

## Spring 2018 Newsletter

Welcome to your HMG New Year 2018 Newsletter - In this edition:

Latest News



Hello and Goodbye



Facebook



Fundraising



Cervical Screening



Domestic Violence



CQC



Travel Vaccinations



Is Britain Healthy?



Practice notices

**The Hub**—Patients who are registered with Haltwhistle practice can now access appointments from 6.30pm to 8pm on weekday evenings, as well as on Saturdays at the **HADRIAN EXTRA CARE HUB** based at Corbridge Health Centre. We are fortunate to have the facility to help with patients who are unable to attend appointments during core surgery. If you require more information please visit:

[www.hadrianprimarycarealliance.com/](http://www.hadrianprimarycarealliance.com/) or to book an appointment please contact us as all appointments must be booked through your GP Practice.

**Haltwhistle War Memorial Hospital Minor injuries units—**

Many people go to A&E when they could be treated just as well, and probably quicker, at a minor injuries unit.

Haltwhistle Minor Injury Unit is able to treat patients for a wide range of less serious injuries such as:

- Minor burns and scalds
- Head injury / fall
- Foreign body in eye
- Lacerations / cuts / abrasions
- Emergency Contraception
- Infected fingers / toes (paronychia)
- Minor sprains e.g ankle

Telephone: [0344 811 8111](tel:03448118111) .

Minor Injuries hours open Monday - Sunday 08:00 -17:00.

### Hello / Goodbye :

**GP Registrars**—We said Goodbye and Good luck to Dr Will Solyom in February as he left our practice and we wish him well in his next training post but we are lucky to have Dr George Moss join our team, he is a second year GPR and will be working in practice on Mondays and Tuesdays.

**Dr Crackett**—In April we say a sad Goodbye to Dr Geoff Crackett. Dr Crackett will be a miss at the practice however we are currently recruiting to replace his sessions, we will have more news on this in the coming months.



@haltwhistlemedical

We are excited to announce we have a new Facebook page!! This page is designed to keep you up to date with news and information about the practice . If you have any feedback questions or requests please don't hesitate to private message us or pop into the practice. We hope you can support our page and find it's contents useful and informative.

## Arthritis UK

Jane Charteries, HMG Practice Manager, is currently training to do the London Landmarks half marathon on 25th March 2018 to raise money for Arthritis Research UK !! "I am doing the run to raise money for Arthritis Research UK. Its a way of saying thank you for the amazing treatments that I am prescribed that allows me to get out running".



Arthritis Research UK merged with Arthritis Care to address the huge unmet need and do more for and more with people who suffer from Arthritis. Their long term commitment is to:

- **prevent** the onset of Arthritis
- develop a **cure** for Arthritis
- **transform** the lives of those with Arthritis.

For more information on Arthritis UK please visit: <http://www.arthritisresearchuk.org/>

There is a raffle in the practice waiting room to help with the fund raising and it would be wonderful if anyone would like to pop in and support a fantastic cause. Or if you would like read her story and show your support and sponsor Jane please visit: <https://www.justgiving.com/fundraising/jane-charteries6>

**We all wish Jane the very best of luck!!**

**A SMEAR TEST LASTS  
5 MINUTES. THE  
IMPACT OF CERVICAL  
CANCER LASTS A  
LIFETIME**



The Cervical Screening Programme (Smear Test) invites women from the age of 25 up to 64 for a cervical screening. The screening test can pick up abnormal cells that could develop into cervical cancer if left untreated. Most women have a normal screening test result however every year in the UK, around 3,000 women will be diagnosed with cervical cancer. Cervical cancer is the most common cancer in women aged 35 and under. One in three women miss their cervical screening every year primarily due to embarrassment, we want to help overcome this.

We have EasyRead guides available in the practice written by Jo's Cervical Cancer Trust to give patients a clear and easy understanding about what is involved in a smear test. If you do have any concerns our questions about having a smear test Jo's Cervical Cancer Trust offer an over the telephone service on 0808 8028000, they will listen to your worries and offer information to help put your mind at ease. We are hoping that sharing information and offering guidance to some excellent sources of information it will help people to understand the importance of attending a smear and answer any questions. Below are some excellent sources of information about Cervical Screening:

[www.cancerresearchuk.org/about-cancer/cervical-cancer/](http://www.cancerresearchuk.org/about-cancer/cervical-cancer/)

[www.jostrust.org.uk](http://www.jostrust.org.uk)

[www.nhs.uk/conditions/cervical-screening/](http://www.nhs.uk/conditions/cervical-screening/)

## Domestic Violence

### *Know the signs*

Domestic Violence and abuse has a major impact on children and young people whether they directly witness it or not. When police are called to a domestic abuse incident in the child's home, your GP will be informed.

Domestic abuse, also known as domestic violence is much wider than physical violence alone

The definition of domestic violence and abuse is: any incident or pattern of incidents of controlling, coercive behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality.

If you would like more information or local support on this matter please visit: [www.nda.services/](http://www.nda.services/)



The practice was inspected by the Care Quality Commission on 11th December 2017

We have now received their report and rating which was published on 21st February 2018, the report is based on a combination of what they found at the inspection, their monitoring of data about services and information from providers, patients, the public & other organisations.

The overall rating for the practice was “GOOD” and the ratings for the 5 areas covered by the inspection were:

**Are services safe? GOOD**

**Are services effective? GOOD**

**Are services caring? GOOD**

**Are services responsive to people’s needs? GOOD**

**Are services well led? GOOD**

If you would like to read the full report you can access this online via the practice website

[www.haltwhistlemedicalgroup.co.uk/](http://www.haltwhistlemedicalgroup.co.uk/), the CQC website <http://www.cqc.org.uk/> or if you would like a paper-copy please ask at reception.

Thank you to all the patients who completed feedback cards or talked to the CQC inspectors while they were in the waiting room on inspection day.

## Planning To Travel Outside The UK? Have You Had Your Travel Vaccination?

If you are travelling abroad and are unsure whether you need a travel vaccination or a booster please visit [www.haltwhistlemedicalgroup.co.uk/travel](http://www.haltwhistlemedicalgroup.co.uk/travel) for more information on travel vaccinations and to download a travel questionnaire, alternatively a paper version can be collected from the surgery. Once completed please return to the surgery and a nurse will review the questionnaire and book you an appointment to receive the vaccinations required for your trip.

Not all vaccinations are available free on the NHS, even if they're recommended for travel to a certain area. If possible, it is best to have an appointment booked for at least eight weeks before you're due to travel. Some vaccinations need to be given well in advance to allow your body to develop immunity. Some also involve multiple doses spread over several weeks.

Almost one in four British holidaymakers do not get vaccinated before going abroad, despite travelling to areas that have life-threatening infectious diseases, according to the NHS. It seems that more people are taking the risk when travelling perhaps because some vaccinations cost or because of time constraints however vaccinations are available to protect you against infections such as Yellow Fever, Typhoid and Hepatitis A. In the UK, the childhood vaccination programme protects you against a number of diseases, but doesn't cover most of the infectious diseases found overseas. Vaccinations are available to protect you, when travelling, from a number of serious illnesses and potentially life threatening diseases but in addition to this you may find that your insurance policy won't pay if you fall ill.

*Below we have some information on vaccinations and costs*

**Free travel vaccinations** -These vaccines are usually free because they protect against diseases thought to represent the greatest risk to public health if they were brought into the country:

- Diphtheria, Polio and Tetanus (combined booster)
- Typhoid
- Hepatitis A – including when combined with Typhoid or Hepatitis B
- Cholera



### Other Vaccination

If you would like information about any other vaccinations and their costs please ask to speak to Jane Charteries (Practice Manager) or Sarah Speed (Practice Nurse)

*This information and pricing is correct at time of publication 01.03.2018*

## Is England a Healthy Nation?

**The annual Health Survey for England has been published by NHS Digital.**

The poll of 10,000 people is essentially the stock-take of the nation's health, measuring everything from exercise habits to happiness.

So what does it tell us about the health and wellbeing of people in England?

### **1. Obsessed with weight, but with good reason**

Nearly half of people are trying to lose weight. To do that, people are using a variety of different approaches from signing up to a gym to using fitness apps, but given the levels of obesity and numbers who are overweight, this should not come as a surprise. The survey shows six in 10 adults are overweight or obese. It's a figure that has remained pretty static for the past decade or so - despite all the government initiatives warning about the problem over the years.

### **2. People spend a lot of time sitting around**

On the average day, people spend about five hours sedentary - and that is outside of any time spent at work, it means many must literally return home after work and collapse in front of TV it is time to go to bed and it probably helps to explain why people are failing to get our recommended amount of physical activity - 150 minutes of moderate exercise a week or 75 minutes of more vigorous activity. Nearly four in 10 do not hit these targets

### **3. And life's not making people particularly happy**

The survey also asked people about their mental health and wellbeing. This included a questionnaire asking them about their general levels of happiness, depression, anxiety, sleep disturbance and self-confidence.

Those who score more highly are deemed to have "probable mental ill health".

This time round, 19% of participants fell into this category. Four years ago, it was 15%.

This worsening has been highlighted by other pieces of research and has been blamed on everything from austerity to social media.

### **4. But vices are being cut back on**

Smoking and drinking rates - at least to harmful levels - continue to fall. In fact, the declining number of smokers is perhaps one of the success stories of the 21st Century. By the turn of the century, over a quarter of adults smoked. Now, it is down to fewer than one in five. The decline in hazardous drinking - classed as more than 14 units a week - has been more gradual. But it is still heading in the right direction - albeit with men still twice as likely to drink too much than women.

### **5. Becoming a nation of pill poppers instead**

Nearly half of adults had taken a prescription medicine in the past week, with one in four having had three or more. Unsurprisingly, medicine use increased with age - 90% of over-75s had used them in the past week compared with 19% of those aged 16 to 24. And, worryingly, 3% of people were taking more than 10 medicines - and among over-85s, this rose to 13%.

<http://www.bbc.co.uk/news/health-42329795>



### **Online patient access**

EMIS access is the system that patients use to order repeat medication and book GP appointments and also have access to view their summary care record, which includes medications, allergies and adverse reactions. If you would like to register for this system please speak to the receptionist or visit the website (*Please note it is the patient's responsibility to keep passwords secure*).

### **Patient Contact Details**

It is very important that we have up-to-date contact details on your record. Please remember if your address or telephone numbers change please inform the receptionist so we can update accordingly.

### **Appointment times**

Please note all routine appointments are for 10 minutes, if you require a longer appointment please inform the receptionist when booking your appointment