

Patient Group News

Autumn 2017- Issue 118

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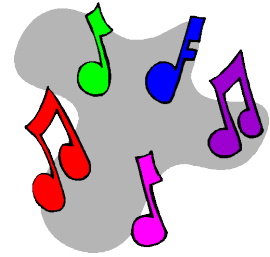
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NEW: SINGING FOR BETTER HEALTH

Research has shown that singing can have profound affects on your health and well-being

- It can improve posture, breathing and lung function
- It strengthens the immune systems
- People fall ill less, leading to a reduction in medication and visits to doctors and hospitals
- Singing improves mood, relieves depression and isolation, reduces stress levels
- Singing helps boost confidence through all the above mentioned effects



OUR VERY FIRST SINGING GROUP SESSION IS BEING HELD ON

TUESDAY 24TH OCTOBER, 2-3 PM

YOU DON'T NEED TO BE ABLE TO SING TO JOIN US.

If you can join us, please leave your contact details at reception



On 18th July 2017 our Community Garden at Redgate Medical Centre was officially opened by the Mayor of Bridgwater, Cllr Graham Granter and Cllr Mike Cresswell, Chairman of Sedgemoor District Council. Many thanks to our volunteer gardeners, members of our Patient Participation Group and everyone else who came along to support the event.

VOLUNTEER GARDENERS— WE NEED YOUR HELP

If you can spare 1 hour a week to help us maintain our beautiful community garden, please let us know.

ABSOLUTELY NO GARDENING EXPERIENCE REQUIRED!



ARE YOU UNDER 25 ?

Did you know that Redgate and Somerset Bridge Medical Centres are now C -Card distribution points



ELECTRONIC PRESCRIPTION SERVICE

Choosing a pharmacy or dispensing appliance contractor to process your EPS prescription is called nomination. This means, you will no longer have to collect a paper repeat prescription from your GP practice and instead you can go straight to the nominated pharmacy or dispensing appliance contractor to pick up your medicines or medical appliances.

HAVEN'T YET NOMINATED A PHARMACY? YOU CAN DO THIS AT ANY TIME BY SIMPLY POPPING INTO THE PHARMACY OF YOUR CHOICE.



Electronic Prescription Service

STAFF CHANGES

In August Callum joined the Nursing Team. As well as undertaking many treatment room procedures he is also a member of our Telephone Triage Team. Sadly we will be saying goodbye to Stewart in late October who will be taking up a similar post in Devon. Lesley will be joining the nursing team in late October. Lesley has worked for many years as a community nurse and ward nurse and has extensive knowledge of wound care.

Amy our new Business Admin Apprentice recently joined the team at Somerset Bridge Medical Centre, and we look forward to a new receptionist, Claire, joining us very shortly.

PATIENT PARTICIPATION GROUP MEETINGS

10.30 AM—12 NOON

Wed 1st November at Redgate M/C

Wed 20th December at Redgate M/C

BRIDGWATER CARERS SUPPORT GROUP

Meet every 4th Thursday of the month, 10.30 am at Redgate Medical Centre.

Drop in for a cuppa and a chat

HOW WILL YOU QUIT?

Find the support that's right for you.
Join Stoptober.

STOP TOBER

BECAUSE THERE'S ONLY **ONE YOU**



somerset
carers service

A NEW SERVICE FOR CARERS

On 2nd October 2017 the new Somerset Carers Service was launched. Somerset Carers Service is provided by the Community Council for Somerset (CCS) and replaces Compass Carers.

NEW CONTACT DETAILS:

WEB: <http://somersetcarers.org/> **PHONE:** 0300 31 68 600 **TEXT:** 'Carer' to 78070

Times are changing

Evening and weekend appointments now available
Click to find out more or speak to your practice



You can now access appointments in the evening and at the weekend if you are registered at a practice in the Bridgwater or surrounding area. Patients who need to see a clinician in the evening or weekend can book an appointment by talking to the receptionist at this practice during opening hours.

In the Bridgwater and surrounding area the following practices are currently involved in this scheme:

Cannington Health Centre	Somerset Bridge Medical Centre	Polden Medical Practice
Taunton Road Medical Centre	Cranleigh Gardens Medical Centre	Redgate Medical Centre
Victoria Park Medical Centre	North Petherton Surgery	East Quay Medical Centre

Quantock Medical Centre

Appointments are available until 8pm on weekdays and on Saturday

WORLD MENTAL HEALTH DAY

TUESDAY 10TH OCTOBER 2017

Bridgwater Wellbeing



Bridgwater Wellbeing offers help, support and advice to those with Mental Health issues.

Weekly meetings on Mondays 2-4 pm: Taking place at the Nutmeg House café, Bridgwater.

Alternative venue available please contact for details.

For more information - call or text Chris
07493120388

Email clairannebrown@hotmail.com

Or Facebook Bridgwater Wellbeing

Key facts on young people's mental health:

- 1 in 10 young people have a diagnosable mental health condition – that's 3 pupils in every classroom
- 70% of young people with experience of mental health problems do not have proper interventions at a sufficiently early age
- It's estimated that half of all mental health problems will emerge before the age of 14

READING WELL

Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams.

Life can be difficult. One in four of us experience mental health problems at some point in our lives, and most people have some personal internal challenges they would like to tackle.

<http://reading-well.org.uk>



ZING HEALTH TRAINERS Sheila and Megan hold weekly clinics at both practices. Health Trainers can provide help and support with: Managing Stress, Healthy Eating, Weight Management, Becoming more Physically Active, Sensible Drinking

Freephone 0800 412 5502 Visit: www.zingsomerset.co.uk



CHANGES TO THE MINOR SURGERY SERVICE IN GENERAL PRACTICE

As the demand for health services is greater than the money available, we must all carefully prioritise the use of funds. To help us do this, some unusual or uncommon treatments or treatments which provide only limited benefit will not now be routinely funded by Somerset CCG. The highest priority for funding will be given to those treatments of proven benefit in meeting the health needs of the population.

As such the removal of benign (non cancerous) skin lesions such as cysts, warts, skin tags and moles will no longer be routinely funded. We regret therefore that we are not now able to undertake such procedures within general practice.

Counselling sessions for 11-25 year olds provided by In Charley's Memory counsellors are held every Tuesday at Redgate Medical Centre

STAY WELL THIS WINTER

FLU VACCINATION—DON'T MISS YOURS

The free flu vaccination is particularly important for those who are at increased risk from the effects of flu, these include people aged 65 and over, pregnant women and those with long term health conditions such as diabetes, heart disease or respiratory disorders. The flu vaccine is the best protection we have against unpredictable virus.

It is vital that those eligible have it every year as the vaccine protects against different strains of flu which can change and/or evolve each year. Flu can be horrible for little children and if they get it, they can spread it around the whole family. For children aged 2 - 8, the flu vaccine is not an injection, just a quick nasal spray.

Pregnancy naturally weakens the body's immune system and as a result flu can cause serious complications for you and your baby. You may be less able to fight off infections, increasing the risk of becoming ill as a result of flu.

BOOK YOURSELF OR YOUR CHILD AN APPOINTMENT AT ONE OF OUR DEDICATED FLU VACCINATION CLINICS WHICH ARE TAKING PLACE DURING OCTOBER AND NOVEMBER.

TOP TIPS FOR STAYING WELL THIS WINTER

- If you start to feel unwell, at the first sign of a winter illness, even if it is just a cough or cold, get advice from your pharmacist before it gets more serious.
- Don't put off getting the flu vaccination. If you're eligible get it now. It's free because you need it.
- It is important to keep warm in winter – both inside and outdoors as it can help to prevent colds, flu and more serious health problems, such as heart attacks, strokes pneumonia and depression. Heat your home to at least 18°C (65°F), if you can, you might prefer your living room to be slightly warmer.
- Make sure you speak to your pharmacist about medicines you should have in stock to help get you and your family through the winter season.
- Make sure you're receiving all the help to heat your home that you are entitled to. Find out more here: nhs.uk/staywell
- Older neighbours, relatives, friends and other elderly members of the community are more vulnerable in the winter months and may need a bit of extra help this winter so make sure you keep in touch, check if they are feeling under the weather, help them stock up of food supplies and make sure they have the necessary medication before the Christmas holidays start or a spell of bad weather.

