

Upton Village Surgery Newsletter

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1008 patients responded to our first survey

Next issue published in July

Dear Patients,

We hope this newsletter finds you well. We are excited to announce some updates and changes to our practice that we would like to share with you.

Firstly, we are happy to inform you that from April we will have increased capacity for out of hours access to our hugely successful, Healthbox counselling service. We understand that mental health support is crucial, and we want to ensure that our patients have access to the help you need when you need it.

We have some more exciting news to share with you about our team at Upton Village Surgery. Our Healthcare Assistant, Karen Edwards, has recently started a foundation degree at Edge Hill University to become a Nurse Associate. We are incredibly proud of her for taking this step and wish her all the best in her studies. Karen has been part of our practice team for several years, and we have no doubt that she will excel in her new role as a Nurse Associate. Her dedication and hard work are an inspiration to us all, and we are fortunate to have her on our team.

As always, we are committed to providing the highest quality of care to our patients. We believe that investing in our team and their professional development is essential in achieving this goal. We are proud of Karen for taking this opportunity to grow and expand her knowledge and skills, and we will continue to support her throughout her studies.

In other team news, we would like to congratulate Rebecca Dalby on her promotion to the Operations Coordinator role. Rebecca has been an integral part of Upton Village since 2020 as Practice Secretary, and we are thrilled to see her take on this new challenge.

We would also like to welcome two new members to our Patient Services team, Amy and Gina. They are both experienced in customer and patient services and will be a great asset to our team. Finally, we want to let you know that the footpath outside the practice is being repaired during April and there will also be some decorating works starting in the practice from May and hope they will be welcome improvements to the practice for our patients. We apologise for any inconvenience this may cause and thank you for your patience during this time.

We hope you had a happy Easter and enjoyed the break with friends and families.

Best wishes,
Matt Davies
Practice Manager

Can't Make It?

Whilst most people do attend their appointments, if you find, for whatever reason, that you can't attend, please let the surgery know as soon as possible so they can offer that time to someone who needs it.

To contact the practice please use the phone number at the top of the newsletter.

Coronavirus latest

NHS <http://bit.ly/3ZW63YO>
GOV <http://bit.ly/3ZR9aY>

News in Brief

Sex, during and after the menopause

<http://bit.ly/3Z1dJYY>

UK GPs – Highest stress levels in the world

<http://bit.ly/3JZciGf>

78% of UK adults have concerns about their health

<https://bit.ly/3JCgM3X>

Mental Health – Before and after Covid

<http://bit.ly/3LGovkg>

PPG Survey update - The results and follow up actions from the PPG led patient survey in October/November are now available on the practice website. Just use this link to access the information <https://uptonvillagesurgery.co.uk/patient-survey-results>

We need to talk about - Poo

Alan and Tommy talk dirty.

According to the [NHSE](#) website recent data showed almost one third (30%) of people do not return the potentially lifesaving bowel cancer screening home tests.

Now, **TV presenters Tommy Walsh and Alan Titchmarsh** have joined forces with the NHS to support a first-of-its-kind cancer awareness campaign.

In a new film discussing the importance of bowel cancer screening, the famous faces will urge those eligible to return their lifesaving bowel cancer screening home tests.

NHS chiefs want to dispel the stigma surrounding the test and increase uptake with a TV and radio campaign launched in February urging men and women who receive the test to **“put it by the loo, don’t put it off.”**

For the full article click here: <http://bit.ly/3ZLT1h2>

To watch the video use this link:
https://youtu.be/nA9_lo3LDpA

“A blood test saved my life”

"A simple blood test saved my life," Nella Pignatelli has told the [BBC](#), and she wants others to have one too if they don't feel right.

"I started a new job and just felt really tired all the time, but I associated everything that was happening to me with things that were going on in my life," she says.

According to the charity [Teenage Cancer Trust](#), 56% of those aged 18-24 would not know what five signs and symptoms they should look out for.

For these signs and for the full article use this link.

<https://www.bbc.co.uk/news/health-64505734>

For more information about support for young cancer patients use the link below.

<https://www.teenagecancertrust.org/>

Women’s symptoms ignored by GPs

Campaigners say too many women feel “fobbed off” about health concerns <http://bit.ly/3KsDqNW>

Dementia – The four things that may prevent it

This article from [The Guardian](#) newspaper talks to a number of experts and looks at a range of evidence to try and identify what we can all do to reduce our risk of developing dementia.

Dementia is the number one killer in the UK, affecting about 900,000 people.

However, this is not just required reading for the elderly population amongst us. *“A lot of the seeds of poor brain health, including dementia, are sown well and truly in childhood and then built on through early adult life and middle age...”*



“We know there is a 30%-80% reduced risk of dementia in people who exercise,”

The article goes on to say that... *“Diet is important: you cannot grow a good brain without good nutrition, and a healthy diet helps to maintain it...”*

Whilst the evidence for avoiding the risk of dementia is still developing, the experts suggest four things that could help make a difference. To find out what they are use this link <http://bit.ly/3lfbcwe>

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/3wJqTwT> for the latest updates.

Chester East PCN website

Just a reminder that our very own **Chester East [Primary Care Network](#)** (PCN) has recently launched its own website. Chester East PCN covers four local GP practices, including Upton Village Surgery.

The four practices through the PCN work together with community, mental health, social care and voluntary services in their local area with the aim to deliver high quality, innovative and sustainable care for the community. You can visit the website using this link <https://chestereastpcn.co.uk/>

The real signs of a healthy gut

Did you know **the entire digestive tract in a typical adult is five metres long**? For more fascinating facts about our digestive system and how to maintain a healthy gut just use the link below.

<http://bit.ly/42hwcmO>

Nuts!!

Nuts are an excellent plant-based protein source for both vegetarians and meat eaters. For years, meat sources of protein have enjoyed good publicity, but while we need to moderate meat consumption to protect our heart health, eating lots of high protein nuts can help keep our hearts healthy.

So, they are packed with protein and easy to eat but not all nuts are created equal.



There are eight common types of nuts that pack in the most protein per 100g serving. They include peanuts and almonds. You can check out the the full list by reading the article from the [Patient Info](http://bit.ly/3l8cWri) website using this link <http://bit.ly/3l8cWri>

PPG News

After struggling for a number of years with between two and four patient members I am very pleased to announce that we have recently received five more applications for the vacant roles of core PPG members. This takes the core group up to nine, just one short of the maximum.

The new members will receive their formal welcome and a full briefing this month. As part of the meeting the group will agree the allocation of tasks to ensure we can make the best use of the skills available.

We also have twelve virtual members who provide ad-hoc support and “critical friend” roles to the core members as and when their time allows. We want to continue to build the PPG membership so please email uvsppg@gmail.com if you are interested.

Mike Lally (Interim Chair- UVSPPG)

Gonorrhoea cases resurge

The UK Health Security Agency issued a press release in March urging people who are having sex with new or casual partners to wear a condom and get tested following a resurge in gonorrhoea cases.

Some STI's, including gonorrhoea, can result in serious health issues such as infertility and pelvic inflammatory disease. For more details use the link below.

<http://bit.ly/40bLMyt>

GP surgeries struggle with staff shortages

This BBC Yorkshire article from 10 January highlights the problems GP practices have in recruiting receptionists due to a rise in abuse from patients. One practice group has only half the receptionists it needs whilst seeing a fifty per cent increase in service demand. The full story is here: <http://bit.ly/3lWAMiR>

Register with a GP surgery service

NHS England and NHS Digital are developing a new GP registration service, including the development of an online service.

The headlines include:

- ✚ More than 100,000 successful registrations submitted so far
- ✚ NHS working with 600 practices to refine the service
- ✚ New service reduces admin work for GP teams by up to 15 minutes per registration
- ✚ More choice and convenience for patients
- ✚ Improves accuracy of registration
- ✚ New look paper form also being trialled for easier completion

The following link provides more information.

<https://digital.nhs.uk/services/register-with-a-gp-surgery-service>

Period Poverty

Period poverty affects girls, women and people who menstruate, who are unable to afford safe period products. This has profound consequences for a person's wellbeing and life opportunities.

It may seem difficult to believe but period poverty is not confined to low income countries. Here in the UK, according to [Plan International](#), **one in ten UK girls can't afford period products and 42 per cent use makeshift period products.**

The picture across the UK varies. In England there is **no legislation** around free access to period products. However, NHS England is required to provide free period products on request to their menstruating patients. To be clear, whilst under the care of the NHS, including GP surgeries, free period products must be made available to patients.

"Period dignity is important. In the UK, you will typically go into a public toilet and find no free period products, so often women get caught short. Why do we provide soap and other essentials, but not this...?"

For more information and advice use this link:

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

[Western diets and liver disease](#)

The University of Missouri has recently carried out research that has established a link between western diets that are high in fat and sugar and the development of non-alcoholic fatty liver disease.

"We're just beginning to understand how food and gut microbiota interact to produce metabolites that contribute to the development of liver disease... This research is unlocking the how and why" said one of the research team.

For more details use this link <http://bit.ly/40ahV9z>

[New federated data platform](#)

The NHS expects to award the contract for its new federated data platform during the summer of 2023.

"..A 'federated' data platform means that every hospital trust and integrated care system (ICS) will have their own platform but they are able to connect and share information between them where this is helpful."

As part of this change the NHS are committed to:

- ✚ *"Actively engage and involve people in decisions about how data is used with the platform, and how we best meet our duty of transparency and open communication."*
- ✚ *"Publish clear and accessible information about who is accessing data, and for what purpose."*
- ✚ *"Be clear about people's rights and choice to opt out (where applicable)."*

For the full read use this link <http://bit.ly/3x2lIPf>. Also, in the last issue of the recently launched [PPGukNews](#) some of the concerns about the new platform and possible supplier were highlighted. Back copies of that newsletter are here: <http://bit.ly/40MrInE>.

[How do you get a UTI?](#)

Around fifty per cent of women and 5 per cent of men will experience a urinary tract infection in their lifetime.

Germs and bacteria that can cause a UTI can actually live in your body without causing any harm. However, they can sometimes travel through your urinary tract. UTI's are more common in women because the female urethra, the tube carrying urine from the bladder out of the body, is shorter and close to the anus and vagina, this makes it easier for bacteria to enter the urinary tract.

For more information, including common symptoms, use the following links. <http://bit.ly/40fXUyr> and <http://bit.ly/3ln6HQm>

[The symptoms of tonsillitis](#)

Tonsils are part of our immune system which help fight off infection. This article <http://bit.ly/3FI68aU> covers the symptoms and when to seek help.

[Appendicitis in Children](#)

Around 29,000 children in the UK visit hospital with suspected appendicitis each year.

A swollen appendix, if left untreated, can burst and spread bacteria and infection throughout the body. So, understanding the warning signs is vital to ensure a child receives the right care.

For much more information, including a list of the warning signs and what action to take, just use these links:

<http://bit.ly/3FAaRvj> & <http://bit.ly/3n4yKoo>

[Energy balance and weight](#)

Did you know you use about 69 calories by doing 30 minutes of ironing?

We need energy to grow, stay alive and keep warm as well as helping us to stay active. Energy is provided by the carbohydrate, protein and fat in the food and drink we consume.



The actual amount of energy a person needs depends on their basal metabolic rate (BMR) and how active they are.

For more information on energy balance and weight, plus examples of energy expended in daily activities use the link below from the [British Nutrition Foundation](#)

<http://bit.ly/40B9THI>

Do you have a change of contact details? -

Use this link <https://bit.ly/3SF32Zv> to complete an online form to the surgery.

[In the News](#)

Use this link <https://www.england.nhs.uk/news/> for the latest news from the NHS.