staff at Upton Village Surgery for their agility commitment and hard work in keeping the show on the road and to our patients a thank you for your understanding, amenability and support. Best wishes and keep safe.

Sharon King (Practice Manager)

Change of Contact Details

You can complete an online form to notify the surgery of any change of contact details. Just visit:

www.mysurgerywebsite.co.uk/secure/cod.aspx?p=n81100

Patient Access



Are you interested in being able to book your appointments online or access your medical history? Then use the link below to find out more:

www.uptonvillagesurgery.co.uk/info.aspx?p=15

At present only twenty five per cent of our patient community use this service. The more people that sign up the more access will be made available for online appointments and other resources.

Self Care Forum

The [Self Care Forum](#) aims to further the reach of self care and embed it into everyday life. Self Care is the actions that individuals take for themselves, on behalf of and with others to develop, protect, maintain and improve their health, wellbeing or wellness.

For more information visit:

<http://www.selfcareforum.org/>

Merging of four Cheshire CCG's

[NHS England / Improvement](#) formally approved an application to bring together Cheshire's four NHS Clinical Commissioning Groups (CCG's) from 1 April 2020. The move is designed to bring together the planning and buying of health services across the county. Use the link below for more information.

<https://www.cheshireccg.nhs.uk/about/>

Change4Life

Each year children will typically consume almost 400 biscuits; more than 120 cakes, buns and pastries; around 100 portions of sweets; nearly 70 of both chocolate bars and ice creams; washed down with over 150 juice drink pouches and cans of fizzy drink. Launched in 2009, Change4Life aims to ensure parents have the essential support and tools they need to make



healthier choices for their families. For more information and to keep up to date with health news for all your family, use the links below:

<https://www.gov.uk/government/news/phe-launches-change4life-campaign-around-childrens-snacking> AND <https://www.nhs.uk/change4life/about-change4life>

How to get back pain under control

Back pain is incredibly common. Four in five people get it at some point, normally in the low back. It's usually nothing to worry about. But advice on managing acute back pain has changed in recent years and there are symptoms you need to look out for. Use this link for more information.

<https://bit.ly/2KLipyz>

Jargon Buster – NHS Acronyms

[The NHS Confederation](https://www.nhsconfed.org) maintains a comprehensive acronym buster with definitions of over 600 commonly used acronyms in the NHS. For more information visit: <https://www.nhsconfed.org/acronym-buster>

How to stay fit if you have a physical disability

When you have limited mobility, keeping fit and active can feel more difficult, but it doesn't have to be like that. Click <http://bit.ly/3aLMrge> for some simple expert tips on how to improve your fitness if you are disabled.

Did You Know? (Self Referral)

Did you know that there are some free NHS health services you can access without needing an appointment with your GP?

This is called self-referral and could help you find the care you need quicker and more easily than going through your surgery.

Self-referral often includes services for antenatal care and improving access to psychological therapies as well as drug and alcohol problems. Use this link for more info. <http://bit.ly/2VZAyPJ>

Data Protection

As a Patient participation Group we know how seriously the practice takes its data protection responsibilities. You can find a number of key documents covering data protection and patient privacy at the surgery's website by using this link: <https://uptonvillagesurgery.co.uk/info.aspx?p=18>

The information also includes the option to opt out of the process by which the NHS uses your data for research and planning. See the following link for more details. <https://www.nhs.uk/your-nhs-data-matters/>

NHS England



[NHS England](https://www.nhs.uk) leads the National Health Service in England. From 1 April 2019 NHS England started working with [NHS Improvement](https://www.nhs.uk) to better support the NHS. Use the link below to find out more. <https://www.england.nhs.uk/about/about-nhs-england/>

Did You Know? (Right to Choose)

NHS patients have the right to choose where they receive non-urgent treatment. However, in a [WHICH? Survey](https://www.which.co.uk/news/2020/03/patient-choice-how-to-choose-the-right-hospital-and-consultant/), some 63% of patients in England said they weren't offered a choice of where they received non urgent care. Just use the link below to find out how to make that choice:

<https://www.which.co.uk/news/2020/03/patient-choice-how-to-choose-the-right-hospital-and-consultant/>

Domestic Violence & Abuse

The staff at Upton Village Surgery are trained in respect of domestic abuse and specialist workers are available to support you. Your practice is an IRIS practice.



You can talk to doctors, nurses and other staff working here. You can also contact 0300 123 7047 option 2 and ask to speak to your local IRIS Advocate Educator. More information is available on the Surgery's home page by visiting: <https://uptonvillagesurgery.co.uk/info.aspx?p=12>

Don't Ignore Penis Problems

Whilst the majority of penile conditions can be dealt with quickly, changes in the penis, testicles and urinary habits can indicate something is wrong. Use this link for more information: <http://bit.ly/39E3noW>

Behind the Headlines

For the NHS perspective on these and other news stories click each title below or visit <https://www.nhs.uk/news/>.

- [Sugary Drinks could affect your cholesterol level](#)
- [Light activity may improve mental help for teenagers](#)
- [Healthy habits add up to ten disease free years to your life](#)
- [Good sleep linked to lower risk of heart attack and stroke](#)
- [Owning a dog may increase length of life](#)
- [Alternate day fasting may help aid weight loss](#)



The Mental health Impact of Skin Conditions

As the body's largest organ, the skin is vitally important to our well-being. And as with other organs, it can be affected by a range of conditions, many of which can be both physically and emotionally debilitating.

The link between skin and mental health is so profound that a whole field of scientific interest, called psychodermatology, exists to understand it. Yet, according to [a survey](#), nine in ten dermatologists don't think enough importance is placed on the psychological effects of skin conditions. **Please don't suffer in silence.**

Talk to your GP or Dermatologist to get the right support. For more information, including case histories use this link:

<http://bit.ly/2xuGTIV>

[#EveryMindMatters](#)

Can you really boost your immune system?

About 80% of our immune tissue lies within our digestive tract, acting as a protective barrier between our bloodstream and potential pathogens from the outside world. The microbiome (the millions of micro-organisms and bacteria that live in our guts) is now a key area of scientific research; it has been shown to play a key role in immune response and overall health and fitness.

So, how does the immune system work and what can you do to support it? This article explores some myths about 'boosting' the immune response and also asks the experts what you should do if you get recurrent viral infections and consistently feel below par. Use this link to learn more. <https://bit.ly/2JbdeqS>

Blood in your Poo?

If there's blood in your stool, or on the toilet paper your automatic response may be to panic.

If this has happened to you, the good news is that there are a number of potential culprits, not all of which are cause for concern. However, you do need to get checked out by a health professional.

For more information click on this link: <https://bit.ly/3bdVUNG>

What does good mental health mean to you?

Having good mental health helps us relax more, achieve more and enjoy our lives more. Visit [#EveryMindMatters](#) for a free personalised mind plan and discover simple things you can do to look after your mind: <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Primary Care Networks

Primary Care Networks (PCN's) consist of groups of GP Practices working together with a range of local providers to offer more personalised and co-ordinated health and social care to their local populations. Since July 1st 2019, all GP practices across West Cheshire have come together in networks each covering populations of approximately 30-50,000 people.

Upton Village Surgery is now part of **Chester East PCN**, working with Heath Lane, Boughton and Park medical centres.



For more information on the role of PCN's visit:

<https://www.england.nhs.uk/primary-care/primary-care-networks/pcn-faqs/>

And

<https://www.kingsfund.org.uk/publications/primary-care-networks-explained>

It's NICE to get involved

The **National Institute for Health & Care Excellence (NICE)** is the public body that evaluates best practice and cost-effectiveness of medicines and treatments. They regularly seek input from patients and carers as part of their assessments. To find out what is involved in giving opinions and feedback use this link.

<https://www.nice.org.uk/Get-Involved>

Ovulation Pain - What is it & should you be concerned?

We're all familiar with period pain, but what about pain that occurs mid-cycle? If you've ever noticed a pain on one side of your lower abdomen, roughly two weeks before your period, you might be experiencing ovulation pain.

The exact cause of this pain is not known, but it is believed that it is caused by the fluid that's released when the egg breaks through the ovary wall.

While ovulation pain is reasonably common, the reason why some women experience it and others don't all comes down to individual pain levels and physiologies.

The side you experience ovulation pain on obviously depends on which ovary has released an egg, so this can change from month to month

Use this link to find out more about this condition: <https://bit.ly/2QAEV0m>

Live Well – Cheshire West

Cheshire West and Chester Council and local NHS partners collaborate on the [Live Well - Cheshire West](#) initiative. This includes the [Live Well directory](#) which provides information about local services, support, activities and events for residents in Cheshire West, including children who have special educational needs and disabilities (SEND), young people, families and adults.

To find out more visit the directory and search for your topic using this link:

<https://livewell.cheshirewestandchester.gov.uk/>

Can Social Prescribing improve your health?

Imagine this scenario: you've been feeling mildly depressed due to social isolation or [low self-esteem](#). You take a trip to your GP, expecting a dose of antidepressants, but instead, you're put in contact with a local community gardening group and recommended to attend weekly sessions. Would you give it a go?

This new approach is called '[social prescribing](#)' and more and more GPs are exploring it. Doctors are now linking their patients with sources of support within the community. These non-medical referral options can complement existing treatments to improve health and well-being

Use this link to find out more: <https://bit.ly/2UJ8U7y>

How to help a friend who has an eating disorder

Trying to talk to someone you suspect has an eating disorder can be a daunting prospect. But this tricky conversation can be an essential first step to getting them the specialist support they need. Once they have confided in you, there's a lot you can do to support them too.

Use this link for more information: <https://bit.ly/2W0lq8h> and check out this video https://youtu.be/cFef8j_am3M

[#EveryMindMatters](#)

Sleep Easy? [#EveryMindMatters](#)

Going to sleep at a similar time every night will help regulate your body clock and makes falling asleep easier. For much more advice on getting better sleep visit:

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Good Heart Health in middle age may lower risk of dementia

An international research project compared [heart health](#) scores at age 50 and dementia diagnoses over the next 25 years. The study, published in [the BMJ](#), looked at data collected from 8,000 London-based civil servants.

For more information on this article and related information click visit:

<https://patient.info/news-and-features/good-heart-health-in-middle-age-may-lower-risk-of-dementia>

Healthwatch – Have Your Say

Healthwatch England is the national consumer champion in health & care with significant statutory powers to ensure the voice of the consumer is strengthened and heard by those who commission, deliver and regulate health and care services. To find out how you can help to improve your local NHS and social care services use this link:

<https://www.healthwatch.co.uk/>

And Finally!

Our [Patient Participation Group \(PPG\)](#) is currently looking for new members. Whilst the Coronavirus has obviously eliminated the face to face activities of the group for the time being there are still plenty of opportunities for individuals, whatever their age, to help support your Practice and make a difference.

If you would like to find out more about the Upton Village Surgery PPG or any other PPG in the Chester East PCN (see article above) email UVSPPG@gmail.com for details.