

Heartwood Summer 2022 Newsletter



Firstly, we would like to thank you for your help and support during this extremely challenging time.

Covid restrictions remain in place within the Practice. We continue to ask everyone entering the Practice to wear a face mask. Disposable masks are available at reception if you accidentally forget.

Staff Changes

We have had a lot of staff changes over the last few months.

Shani Fairbrother - our Practice Manager, for the last 13 years has retired, although she is coming back to help support us for a day a week for the foreseeable future.

Dr Somarajan has relocated to North Derbyshire and is now working at Jessop Practice in Ripley to be nearer to home.

We would like to wish Shani a very Happy Retirement and Saritha and Louise good luck with their new ventures.

Louise Erick, Advanced Nurse Practitioner, had changed her career path and was working as a Nurse Manager but has now decided to rejoin our team and will be starting back with us on 16th May.

We would like to welcome:

- Dr Kamran and Dr Muogbo, whom most of you already know, as Partners to the Practice.
- Our new reception team members over the past few months, Nicki Law, Rebecca Sankey, Eloise Welch, and Michele Arnold.
- Michele Williams, Advanced Nurse Practitioner, who will be working alongside Alison Wood.
- Vicki Pritchard, Trainee Nurse Associate, who will be working alongside our Practice Nurse team and HCA's.
- Helen Leve, Health and Wellbeing Coach, to cover maternity leave for Claire Stapleton. Helen deals with weight management referrals and healthy living and will soon be organising healthy walks from the practice.

Louise Goodyear, Practice Nurse, who was with us a couple of years ago but left to become a District Nurse in Tamworth has now returned to work with us again, as missed working with the Heartwood team and patients at the surgery.

Emma Jackson, Healthcare Assistant, will also be returning to us in May, after maternity leave after having a baby boy, George, last October.

National Walking Month

May is National Walking Month. This year, we're encouraging you to #Try20 - and walk for 20 minutes each day during May.

Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of several preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

By swapping a short drive for a short walk, you can also help reduce air pollution, congestion, and road danger - whilst saving yourself some money and getting active in the process!

As mentioned before, Helen Leve, our new Health and Wellbeing Coach is starting a new walking group soon based at Heartwood.

There are lots of beautiful walks and trails in the area so make the most of getting out and about this summer to enjoy the sunshine and boost your vitamin D levels!

Early signs of cancer

NHS data shows that three in five people are concerned about burdening the NHS, with half saying that they would delay seeking medical advice compared to before the pandemic. Early detection of potential cancer symptoms is critical, so if you or a member of your family has any of the symptoms below, please don't delay in getting in touch.

Abdominal or Urological cancers – symptoms include:

- Discomfort in the tummy area for three weeks or more
- Diarrhoea for three weeks or more
- Blood in your urine – even just once!

Lung cancer – symptoms can include:

- A cough that lasts for three weeks or more that isn't covid
- Chest infections that keep recurring
- Coughing up blood

Two in five people don't recognise that a persistent cough for more than three weeks as a sign of the disease. There is also a concern the symptom could easily be confused with Covid19 so if in doubt get in touch!

Patients should also contact us if they notice any unusual changes, such as a lump in the tummy area, post-menopausal bleeding or unexplained weight loss, as these can also be signs of cancer.

Cancer Screening

Cervical Screening

Small samples of cells are taken from the cervix. The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cervix. If these are not found you won't need further treatment, however if they are found, the sample is then checked for any changes to the cervix, these can then be treated before they get a chance to turn in to cervical cancer. Screening is offered to all women with a cervix – every 3 years for women aged 25-49, and every 5 years from the ages of 50-64.

Breast Screening

A mammogram uses X-rays to look for cancers that are too small to see or feel in the breasts. Women get an automatic invite between the ages of 50 – 53 and then every 3 years until the age of 71. You can still have breast screening after the age of 71 but you need to call the local breast screening service to ask for an appointment.

Bowel Screening

Bowel cancer is the 4th most common type of cancer. Screening can help detect it at an early stage when it is easier to treat. Otherwise known as a FIT test, this screening checks for small amounts of blood in your stool, which can be a sign of a polyp or bowel cancer. Everyone aged 60-74 is offered a bowel cancer screening home test every two years. If you are over 75 you can request a kit by phoning 0800 707 6060.

MMR Vaccination

More than 1 in 10 eligible children under 5 in England haven't had the MMR vaccination or are only partially vaccinated. This leaves children unprotected and increases the risk of measles outbreaks occurring in nurseries and schools. We are reminding parents and guardians to ensure their children are protected by having two does of the MMR vaccine at the right time.

Since the start of the Covid-19 pandemic in March 2020, there has been a significant drop in the number of parents getting their children vaccinated against MMR and taking up the other childhood vaccines.

Measles is highly contagious so even a small decline in MMR uptake can lead to a rise in cases. As international travel resumes, there is more chance for measles to be brought in from countries where it is common.

When you first catch measles, it can feel like you have a cold with a runny nose and a cough, sore red eyes (conjunctivitis) and a fever, but this is followed a few days later by a rash that spreads all over the body. Most people will feel better after 7-10 days; however, measles can lead to complications such as ear and chest infections, fits, diarrhoea, and dehydration in younger children. This alone increases the importance of getting your child vaccinated.

Travel Vaccinations

As more people are travelling abroad this year following the pandemic, it is most important to ensure your immunisation status is up to date. Please complete our on- line travel health questionnaire and return it at least eight weeks before you travel. Paper copies of the questionnaire are also available at reception. Our nursing team will review your forms and if necessary book you in for the required vaccinations.

Carers

Are you a carer for a relative or friend? Please get in touch and we can signpost you to the Derbyshire Carers Association for support and advice. For more information visit their website:

<https://derbyshirecarers.co.uk/>

Are you under 18 and care for a family member or friend? For more information visit the Young Carers website: <https://derbyshirecarers.co.uk/young-carers-service>