

Upton Village Surgery Newsletter

July 2022 - Issue 10

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[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. 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. The next issue of the newsletter will be published in October.

Practice Update

Hi all,

I'm very sad to say that this will be my last contribution to the newsletter as I start a new job at the end of July. I am delighted however to have been appointed as the **Strategic [Primary Care Network](#) Manager of Chester East** which comprises the four surgeries in the local area: Boughton, Park, Heath Lane and Upton. I will be overseeing the collaborative working for the Network and hoping to have a positive impact on the 37,000 patients in our combined population.

I would like to say it has been a huge pleasure and a privilege being part of the team at UVS, and serving you, our Patients. I look forward to continuing this relationship in my new capacity as PCN Manager.

In the meantime my replacement, Matt Davies, will start on 22nd August. Matt is an experienced manager who has worked for the past few years as a Practice Manager for a cluster of Dental Practices and the partners and I are confident that he will be a great addition to the team.

Other practice news includes the appointment of our **new Physiotherapist** who starts with us in July, working on a Thursday, and a **new Mental Health Practitioner** who will work with us every Tuesday.

In addition to this in July we bid a fond farewell and wish the best of luck to Dr Becca Hildreth who is relocating with her family to Milton Keynes, and to Dr Afnan Afridi who has completed her training and will be spending the summer with her family. We have appointed our current registrar, Dr Ashleigh Milner, as our **new salaried GP** and also Elaine Fizell as our **new Advanced Nurse Practitioner (ANP)** and look forward to them joining the team in these permanent positions.

In line with these changes you will also see our **new look website and logo**; we hope you find the new website user friendly and easy to navigate.

Finally I would like to extend a genuine thank you to the PPG team: both Virtual and Core Members for your time, commitment and feedback; in particular and most recently to Mike, Gaynor and Yamini

Best wishes, Sharon

New Practice Website Launch!

Work has continued at pace since our last newsletter update and the launch date is now scheduled for 1 August. We will provide more information through our [Facebook](#) page and at the practice in the next few weeks. We do hope that you find the time to browse through the new website and feedback suggestions and comments. Following the launch we will continue to develop the content and format to make sure the website offers the best possible experience for all our patients.

Did Not Attend (DNA's) - Q1

DNA's relate to people who made an appointment but failed to attend, with obvious consequences for the practice and other patients. **For April there were 23 DNA's, May- 28, June -21.** If you are unable to attend an appointment please contact the practice as soon as possible to cancel or reschedule the appointment.

How Do We Fix The NHS?

Last year spending on health and social care in the UK hit nearly **£200bn**. That's roughly **a fifth of total government spending**. Yet the perception has been that things have got worse.

On BBC Radio 4's "[The Briefing Room](#)" a number of experts join David Aaronovitch to discuss possible solutions, including comparisons with other countries health services.

Use this link or the BBC Sounds app. to listen to the full programme <https://www.bbc.co.uk/sounds/play/m001813q>



If you would like to find out more in-depth information then the [Kings Fund](#) web page "[NHS Funding: Our Position](#)" provides a wealth of detail, both current and historical, that offers a more detailed insight into the challenges faced by the NHS. Here's the link address to the web page <https://bit.ly/39bUxDS>

Gardening – Who Knew!!

Did you know that gardening qualifies as moderate cardiovascular exercise according to the United States [Centers for Disease Control and Prevention](#). If you (literally) put your back into gardening work, you can reap the same health benefits.



Use this link <https://bit.ly/3OmLJdd> for more ideas for working out without feeling you are actually exercising.

How the NHS is Changing

The NHS is in the process of a fundamental organisational change. So if you don't know your PCN from your ICS and want to find out more then use these links <https://bit.ly/3AdPi5F> and <https://bit.ly/3y3qZ3O> for an explainer video from the [Kings Fund](#) and an explanation by the [Health Foundation](#). Also, this link provides a diagram to show how the new ICS structures will work <https://bit.ly/3a5Kfpv>

IBS – Can Probiotics Improve Your Sex Life?

From your work life to your sex life, if you have irritable bowel syndrome (IBS) the chances are your symptoms cause disruption and inconvenience on a regular basis. Can probiotics for IBS help to reduce these symptoms, and which probiotic supplements can you trust?

A [2020 review](#) of 28 studies involving 3,606 participants found that probiotics for IBS could be beneficial for overall symptoms. Probiotics are tiny living organisms known as "microbes" that live in your gut and help keep it healthy. Having a large enough quantity can assist your digestive system by:

- Strengthening the intestinal barrier that keep harmful organisms out
- Supporting your immune system
- Lessening inflammation in your gut
- Reducing occurrences of diarrhoea

You can boost your probiotic levels by:

- Eating certain fermented foods, or foods where probiotics have been added
- Taking probiotic supplements

Use this link <https://bit.ly/3O5EKVZ> to find out more.

Patient Access - Take Control

With a Patient Access account you can:

- 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 & print repeat prescriptions
- Access a portion of your medical record

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



Coronavirus – ONS Latest

The Office for National Statistics (ONS) produces an interactive tool to help explore the latest data and trends about the coronavirus pandemic.

Click here <https://bit.ly/3wJgTwT> for the latest updates.

#BowelCancerAwareness

Know the signs of bowel cancer

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

NHS News

Use this link <https://www.england.nhs.uk/news/> for the latest news from the NHS including news on two new "superbug" busting drugs. (See 15 June 2022)

Reduction in Cervical Screening

Cervical screening is changing in the UK from routine three-yearly checks to five-yearly ones, but fewer smears will not mean more cancers missed, a major study confirms.

Data from 1.3 million women shows the move is a good one, says experts, and is possible thanks to a better lab test for smear samples. It checks for an infection called HPV - the cause of most cervical cancers.

Screening is not a test for cancer - it's a test to help prevent cancer.

For more information, check out the links below

<https://www.bbc.co.uk/news/health-61646947>

<https://www.nhs.uk/conditions/cervical-screening/>

Your Sexual Health – A Colposcopy

In this regular series we examine a range of topics covering your sexual health. In this article we find out all about colposcopies.

If you've been for a cervical screening and your test result is abnormal, it's easy to go into panic mode. However, while one in 20 women receive an abnormal smear test result, only around one in 2,000 will have cervical cancer. If your test is abnormal, you will likely be asked to have a colposcopy

A colposcopy is a common and simple way to check whether there are abnormal cells in the [cervix](#) and whether they need to be removed. Normally, a [colposcopy](#) is carried out in a hospital outpatient clinic and takes around 20 minutes, after which you can go home.

About four in every ten people who have a colposcopy receive a normal result, meaning no treatment is needed but they should continue to have [cervical screenings](#) to check for abnormal cells.

Use this link for the full article <https://bit.ly/3zCYIUd>

How to Keep Your Knees Healthy

Our knees are subject to wear and tear throughout our lives, resulting in a large number of us aged over 50 having to undergo knee surgery or knee replacement surgery. The good news is that we can dramatically reduce the chances of knee injuries in later life by following active lifestyles that promote good knee health.



This includes:

- Leg Strength Exercises
- Stretching & Flexibility Training
- Low-impact cardio exercises
- Maintaining a healthy weight

Use this link <https://bit.ly/3aLNyln> for more information

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

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

Top 10 tips for sleeping when it's hot, hot, hot!

Although most of us will be hoping for a long hot summer it can pose problems when it comes to getting enough sleep.



Check out these tips from the BBC based on advice from Professor Kevin Morgan, former director of the Clinical Sleep Research Unit at Loughborough University, and Lisa Artis, of the Sleep Council in 2019.

<https://www.bbc.co.uk/news/health-49072212>

Whilst we are on the subject of good sleep why not check out [the Sleep Charity](#) website <https://thesleepcharity.org.uk/> which has lots of information and advice for all ages, including articles on:

- Signs of sleep deprivation
- Shift working
- Children's sleep problems
- Good sleep hygiene
- Children with SEND

If you have been invited for a cervical screening, don't ignore it. It could save your life.

Cheshire & Merseyside Health Care Partnership

Established in 2016, Cheshire and Merseyside Health and Care Partnership addresses local challenges around population health, quality of care and the increasing financial pressures on these services. Their universal goal is to improve health and wellbeing, and reduce health inequalities across Cheshire and Merseyside.

The Partnership produces a monthly "Connect" magazine and you can find the latest and back dated issues by using this link

<https://issuu.com/cheshireandmerseysidehcp>

Better Ways to Get Better?

With the number of GP's in the UK continuing to fall this article from the Guardian newspaper looks at the pioneering surgery in Brighton which is pushing the boundaries of what patients can expect, offering dance classes, art and foraging. Here Dr Laura Marshall-Andrews describes her approach, which is designed to help both people and the NHS. Read the full article using this link <https://bit.ly/3yCbRLb>.

Normalising Self Care for Men

Men are three times more likely to die by suicide than women.

In our busy lives we often treat [Self Care](#), including mental health, as an afterthought rather than prioritising it as a crucial part of the way we live. Moreover it is often seen as something for women rather than men, with often societal pressures for men to "stay strong".

Check out this article for more information on the importance of self care for men

<https://bit.ly/3c7zZ0y>

We need to talk about - Periods

Think you know all there is to know about periods, then think again. Check out the new programme "[28ish Day Later](#)" currently airing on BBC Radio 4 <https://www.bbc.co.uk/programmes/p0bvg9nm>

You can also find out more on periods and period poverty by using these links <https://www.nhs.uk/conditions/periods/> and <https://www.freedom4girls.co.uk/>

Should I eat before swimming?

Whilst swimming is great exercise, the body needs food to perform at an optimal level. However, this can be a problem as the horizontal body position when swimming can also make [gastric reflux](#) a problem, causing you to feel nauseous and impact your overall performance. Experts recommend eating around 2-4 hours before swimming to allow time for digestion, or for a smaller snack, two hours.



Waiting a couple of hours after eating before entering the pool is also important to ensure you feel the full refuelling benefits. Meals containing slow-release carbs can take time to digest. This could cause you to feel bloated and low in energy if you go swimming too soon.

If you want more information, Including:

- **The best foods to eat before swimming**
- **The best foods to avoid before swimming**
- **The best time to eat after swimming**
- **Adapting your diet to improve your performance**

Then use this link <https://bit.ly/3ONURry>

Cheshire & Merseyside ICS – Now Live!

Integrated Care Systems (ICS) are new partnerships between the organisations that meet health and care needs across an area, to coordinate services and to plan in a way that improves population health and reduces inequalities between different groups. There are 42 ICSs across England, including Cheshire and Merseyside ICS, **which went live on 01 July 2022**, for more information use this link <https://bit.ly/3NHqwl8>

Your Surgery Needs You!

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

UVSPPG@gmail.com