

Upton Village Surgery Newsletter

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Next issue published in October

Dear Patients,

Welcome to the summer edition of our quarterly Patient Participation Group (PPG) newsletter! We hope this update finds you in good health and high spirits. In this edition, we are excited to introduce two new members to our healthcare team, share some important updates, and provide you with essential information regarding prescription requests.

Introducing Susan Hunter, Dietician - We are thrilled to announce the newest addition to our practice, Susan Hunter, a highly skilled and experienced dietician. Susan has joined our team to provide expert dietary advice and support to patients 18 years and over. Whether you're looking to manage a chronic condition, improve your overall well-being, or simply adopt a healthier lifestyle, Susan is here to help.

Susan brings a wealth of knowledge and expertise in areas such as weight management, diabetes care, food allergies, and more. She will be available for consultations at our practice, so please don't hesitate to book an appointment with her. We are confident that Susan's expertise will greatly benefit our patients, and we look forward to the positive impact she will make in our community.

Welcoming Bethany to the Patient Services Team - Join us in extending a warm welcome to Bethany, our newest member of the patient services team. Bethany brings with her a friendly and compassionate approach to patient care. She will be the first point of contact for many of our patients, assisting with appointments, queries, and general support. Bethany's dedication to providing excellent service ensures that your experience at our practice remains as smooth and efficient as possible. She is excited to meet you all and contribute to delivering exceptional patient care.

Important Prescription Request Updates - We want to inform you about a change in our prescription request process. Going forward, we kindly ask that you allow 3-5 working days for your prescription requests to be processed. This timeframe will ensure that our healthcare professionals have sufficient time to review your request, assess its appropriateness, and issue the prescription accurately.

To help streamline the process, we encourage you to submit your prescription requests well in advance to avoid any delays. You can do so by either contacting our patient services team or using our convenient online prescription request system. We appreciate your understanding and cooperation in this matter, as it will enable us to provide the best possible care for all our patients.

Stay Informed and Engaged - Remember, your PPG is here to represent your interests and provide a channel for communication between patients and the practice. We value your input, suggestions, and feedback, so please don't hesitate to reach out to us with any ideas you may have. We are committed to continuously improving our services and ensuring that your experience at our practice is a positive one.

That concludes our summer edition of the PPG newsletter. Thank you for taking the time to read it, and we hope you found it informative. Wishing you a healthy and enjoyable summer season!

Kind regards,
Matt Davies - Practice Manager

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News in Brief

Get all the latest practice news here.

<https://bit.ly/3NK8MjL>

Federated Data Platform, "...a stitch up" (Computing)

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

How does race affect menopause care?

(Patient.info)

<https://bit.ly/3rkCi88>

GP Patient Survey 2023 – The results are in!

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

UVS - GP Profiles for Patients feedback and appointment data.

(OHI&D)

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

GPs should only direct patients to 111 in

"exceptional circumstances". (Pulse)

<https://bit.ly/44hBHCO>

4 in 10 GPs working in premises "not fit for purpose". (RCGP)

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

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

Tackling ableism in health care -The role of primary

care. (Theking'sFund)

<https://bit.ly/3pljcZ3>

England moves to single-dose HPV vaccine

The [Cancer Research UK](#) website reports that the UK Health Security Agency (UKHSA) has announced that the HPV (human papillomavirus) vaccination programme in England will move to a single-dose schedule from this September.

Whilst around eight in ten people will get the HPV infection at some point in their lives it doesn't usually cause any problems. However, certain types of high risk HPV can cause cancer. HPV is the leading cause of cervical cancer and most cancers affecting the vagina, vulva, penis and anus.

For more information on this article, including how the HPV vaccine works use the following link, <https://bit.ly/3D6kYq8>

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.

Patient Choice

On 25 May 2023 NHSE wrote to primary and secondary care leads spelling out the requirements to ensure an improvement in patient choice as part of the [Elective Recovery Plan](#).



For Primary care this included:

- ✚ "... on average 5 choices from which the patient may choose, where this is practicable, clinically appropriate, and preferred by the patient" and "... should be based on conversations with the patient about their preferred selection criteria e.g. waiting times, distance from their home or that of family members."
- ✚ "...patients should be encouraged to use Manage Your Referral within [eRS](#) or the NHS App to choose their provider."

For more information use these links:

<https://bit.ly/3MS85UL> and <https://bit.ly/3CYSCOs>

Do you have a change of contact details? –

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

[Pressures in general Practice analysis – Latest update](#) (BMA)

The clinics we offer

From blood pressure monitoring to minor surgery, take a look at the range of clinics that are offered at Upton Village Surgery. <https://bit.ly/46GfS16>

Primary Care complaints

From 1 July 2023, the way members of the public make a complaint about primary care services is changing.

Rather than contacting NHS England (NHSE), they will contact their local Integrated Care Board (ICB).

Information about how to do this, including ways of contacting the ICB by phone, e-mail, or written correspondence, is now available on the NHS Cheshire & Merseyside website. ICBs should also be sharing this information to relevant stakeholders, partners, and patient groups.

Members of the public will still be able to make a complaint to the service provider.

Use this link for more details and see the FAQ section. <https://bit.ly/46QNKZx>

Coronavirus latest

NHS <http://bit.ly/3ZW63YO>,

GOV UK <http://bit.ly/3ZRr9aY>

ONS <https://bit.ly/3wJqTwT>

New Digital Health Check (from Spring 2024)

On 29 June the government announced that a new digital health check is to be rolled out across England from spring 2024. The current NHS Health Check has helped to prevent heart attacks and strokes and is currently a face to face check-up for adults in England aged 40 to 74. Commissioned by local authorities and largely delivered through GP surgeries, it can help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

The new digital service will operate alongside the existing in-person NHS health check and is expected to deliver an additional one million checks over four years, while easing pressures on GP surgeries. Each digital health check could save 20 minutes of NHS time. For the full read use this link <https://bit.ly/3PQ7vtU>

What are the symptoms of endometriosis?

Endometriosis is a condition where tissue similar to the lining of the womb grows in other places such as the ovaries and fallopian tubes.

It affects around one in ten women (of any age, including teenagers) but it is difficult to diagnose and can vary from person to person.

Typical symptoms include:

- ✚ Severe period pain that prevents normal activities
- ✚ Pain during or after sex
- ✚ Pain when going to the toilet during your period
- ✚ Pain in lower tummy or back, worse during your period
- ✚ Feeling sick, constipation, diarrhoea or blood in your pee or poo during your period.

For more in-depth information, including what to do if you have symptoms use these links <https://bit.ly/3NBsa2a>, <https://bit.ly/46CzLGj> and take a look at [Keisha's story](#).

Sunglasses - All you need to know

Did you know that one [study](#) has found that not wearing sunglasses or other protective measures (e.g. broad-rimmed hats) increases the risk of cataracts by up to 70%.

It is also believed that sunlight can worsen age-related macular degeneration in people who are susceptible to this condition.



This article <https://bit.ly/3PLh0KU> from the [patient.info](#) website has lots more information and advice to help you make the right kind of decision when looking at UV protection sunglasses, including; the level of protection, shade number and British and European standard marks.

Delivery plan for recovering access to primary care

On 9 May NHS England published a “[Delivery Plan for recovering access to primary care](#)”

The plan has two central ambitions:

- 1) **To tackle the 8am rush and reduce the number of people struggling to contact their practice.**
- 2) **For patients to know on the day they contact their practice how their request will be managed.**

To do this the plan will focus on four areas:

- 1) Empower patients
- 2) Implement “Modern General Practice Access”
- 3) Build capacity
- 4) Cut bureaucracy

The full report can be accessed using this link <https://bit.ly/3oQ7DyC>. You can also read analysis and views from the [BMA](#), [NHS Confederation](#) and [First Practice Management](#). Also, in a poll by [nhsnetworks](#) weekly newsletter, which asked if the plan would improve access to services, 77% who responded said they didn't believe it would whilst 23% thought the plan would improve services.

Mental Health & Debt guide

The [Moneysavingexpert.com](#) website has made available a free 44 page Mental Health & Debt guide “... supported by MIND, Rethink, Cap UK and others” for people with mental health issues and those caring for them.

The guide covers “... how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar disorder or depression sufferers, whether to declare a condition and more.”

Use this link <https://bit.ly/3O3gYNi> to download the guide.

Talking General Practice

The [gponline](#) website produces weekly “*Talking General Practice*” podcasts. The more recent podcasts include:

- ✚ **How many GPs do we need for safe general practice?** <https://bit.ly/42sx2vR>
- ✚ **How an initiative from Brazil could help General Practice.** <https://bit.ly/43twrvC>
- ✚ **How this year's GP contract will affect practice finances.** <https://bit.ly/3LI9aOF>

What HRT did for me – Read Louise's story about using HRT <https://bit.ly/3PPaPFx>

Getting high from singing!

Did you know, some GPs in England are now prescribing singing to help with a range of conditions.

In the BBC podcast "[Just One Thing](#)" Michael Mosley explores how singing can help both your body and mind.



Some interesting facts from the programme are:

- ✚ Many people with chronic pain report that regular singing means they need fewer painkillers.
- ✚ Some research suggests singing could have similar effects to cannabis.
- ✚ Singing in a choir can lead to reductions in chronic inflammation.
- ✚ A study of women with post natal depression found singing reduced their symptoms by 40% in a few weeks.

Click here <https://bit.ly/43w2f21> for more information and to listen to the episode "**Just one thing – Sing**"

Prostate Cancer & the Mediterranean Diet

In another study, this time from the University of South Australia, research showed that men who mainly eat a Mediterranean diet are less likely to be diagnosed with prostate cancer.

Dr Permal Deo (the co-author of the study) says eating foods that are naturally rich in lycopene and selenium is preferable to taking supplements, where the benefits are limited, according to previous studies.

The full details can be found here <https://bit.ly/3NIF9zh>

We need to talk about - Eczema

Did you know, people with eczema are also likely to suffer from asthma and hay fever.

The causes of eczema are not fully understood but are believed to be a combination of genetic and environment factors. For example, children exposed to passive smoking are more likely to get eczema.

For lots more information on this common skin condition use this link <https://bit.ly/3NNiOAz>.

Not so Sweet?

A [study](#) by North Carolina State University has found that a widely used sweetener, sucralose (*), breaks up DNA, raising questions about how the sweetener contributes to health issues.

"Other studies have found that sucralose can adversely affect gut health, so we wanted to see what might be happening there," said Susan Schiffman (one of the authors of the study).

"When we exposed sucralose and sucralose-6-acetate to gut epithelial tissues – the tissue that lines your gut wall – we found that both chemicals cause 'leaky gut.'

Schiffman went on to say *"A leaky gut is problematic, because it means that things that would normally be flushed out of the body in feces are instead leaking out of the gut and being absorbed into the bloodstream."*

Sucralose is used in a wide variety of food products, including diet sodas, yogurts and breakfast cereals.

For more details click here <https://bit.ly/3JJdv40>

Which foods may trigger IBS?

Irritable bowel syndrome (IBS) is a common condition that affects the digestive system.

This article from [patient.info](#) looks at some of the foods that may trigger IBS and provides advice on how to manage the symptoms.

There is no known cure and the exact cause of the condition is unknown although it has been linked to food passing too quickly or slowly through your gut. Family history may also play a part.

Caffeine, found in tea, coffee and chocolate can lead to diarrhoea, particularly for people with a sensitive gut. The acidic nature of coffee can also stimulate the bowels, although this may be considered beneficial for people who are suffering from constipation.

There are also links to related articles:

- ✚ How IBS affects sex, dating and relationships
- ✚ How does IBS affect people at work
- ✚ Can probiotics improve your IBS symptoms

Use this link <https://bit.ly/3PO43A1> for the full read.

For more information visit the [Guts UK](#) website.