

Yorkley & Bream

Dr Andrew, Edwards, Hayes & Cleary Patient Participation Group

NEWSLETTER



No 6 - Summer 2017

Dr Andrew , Edwards, Hayes & Cleary

Yorkley Health Centre

Bailey Hill
Yorkley
Lydney
Glos. GL15 4RS

Bream Surgery

Beech Way
Bream
Lydney
Glos GL15 6NB

Telephone

(for both surgeries)

01594 562437

Website

www.yorkleyhealthcentre.nhs.uk

Arrival screens in the Waiting Rooms

After consultation with the Patient Participation Group (PPG) and feedback from patients directly, it was decided that we should have patient arrival touch screens at Yorkley and Bream. Instead of queuing up at reception, just to say that they've arrived for their appointment, patients now have the option of being able to simply tap their details onto the screen to confirm that they have arrived for their appointment.

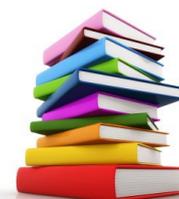


The screens are very easy to use and many of our patients use them so that they can sit down straight away, whilst others prefer to book themselves in via the receptionist and don't mind having to wait at times to do so.

If you haven't tried them yet, why not give it a go? We think you'll be surprised at how quick and easy it is to do. You can't do any harm and all you need to do is touch the screen on the month and date of your birthday and then the first letter of your surname. Once you've put these details in, the screen will confirm your appointment and that you have arrived. All you have to do then is take a seat and wait to be called. If you'd like a bit of help with using it for the first time our receptionists will be happy to help.

A very big 'Thank You' from Jack

Jack is a bit too young to understand, but we would like to say thank you on his behalf to everyone who supported the Quiz Night in aid of Jack's Fund back in April which raised £1065. We have continued the fundraising since then by selling books in the surgeries and so far that has raised nearly £1000 - so we'd like to say another very big thank you to everyone who has donated and bought books.



Cancer Screening

Cancer screening is available for healthy people with no symptoms at all. Screening looks for early signs that could indicate that cancer is developing. It can help spot cancers at an early stage, when treatment is more likely to be successful and the chances of survival are much better. In some cases, it can even prevent cancers from developing at all, by picking up early changes that can then be treated to stop them turning into cancer. Cervical screening is the best example of this. So next time you receive an invitation for Bowel, Breast or Cervical Screening, don't just put it off or ignore it completely - take up the offer and give yourself the best chance.

If you have noticed an unusual change in your body that doesn't go away, or you have noticed something that could be a sign of cancer, please see your GP. This is important even if you have recently had screening, or if you will be having screening soon. More information on screening can be found on the NHS Choices and Cancer Research UK websites.



We're sure that some of you will already have met Dr Tom Martin and Dr James Grant who will be with us until the end of the Summer. They've both been here for a few months already and have settled down into the team very well. You may not yet have met Wendy who is a pharmacist working with us one day a week. Her role is to assist the GPs with prescribing issues and to see patients for medication reviews. We would also like to welcome Janet and Sarah to our team of nurses who will be helping with maternity leave cover for Sophie now and later in the year for Rachel.

Are you Fit for Travel?

Fitfortravel is an NHS website full of travel health information for people travelling abroad from the UK. It is packed with information and advice on a wide variety of items including foreign office safety information, food and water precautions, malaria advice, personal safety, insurance, sun exposure, travelling with medicines, news, resources and much, much more. Fitfortravel can be found online at www.fitfortravel.nhs.uk



However the website can only give general health advice. If you are in any doubt, and especially if your holiday includes trips or activities away from main destinations, we recommend that you leave a message with our receptionists giving as much information about your trip as possible and a nurse will call you back with advice. The nurses have access to up to date information about risks around the world and can give you the advice you may need.

There are several things to consider when planning your travel vaccinations, including:

- ◆ **the country or countries you're visiting** – some diseases are more common in certain parts of the world and less common in others
- ◆ **when you're travelling** – some diseases are more common at certain times of the year; for example, during the rainy season
- ◆ **where you're staying** – in general, you'll be more at risk of disease in rural areas than in urban areas, and if you're backpacking and staying in hostels or camping, you may be more at risk than if you were on a package holiday and staying in a hotel
- ◆ **how long you'll be staying** – the longer your stay, the greater your risk of being exposed to diseases
- ◆ **your age and health** – some people may be more vulnerable to infection than others, while some vaccinations can't be given to people with certain medical conditions
- ◆ **what you'll be doing during your stay** – for example, whether you'll be spending a lot of time outdoors, such as trekking or working in rural areas
- ◆ **if you're working as an aid worker** – you may come into contact with more diseases if you're working in a refugee camp or helping after a natural disaster
- ◆ **if you're working in a medical setting** – for example a doctor or nurse may require additional vaccinations
- ◆ **if you are in contact with animals** – in this case, you may be more at risk of getting diseases spread by animals, such as rabies

If you're only travelling to countries in northern and central Europe, North America or Australia, you're unlikely to need any vaccinations.

If possible, speak to the nurse 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.

Protected Learning Time (PLT)

The practice closes on nine afternoons each year for Protected Learning Time, allowing essential time to allow the whole practice to come together to discuss recent guidance, protocols and practice business. It is also an opportunity for all the staff to undertake obligatory training such as fire safety, basic life support etc. and for the clinicians to progress with their Continued Professional Development.



The remaining dates for this year are 20 September, 17 October and 15 November. The practice will be closed from 12.30 pm on these days.

Great Oaks provides palliative and supportive day care right here in the Forest of Dean

Great Oaks is on the outskirts of Coleford and exists thanks to the vision of the Great Oaks committee and resolute generosity of the people of the Forest of Dean.



Fundraising began in 1999 and a pilot scheme for day care started with two patients and a small group of nurses and volunteers in March 2002. With the experiences gained from their very first patients and their carers they have grown their services based on the needs of the patients they serve.

Their team of specially trained nurses, diversional therapist, complementary therapists, social worker and volunteers supported by chiropodist and chaplains, aim to ease the problems of living with a life shortening condition. Care is tailored to suit the needs of each individual accessing their services.

The Great Oaks mission is:

To provide palliative care on a daytime basis for adults in the community whose quality of life is affected by any life limiting condition. Family and friends are included in this care. To provide this care in a welcoming, relaxing, friendly and informal atmosphere.

Great Oaks currently offers support to:

- ◆ Those recently diagnosed and currently undergoing treatment leaving them emotionally and physically exhausted
- ◆ Carers coping with the daily needs of family and friends who are seriously ill
- ◆ Bereaved carers coming to terms with their loss
- ◆ Their Family Support Department can offer help and support.

There is no charge for services and help is only a phone call away - 01594 811910