



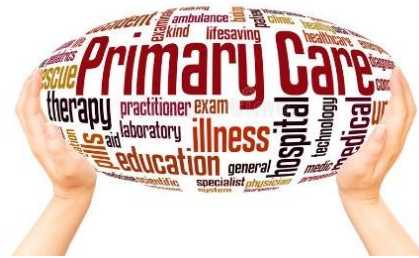
The Winchcombe Medical Centre
Patient Group

Newsletter

Chairman's introduction

Welcome to our Spring Newsletter.

In the lead-up to Christmas, the Medical Centre staff successfully vaccinated the large majority of eligible patients, mainly against Covid-19 and 'flu. The constant change in the immunity, however, has meant that the 75-year-olds and more vulnerable patients have needed vaccinations and the clinics for these have just been completed. The future of this programme is unknown but the Patient Group members and other helpers such as those from Winchcombe Rotary will continue to give their time to help the clinics run smoothly.



over
further

As highlighted below, we held a very successful School Health Awareness Day and are now holding a Men's Health Day on the 16th of May. The details are below.

If anyone has any comments or suggestions as to how the services at the Medical Centre might be delivered even more effectively then please let us know by emailing wmcpgenquiries@gmail.com. We have a good relationship with the staff and all positive and realistic ideas will be considered.

Alternatively, come along and see us at the Winchcombe Country Fair on 28th August at the Winchcombe School and let us have your views directly.

Further information on the Patient Group and the Medical Centre can be found on the website <https://www.winchcombemedical.nhs.uk/>.

I hope you find this Newsletter informative and enjoyable.

Graham Ogden
Winchcombe Medical Centre Patient Group Chair

Winchcombe Medical Centre (WMC) News

Dr Sue Andrews will be retiring at the end of June and Dr Jennifer Hope will increase her sessions.

It is also pleasing to note that all reception/administration roles have been filled with the final two members of staff joining in June and July. Two other members of the team move into the position as GP Assistants which will be supporting the clinical team.

There has been an increase in the patient population which is now 7965.

There have been 4,412 appointments in April.

The surgery has been participating in an NHS programme of work called Accelerate which is looking at improving patients flow and efficiencies in the practice. They have been focusing this around the dispensary teams and have been making headway into improving the issues with wider stock issues.

The Patient Group has given support at the four recent Covid clinics that were held at the surgery, without this support WMC would not be able to offer this service locally.

Other News

MEN'S HEALTH

How can I improve my health?

How can I talk about Men's health issues?

Come to an evening of information and find out about a range of health issues facing men today with:

Dr Michael Kilshaw – GP, Winchcombe Medical Centre
Nick Puffett – Clinical Nurse Manager • Kate's Home Nursing

including:
"Could it be cancer doc?" • Making the most of your GP appointment!
Planning ahead • Ask the experts (anything) anonymously!

Winchcombe Conservative Working Men's Club, Abbey Terrace

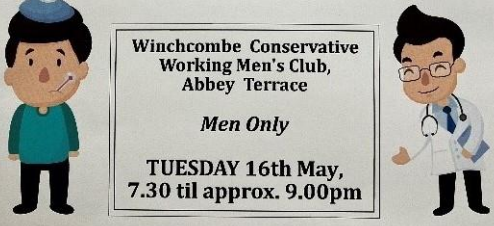
Men Only

TUESDAY 16th May, 7.30 til approx. 9.00pm

This event is organized by the Patients' Group for Winchcombe Medical Centre

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Winchcombe School Health Awareness Day Thursday 16th March 2023

This annual event is organised by Roy Tustin on behalf of the Patients' Group. The purpose of the day is to raise awareness of and provide information on, a wide range of issues related to the mental and physical health of all Winchcombe School students. Examples include gambling, mental health, smoking and vaping, young people's healthy relationships, cyberbullying and drug abuse. Several of the stands are interactive.



The event constitutes stalls, provided by a range of different statutory and voluntary organisations, together with some classroom-based presentations/workshops, run by some of those organisations. Each student is provided with a quiz related to the stalls exhibited. 'House' points are available for the most complete, correct answers. Roy's link with the School is the Head of Careers and of

Religion, Ethics and Philosophy (CREP), who has proved to be very proactive in redesigning and shaping the day on behalf of the School.

The evaluation, designed by us and administered by the Head of CREP has, once again, demonstrated the value of the event to the students. Examples of positive feedback included 'people on stalls are very informative', 'interactive stalls', 'pictures of smokers' lungs' and 'information on gambling dangers'. We look forward to making the event even better for the students next year.



Most of the time, we carry on with normal daily life but when you need help with end-of-life care issues for yourself or for a loved one it is good to know this organisation is around.

Kate's Home Nursing is a local palliative care charity. They provide professional, compassionate, specialist nursing 'hospice at home' care, at a time that can often be an emotional and frightening time for patients and families alike. Their bank of experienced Registered Nurses provides expert nursing care for people in the last stage of illness who wish to die at home.

There is no set pattern of care, it is bespoke. Their nursing is arranged according to need from a few hours of respite for a patient's family to all-night nursing, with particular emphasis on effective pain relief and symptom control.

Kate's now has a carers café which is held on the first Thursday of every month. Each café meeting is very informal, friendly and supportive. Here you can find help, support and advice from a Kate's home nurse about the types of help available to carers, benefits advice and local events that could help support carers or their loved ones. Being a carer is very demanding and sometimes talking to someone who really understands helps you to carry on.

Please come along to meet Kate's at the George Moore Community Centre 1-3 pm on the first Thursday of every month. For more information, please contact them via their website <https://www.kateshomenursing.org/>

Health Awareness

Look after your Eyes



Even if you feel you have no problems, it's important to have regular sight tests to check the health of your eyes.

Routine examinations can pick up far more than just poor sight. Eye tests can identify ocular issues before symptoms begin, and in some cases pick up signs of other health problems.

Diabetes

There are two types of diabetes – Type 1, which is a lifelong condition that results in the immune system destroying the cells that produce insulin, and Type 2 diabetes, where the body no longer produces insulin or the body's cells no longer react to insulin properly. Type 2 diabetes is much more common, with over 90% of adult diabetes sufferers having Type 2. Non-diabetic hyperglycaemia, or pre-diabetes, is also an issue in the UK. This increases the risk of developing Type 2 diabetes; however, there can be lifestyle changes made that can reduce this risk.

It's important to be aware of the symptoms of diabetes so that you know whether you or someone close to you is starting to develop symptoms. Symptoms can include: always feeling thirsty, urinating more often than usual, feeling very fatigued, having slow-healing cuts, blurred vision and more. If you're worried that you might be suffering from any of these symptoms, or there is a history of diabetes in your family, it's important to arrange an appointment with your GP practice.

<https://www.nhs.uk/conditions/diabetes/>

<https://www.nhsinform.scot/illnesses-and-conditions/diabetes/type-2-diabetes>

Cholesterol

High cholesterol can be a serious issue for your overall physical health. High cholesterol can cause fully or partially blocked blood vessels, which may eventually lead to strokes or a heart attack. The main causes of high cholesterol are smoking, eating fatty foods, not exercising enough, and regularly drinking alcohol. There are no symptoms of high cholesterol, and you can only find out through a blood test.

There are ways in which you can naturally lower your cholesterol. These can include eating more oily fish, reducing your saturated fat intake, eating fewer fatty foods, exercising more, stopping smoking, and/or cutting down on regular drinking. These are methods that may be able to lower cholesterol before it becomes dangerous and they may improve your overall health.

<https://www.nhs.uk/conditions/high-cholesterol/>

<https://www.nhs.uk/conditions/high-cholesterol/how-to-lower-your-cholesterol/>

NHS News

The latest NHS news can be viewed on the link below:

www.england.nhs.uk/news/

An Invitation to have your say

"The NHS Assembly – 'NHS@75 conversation'

As the NHS approaches its 75th anniversary, the NHS Assembly is asking for your views on the NHS today, taking stock of recent learnings and highlighting future opportunities and challenges. This includes inviting patients, carers, staff, and the wider health and care community to share their thoughts, through our [Conversation Guide and online feedback form](#)."

The closing date for views is 26th May 2023.