

St Stephens Gate & Newmarket Road Surgeries

PPG Newsletter July 2018

PPG Update

This is our first Newsletter concerning the combined Surgeries following the coming together of St Stephens Gate and Newmarket Road Surgeries.

Following Noreen's introduction (*Noreen is Chairman of our Patients Participation Group – PPG*) in the first Newmarket Road Surgery Newsletter last January we are acutely aware that very few patients are aware of the Group's existence or purpose! We cannot email our 20,000 patients and it is too expensive to write to everyone, so we rely on word of mouth and ensuring the Newsletter is clearly available in both Surgeries, for those patients who visit either Surgery.

If you believe there is a smarter way to get our message out to those patients who do not visit either surgery please advise Noreen via a Surgery Receptionist.

As you will see in this Newsletter we will be up-dating patients on Surgery Resources as they are introduced and providing useful reminders to help us all improve our health!

We are still looking for more members, with a bit of spare time, who are willing to do something very worthwhile for the surgery. We are particularly interested in anyone aged 17-50 to make the group more representative of the patient population and ensure younger patients have a voice. Please Contact Noreen (Chair of the PPG) or Rosemary, the Practice Manager. Thank you!

SUN AWARENESS

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK this is between 11am and 3 pm from March to October

Make sure you

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

What factor sunscreen (SPF) should I use

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

Please go to page 2 overleaf

Practice Updates

PARKING AT CHAPELFIELD SHOPPING CENTRE

Whilst we hope to provide car parking for most of our patients attending St Stephen's Gate Medical Practice in the surgery car park, on occasion you may find the car park to be full. If this is the case, we can offer you a free hour's parking at the Chapelfield Shopping Centre.

Bring your car parking ticket, from the shopping centre with you to your appointment and one of our reception team will be happy to validate this for you. When you return to the Chapelfield site to collect your car and pay for your parking, one of their machines will take off an hour and your fee will be calculated accordingly.

Introducing the Nursing team at SSGMP:-

Our Nurses

SSGMP is very lucky to have a team of 11 nurses who have a wealth of experience and expertise. It is impossible to list it all but here is a brief outline:

The Health Care Assistants (Jeanette, Kay and Sue) are experienced and are able to do some nursing procedures (dressings/some vaccines/ear syringing, NHS checks) as well as being excellent at phlebotomy.

The Practice Nurses (Lorraine, Debbie, Kim McLellan and Sarah) have expertise in women's health, childhood vaccination, travel advice as well as looking after long term conditions such as Diabetes, Coronary Heart Disease, Hypertension (high blood pressure) and Lung conditions.

The Nurse Practitioners (Maxine, Clair, Kim Dyke and Katheryn) are all prescribers. As well as dealing with patients with long term conditions they are proficient in seeing and treating patients who are acutely unwell. They can refer to the hospital if necessary. They take part in telephone triage and work as part of the Duty Team alongside the Duty Doctor.

We have specialist nurses in Asthma, Chronic Obstructive Pulmonary Disease and Diabetes. Nurses do cryotherapy (freezing treatment) and fit contraceptive implants.

When calling the Practice you will be asked for a brief outline of the reason for your appointment as it may be that the skilled, experienced nurses are the most appropriate person for you to see.

SUN Awareness Continued

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
- at least four star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates it meets the EU standard. Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of two to three years. Don't spend any longer in the sun than you would without sunscreen.

What are the SPF and star rating?

The sun protection factor or SPF is a measure of the amount of ultraviolet B radiation (UVB) protection. SPF's are rated on a scale of 2 – 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection. The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to five stars on UK sunscreens. The higher the star rating the better. The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least one third of the SPF value and meets EU recommendations. Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

How to apply sunscreen

Most people don't apply enough sunscreen. As a guide, adults should aim to apply:

- two teaspoons of sunscreen if you're just covering your head, arms and neck
- two tablespoons if you're covering your entire body whilst wearing a swimming suit

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen. If you plan to be out in the sun long enough to risk burning sunscreen needs to be applied twice:

- 30 minutes before going out
- Just before going out

Sunscreen should be applied to all exposed skin, including the face neck and ears – and head if you have thinning or no hair – but a wide brimmed hat is better. Sunscreen needs to be reapplied liberally and frequently and according to the manufacturers' instructions. This includes applying it straight after you've been in water- even if it is "water resistant" and after towel drying, sweating or it has been rubbed off.

Children and sun protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life. Children aged under six months should be kept out of direct strong sunlight. From March to October in the UK, children should:

- Cover up with suitable clothing
- Spend time in the shade – particularly from 11am to 3pm
- Wear at least SPF 15 sunscreen

Apply sunscreen to areas not protected by clothing, such as face, ears, feet, and backs of hands.

The above is for the NHS Choices website - further information online www.nhschoices.nhs.uk

Keeping Active

Arthritis Action Meetings in Norwich

Arthritis Action runs a group for people living with Arthritis in the Norwich area. They meet on a six weekly basis at the Assembly House on Theatre Street at 2 pm – 4 pm. These meetings are a great opportunity to meet others who have the condition to share their hints, tips and experience about how they manage their pain and associated symptoms with confidence – they also invite along a series of expert speakers who are able to pass on information about local services and referral pathways. Upcoming speakers include representatives from the Rheumatology team at NNUH and a pain management specialist.

Meeting will take place on the following date.
18th July 2018

Ideas to Consider

Mow and Grow Veterans Drop In - Bowthorpe Community Hub - Every Thursday between 10 and 13.30 (this one is excellent as they get involved with a lot of gardening, wood work and landscaping work and its veteran run!)

They also have the Volunteering Referral Scheme in place with the North Norfolk Railway which again is a scheme which has an offshoot which could potentially tackle social isolation and get veterans out and meeting other veterans

Contact Dan Francis, Advice and Information Officer
Cambridgeshire and Norfolk

DFrancis@britishlegion.org.uk of The Royal British Legion for further information.