



# Warwick Square Group Practice Newsletter

ISSUE 15

AUTUM/WINTER 2017

## NEWS

Dr Wigmore

## Practice Information

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## Dr Wigmore

It is with a heavy heart we inform you that sadly Dr Wigmore has passed away.

He will be truly missed by us all and will always be part of our Grosvenor House family.

He will always be in our hearts.



## Keep well this Winter

### Flu - its not just about you

If you carry the flu virus you can spread it to others even if you don't feel ill. By getting your jab you're not just protecting yourself, you're protecting others too – be it loved ones or vulnerable patients.

Flu is highly infectious and spreads rapidly through coughs and sneezes. It can be fatal for those in high risk groups. NHS professionals, people over 65, those living with long term conditions, carers, pregnant woman and children aged 2-3 are all eligible for free flu jabs. These are available through GP surgeries, your local pharmacy or regular clinics for NHS staff.

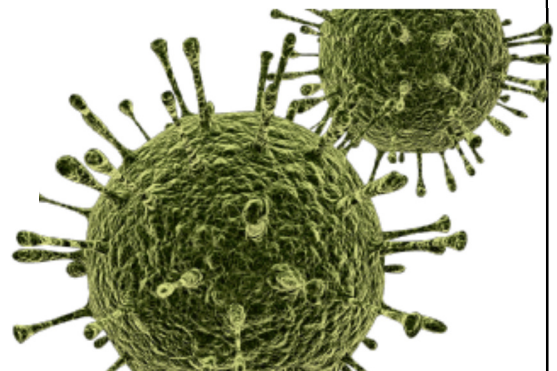
### Norovirus—the winter vomiting virus

If a generally healthy person gets norovirus it can be a bit nasty but they will normally be ok in a couple of days. But for someone who is frail, elderly or with a long term health condition it can be fatal. Norovirus is really contagious – it can jump easily from one person to another so if you have any symptoms follow this advice to help protect yourself and others:

Wash your hands thoroughly with soap and water – particularly after using the toilet and before preparing food and use a bleach based household cleaner to disinfect any surfaces.

Norovirus can cling to your clothes so washing them as soon as you can with hot, soapy water will help kill the virus.

While you have the symptoms, and for two full days after, stay away from work, school, social gatherings, hospitals and care homes.



## Staying steady

Slips, trips and falls can happen any time of year but winter can be particularly dangerous. In Cumbria there are around 2,000 emergency hospital admissions for falls each year in people aged 65 and over but falls should not be seen as a normal part of aging and are often largely preventable.

Catherine Engelbrecht, Specialist Physiotherapist at CPFT who runs a Falls Prevention class in Penrith, has some top tips for staying steady in winter:

- Exercise regularly to improve your strength and balance-bowls or tai chi are good for balance.
- • Take calcium for strong bones and vitamin D to support the body to absorb calcium (always discuss with your GP/Pharmacist to check this complements other medicines).
- • Check your home for hazards such as loose fitting rugs, slippery paths or poor lighting.
- • Wear appropriate footwear with good grip and supportive slippers in the home.
- Keep both hands free, concentrate and go slowly. Use handrails wherever they are provided and your stick or walker if you need one.
- If you go to the toilet in the night, sit on the edge of the bed for a few seconds before standing to let your blood pressure adjust.
- Keep a mobile phone in your pocket if you think you are at risk of falls.

## Top tips to stay well in winter

**WARM** – Cold weather is on its way and it's important to keep warm in your home and wrap up when you go out. The recommended temperature inside your home is 18c.

**NEIGHBOURS** – Social isolation can be a serious problem at this time of the year so take a minute to check on your neighbours, especially if they're elderly or vulnerable.

**TIMELY** – Seek advice from a pharmacist at the first sign of illness. Pharmacists are highly qualified health care professionals available on your doorstep, and can offer a range of services including quick, confidential advice on common illnesses. Most have a consultation room so you don't need to discuss your health concerns at the counter. Pharmacies are often open during evenings and at weekends and you don't need an appointment.

**RESTOCK** – Stock up your cupboard with the essentials such as paracetamol and diarrhoea tablets, and collect any repeat prescriptions before bank holidays.

# Shingles

1 September 2017 – 1 April 2018

## Shingles eligibility

- ✓ Eligible
- ✗ Non eligible



Patients remain eligible for the shingles vaccine up until their 80th birthday.

### Advance Nurse Practitioner (ANP)

Jenna Bailey is our ANP who has been at the practice for just over a year now. She works Monday to Friday between Grosvenor House Surgery and Morton Surgery.

Jenna can see a wide variety of acute illnesses and is able to prescribe if necessary.

## NHS Health Checks

### What is an NHS Health Check?

The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

### How do I get an NHS Health Check?

If you're in the 40-74 age group **without** a pre-existing condition, you can expect to receive a letter or text inviting you for a free NHS Health Check every five years. In the meantime, you are very welcome to telephone the surgery to book an appointment.

### How can I improve my test results?

Once you've had your NHS Health Check, your healthcare professional will discuss your results with you. You'll be given advice to help you lower your risk of a stroke, kidney disease, heart disease, diabetes or dementia, and maintain or improve your health.



## Patient Online Access

As well as contacting the surgery by telephone, you can now use the internet or your smartphone to book appointments with a GP, request repeat prescriptions and view your medical records.

Being able to view your medical records online may be able to help you manage your medical conditions. It also means that you can access it from anywhere in the world should you require medical treatment abroad.

**Forms to register for Patient Online Access are available at Grosvenor House Surgery, Morton Surgery and via our website [www.warwicksquaregrouppractice.co.uk](http://www.warwicksquaregrouppractice.co.uk)**

***Please note you will need 2 forms of identification to be able to register for repeat prescription's and to view your medical records.***

## Compass in Cumbria

“There's always someone who will listen”

Independent advice and support to help you find answers you need and to deal with the issues that are affecting you.

Connecting you with the specialist services you need, when you need them.

You are not alone, there is help available, whatever your problem, we are here to listen and to help. It could be anything from support with housing and finding suitable accommodation, benefit advice and support with claiming benefits, budgeting, low level adaptations or getting back to normal after a stay in hospital.

Open Monday—Friday 9.00am—4.30pm

01228 633331

or email [ce.support@compassehub.com](mailto:ce.support@compassehub.com)



## Dates for your calendar

The practice closes once a month for an afternoon for staff training (protected learning time) Please note the following dates:

**Wednesday 17 January 2018**      **1.00pm - 6.30pm**

**Thursday 8 February 2018**      **1.00pm - 6.30pm**

**Wednesday 14 March 2018**      **1.00pm - 6.30pm**

**Please call NHS 111 if you have a medical emergency at these times.**

The practice will also be closed for the following bank holidays

**Monday 25 December 2017**

**Tuesday 26 December 2017**

**Monday 1 January 2018**

