

Upton Village Surgery Newsletter

April 2022 - Issue 9

Telephone – 01244 382238

Wealstone Lane, Upton, Chester CH2 1HD

www.uptonvillagesurgery.co.uk

[Facebook Page](#)

Produced by



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 latest edition of Upton Village Surgery's newsletter produced by our [Patient Participation Group \(PPG\)](#) and issued on a quarterly basis, in January, April, June and September. Anyone who is registered with the surgery can receive the newsletter by emailing UVSPPG@gmail.com or by picking up a paper copy at the surgery.

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

Practice Update

Hi all,

Welcome to our spring edition of the UVSPPG Newsletter. As we start the new financial year we are hopefully contemplating a much more business as usual year here in the Surgery.

As such, GP Practices are no longer offering COVID Vaccines with all patients being directed to the national booking service either online or via 119. We have two local clinics in Huntington and Vicar Cross with plenty of availability for five years old and upwards. We will restart COVID Vaccinations in-house in the autumn alongside our annual flu campaign. In not doing COVID Vaccines over the spring and summer months we will be able to continue to concentrate our efforts on both chronic and acute health care.

We have also had some personnel changes since the last newsletter and I am delighted to welcome **Jenny Jones** as our new Clinical Pharmacist who started with us in February as well as **Meryn Murray** who joined our Patient Services Team in March. **Dr Rebecca Hildreth** returns from Maternity leave in May but won't be with us for long as her family are relocating down south in July. Rebecca is an excellent GP and will be much missed by colleagues and patients alike, we wish her and her family all the best with this move, and will confirm her replacement in due course.

Sister **Sam Richards** starts with us at the end of April as our Monday Practice Nurse and will bring a wealth of experience with her from previous roles in the Community and in Extended Hours.

Finally we wished our HCA **Kayley Thomas** all the best as she started Maternity leave in March. After two very long recruitment campaigns that started in December of last year we have recently appointed **Janet Butcher** as Kayley's temporary replacement.

Best Wishes

Sharon

Sharon King, Practice Manager, Upton Village Surgery

New Website Launch!

The PPG is currently working with the practice to prepare the **launch of a new website** for Upton Village Surgery. The website will be a significant improvement on the current version and also include an expanded PPG zone.

More details to follow in the next newsletter and look out for details on the UVS Facebook page and in the surgery reception area soon.

Text Message Reminders

You can register to receive information by text message on your phone regarding appointments and health care.

If you wish to register for this messaging service please fill out the consent form using this link <https://bit.ly/3NRDQqt>

Exams & Anxiety

In the UK, **82% of teachers believe tests and exams have more impact on the mental health of their students than anything else.**

A study by education research organisation

ImpactEd found that the pandemic had negatively impacted student learning and that this affected anxiety levels. Students in years 10, 11, and 13 had the lowest wellbeing scores, which may provide an insight into the increase in test anxiety levels.

However, students who experience high levels of stress in the lead up to tests can significantly reduce their anxiety through a combination of preparation and self-care techniques.

For more help and support try this link <https://bit.ly/3IYdZ2J>

Headache Busting Balloons!

- A tiny balloon to treat chronic sinus infection
- Steam bursts to shrink an enlarged prostate
- A new system for sickle-cell patients
- A Portable chest drainage device

These are just some of the new pioneering treatments that were rolled out by the NHS last month. For more information use this link <https://bit.ly/3Kh4xsP>

Prostate Cancer – Risk Checker

1 in 8 men will get prostate cancer. If you're over 50, or you're black, or your dad or brother had it, you're at even higher risk. Prostate cancer is not always life-threatening. But when it is, the earlier you catch it the more likely it is to be cured.

Use the link below to access the [Prostate Cancer UK](#) risk checker.

<https://prostatecanceruk.org/risk-checker.html>

Also, if you are suffering from the following symptoms:

- Passing urine more often during the day or night
- Difficulty passing urine – this includes a weaker flow, not emptying your bladder completely and straining when starting to empty your bladder
- Urgency to pass urine
- Blood in your urine or semen

Then contact the Practice for more advice. There isn't a national screening programme for prostate cancer as there isn't a reliable method currently available but you can find more information at the [Prostate Cancer UK](#) website and by reading their information sheet using the link below.

<https://bit.ly/3j3v29j>

1500 GP's lost in 5 Years

The total number of fully-qualified full-time equivalent (FTE) GPs in England dropped from 29,320 to 27,848 over the five-year period to December 2021, figures from NHS Digital show. The 1,472 FTE GPs lost to the profession are equivalent to 5% of the total in December 2016.

Over the same period, the number of patients registered with GPs surged by around 3.3m - leaving the average GP caring for 11% more patients now compared with half a decade ago. More information at: <https://bit.ly/36S3uBd>

NHS Soups & Shakes help shed the pounds!

Over 2,000 people with [Type 2 diabetes](#) have now improved their health through the **NHS soups and shakes diet programme** – with participants losing an average of 13kg (over two stone) in three months.

Early data from the NHS programme shows participants each lose 7.2kg (over one stone) on average after one month and 13.4kg (over two stone) after three months.

Use the link below for more information.

<https://bit.ly/3j4BLzQ>

A Good Night's Sleep?

Sleep is where your body and mind recharges, restores and heals itself.

During good sleep, your body prevents and repairs skin cell damage, significantly improving not only your skin's appearance but its strength and ability to protect against harmful external elements. On the other hand, poor sleep can increase inflammation, which can make certain skin conditions worse.

According to the [Sleep Foundation](#), a [good-quality night's sleep](#) includes sleeping for [roughly 7-9 hours](#) (for adults), waking up no more than once, falling asleep within 20 minutes if you do wake up, and feeling rested and energised in the morning.



If that doesn't match your sleep pattern then find out more with this link. <https://bit.ly/3K6PGRA>

Five Surprising Benefits of walking

According to [Harvard Health Publishing](#) (Harvard Medical School) there are a number of surprising health benefits associated with walking. So, did you know that walking can?

- **Counteract the effects of weight promoting genes**
- **Help tame a sweet tooth**
- **Reduce the risk of developing breast cancer**
- **Ease joint pain**
- **Boost immune function**

More information is available using this link.

<https://bit.ly/3valrTR>



If you are interested in helping to set up or becoming part of a new walking group for the practice please contact our Patient Participation Group (PPG) at uvspg@gmail.com

Also, see the following article from Cheshire West & Chester Council who have secured funding for cycling and walking as part of social prescribing activities in Ellesmere Port <https://bit.ly/3J5GnjE>

[If you have been invited for a cervical screening, don't ignore it. It could save your life.](#) #Cervical Screening

Upton Village Surgery Needs You!

There are currently only three volunteer members of the Upton Village Surgery Patient Participation Group (PPG). Clearly, without more members there is only a relatively small amount of work that can be done to support the Practice and the patient community. If you would like to find out more about becoming a core or virtual member please contact Mike at UVSPPG@gmail.com

Patient Access - Take Control

Did you know, with a Patient Access account you can:

- **View confirmation of your Covid vaccination dates.**
- Book, view, amend, print and cancel appointments online
- Talk to your GP at a time to suit you with a phone or video appointment
- Order repeat prescriptions online, with delivery to your own pharmacy
- View and print a list of your repeat prescriptions (including appliances)
- Access a portion of your medical record

Just visit <https://bit.ly/3kBLooW> to find out how to set up your Patient Access account.



Do you have a change of contact details? - Use this link

<https://bit.ly/3cZJtcf> to complete an online form to notify the surgery

Your Sexual Health

In this regular series we examine a range of topics covering your sexual health. In this article we look at Testosterone deficiency.

Testosterone deficiency or 'hypogonadism' is when the body is unable to make enough testosterone to work normally. Men are more likely to develop hypogonadism as they get older. In the UK, it is thought to affect over 8% of men aged between 50 and 79 years.

Testosterone is the most important sex hormone (androgen) in men. The body starts to produce testosterone during puberty and it is essential for the development and maintenance of male characteristics. Testosterone also has effects on sexual function and most major organs including the brain, kidneys, bone, muscle and skin. Low testosterone levels increase a man's risk of developing diseases of the heart and blood vessels (cardiovascular disease (CVD)), and increase his risk of death. A low testosterone can also significantly reduce a man's quality of life.

Patients with hypogonadism often have no specific symptoms. They may lose their night time erections or find it difficult to get or keep an erection. Some men may notice they are losing muscle mass, becoming weaker and/or gaining weight. However, these symptoms could also be related to lifestyle or psychological issues rather than the testosterone deficiency.

For more information about the symptoms and treatment use this link <https://bit.ly/3LRlc6N> from the [Sexual Advice Association](#) and for any other sexual health issue try the Associations quiz using this link. <https://bit.ly/3NMQlo6>