



# Ship Street Surgery

## Spring 2017 Newsletter

Welcome to the Spring 2017 Ship Street Surgery Newsletter.

In December 2016, the surgery was inspected by the Care Quality Commission (CQC). We performed very well and received a Good rating overall, we thank all our staff for their hard work on the inspection day and also the patients who spoke to the inspectors and gave us positive feedback.

Spring has seen some slight changes in the way appointments are organised at the surgery. If you are booking an emergency appointment the reception staff will ask you the reason for the appointment. We are trialling some telephone slots for doctors in response to the Healthwatch survey results. These will be used for follow up of results + conditions safe to be discussed on the telephone.

**The surgery now has a page on Facebook – “like” us to keep up to date with news, we also have a new dedicated cancellation answerphone (01342) 321618.**

We are very sad to announce that Dr Bellamy will be leaving us at the end of June, we will be joined by Dr Susie Short who will be working Monday, Wednesday +Thursday from July.

### **DR FLATMAN RUNS THE LONDON MARATHON.**

**On 23<sup>rd</sup> April 2017 Dr Flatman will run the Virgin London Marathon. She is raising money for Hospice UK.**

**Hospice UK - support Hospice's all around the UK to provide care to patients and families approaching end of life.**

If you would like to help Dr Flatman reach her fundraising target please donate via just giving or via reception at the surgery.

<https://www.justgiving.com/fundraising/Elinor-flatman>



### **Are you 20 – 32 weeks pregnant – book your Whooping cough (Pertussis) vaccine now .....**

Why should I have a Pertussis vaccine?

Getting vaccinated while you're pregnant is highly effective in protecting your baby from developing whooping cough in the first few weeks of their life. Young babies are the most at risk from whooping cough.

Please arrange an appointment with the nurses to have this vaccination.

### **SELF – REFERRAL TO MIDWIFE NOW LIVE :**

You can now self-refer online for antenatal care at PRH (no need to see a doctor to confirm / arrange referral unless there is medical need)

Visit :

**[www.mypregnancymatters.co.uk](http://www.mypregnancymatters.co.uk)**

Fill in the form and press send.

Your booking appointment with the community midwife will then be arranged.

### **261 PEOPLE DID NOT ATTEND APPOINTMENTS AT THE SURGERY IN JAN / FEB 2017**

Please cancel your appointment if you don't need it.

Ways you can cancel:

- Via reception
- Online
- **Via dedicated cancellation answerphone (01342) 321618**

# Healthy Eating Fact vs Fiction

## Low-fat food

**What's the myth?** Low-fat foods are best for us

**The reality:** Although a diet that is low in fat can help you to control your weight and lower your cholesterol, there's no need to avoid fat altogether.

**The expert opinion:** 'We do need some fat in our diets,' explains Eleanor Donaldson from the [British Dietetic Association](#). 'For example, omega fats are great for circulation and can reduce the risk of heart disease.'

**Why not try...?** Oily fish such as salmon, mackerel, pilchards and sardines are good sources of omega fats. Use olive or sunflower oil for cooking, and if you are trying to reduce the amount of fat you eat, there are a number of different options:

- Trim visible fat from meat
- Choose lower-fat versions of traditional foods
- Buy or try making your own oven chips instead of fried
- Save cakes, biscuits, pies and pastries for an occasional treat

## Red meat

**What's the myth?** Red meat will kill you

**The reality:** Recent research has linked red meat to an increased risk of dying from heart disease and cancer. However, red meat is good for you, as it's an excellent source of protein, vitamin B12, zinc and iron. That's why the Department of Health advice says it's safe to consume up to 500g per week.

**The expert opinion:** Victoria Taylor, Senior Heart Health Dietician at the [British Heart Foundation](#), says: 'Red meat can still be eaten as part of a balanced diet, but go for the leaner cuts and use healthier cooking methods such as grilling.'

**Why not try...?** Try not to overdo any one type of food and vary the protein part of your meal. Instead of beef, lamb or pork-based meals, why not give chicken, beans or lentils a go?

Taken from Age UK



Do you have Green-Fingers?

Ship Street Patient Participation Group are looking for volunteers to help brighten up the shrubbery and borders at the surgery.

If you would like to volunteer contact:

Sandra Kent : (sandra.kent@nhs.net)



## Antibiotic resistance in numbers

# 25k

The number of people who die each year across Europe from infections resistant to antibiotics

A recent study showed that the likelihood of GPs prescribing antibiotics for coughs & colds increased by 40% between 1999-2011

# 40%

# 30 years

The period of time since a new class of antibiotics was last introduced despite the fact that growing numbers of infections are resistant to antibiotics

Research has shown that only 10% of sore throats and 20% of acute sinusitis benefit from antibiotic treatment but the prescription rates are much higher than this

# 10%



# €1.5 billion

Annual EU wide cost of healthcare expenses and lost productivity due to antibiotic resistant bacteria

### The Problem :

Antibiotics treat infections by killing bacteria, due to overuse they are becoming less effective. This means there are more deaths and more complications for people, mainly those having treatment in hospital.

### How has this happened :

There are many reasons why antibiotics lose their effectiveness, but two key ones are:

- We take medicines we don't need. Antibiotics don't help most colds or coughs get better but we still request antibiotics for them.
- We make the situation worse when we don't take antibiotics exactly as prescribed for example missing doses or not completing the course.

### A world without antibiotics:

Pre – antibiotics: as recently as the 1930s people often died from infections such as pneumonia or meningitis. Simpler operations / procedures were risky due to the risk of infection. Antibiotics changed that.

Antibiotic -age : since the 1940s antibiotics have allowed us to fight infections and save millions of lives but they are becoming ineffective because we are not using them properly.

Post – antibiotic age : If bacteria become 'resistant' to antibiotics many routine treatments will become dangerous. Setting broken bones, basic operations and chemotherapy rely on having antibiotics that work.

### What can we do to help?

- **Don't ask for antibiotics when they are not likely to be needed – most simple cold and coughs don't need antibiotics**
- **If you are given antibiotics complete the course as prescribed.**
- **You doctor may give you a self-care advice sheet if antibiotics are not needed - please follow the advice.**
- **Find out more from : <http://antibioticguardian.com/>**

**ARE YOU ABLE TO SPARE A  
FEW HOURS TO JOIN US AND  
LIKE-MINDED VOLUNTEERS TO  
HELP US REJUVENATE OUR  
GARDEN?**

**CALLING ALL  
OUR KEEN  
GARDENERS**

**IF YOU WOULD LIKE TO HELP US WITH OUR GARDEN  
PROJECT WE WOULD LOVE TO HEAR FROM YOU.**

**GET IN TOUCH**

**Email -[sandra.kent@nhs.net](mailto:sandra.kent@nhs.net)**

**CALL - 01342 325959**

**OR LEAVE YOUR DETAILS WITH RECEPTION**

**SHIP STREET GARDENING PROJECT  
SPRING IS HERE**