

# PRACTICE NEWSLETTER

Bradford on Avon & Melksham Health Partnership

Newsletter | June 2015 | Edition 33



## Patient Participation group (PPG)

The next quarterly meeting will be on Tuesday 2nd June, 7pm at The Health Centre, BOA. All patients are welcome to attend. There will be a talk at the meeting from a Podiatrist to provide information on 'the health of the feet'.

During June the PPG will be launching their revised PPG patient information leaflet and registration form - with the aim to recruit more members.

Finally, the PPG will also be promoting Health Awareness in the surgery by attending the **Health Check Promotion Day** at The Health Centre, BOA, on Tuesday 23rd June 2015.

## Practice Achievement 2014

Please pick up a new information leaflet which provides a summary of what has happened in the practice during the last year.

We would like to take this opportunity to thank the patients who participated in our patient surveys or who have provided feedback - the comments we receive help us to make improvements to the services we provide.

## Practice 'Topic of Focus'

In-house information awareness – updated monthly notice boards in our waiting rooms

### Topic of Focus for May – Dementia

The surgery has opened a new Memory cafe in Bradford on Avon to support people living with memory problems and their carers. The surgery currently has over 200 patients registered with Dementia and there is no local place for them or their carers to go to get help & support. The objective of the café is to be a fun place for patients to go, for information and to network with people in a similar position. For more information please contact Ruth Randall at the surgery on Tel 01225 867876

### Topic of Focus for June – FREE Health Check Service

The NHS Health Check is your chance to get your free midlife MOT. For adults aged 40-74 without a pre-existing condition, it checks your circulatory and vascular health and what your risk of getting a disabling vascular disease is.

If you are in the 40-74 age group without a pre-existing condition, you can expect to receive a letter from the practice inviting you for a free NHS Health Check. Don't worry if you haven't got your invitation yet.

Please contact Caren Couzens at The Health Centre Tel 01225 866611 to check your eligibility and book an appointment.

After your NHS Health Check your results will be discussed and you will be given advice and support to help you lower your risk and maintain or improve your vascular health.

### Topic of Focus for July - Going Green

The practice recently applied to participate in a green/sustainability pilot and is pleased to have been one of only GP practices chosen to take part. The pilot is part of the Green Impact for Health Initiative, based in Bristol, and at the end of the pilot the practice hopes to achieve the Bronze award. Final submissions for the award are 22nd May 2015 and we will share the results with you via the practice website and the next newsletter.

## Recycle your inhalers

The Health Centre and Silver Street Pharmacy are working together to recycle inhalers. Simply drop in your used inhalers to the blue bin near reception at The Health Centre, BOA or into Silver Street Pharmacy, BOA.



## Staff News



Dr Clive Smith has been with the surgery as an Associate GP since August 2012 and the surgery is pleased to announce that on the 1<sup>st</sup> April 2015 Dr Smith became a Partner at the Practice.

## Swimathon 5K team challenge

Raising funds in aid of



Five surgery staff took part in a swimathon 5K team challenge on Saturday 18<sup>th</sup> April 2015 to swim 40 lengths of a 25m swimming pool in relay format.

The team raised over **£1,200!**

## BOA Leg Club Double award winners!

### Public Health Award 2014 - BoA Leg Club Winners

Congratulations to Bradford on Avon Leg Club Team and Volunteers for winning the prestigious 2014 Public Health Awards - 'Innovations in Health Improvement'.

### LCIP / EWMA London 2015 Award - BoA Leg Club Winners

The Leg Club Foundation announced that Amanda Brookes and The Leg Club team are winners of the LCIP EWMA 2015 London scholarship award.

## Do you have a healthy sustainable diet?

Having a healthy diet can also be better for the environment and therefore more sustainable. The United Nations Food & Agriculture Organisation (UN FAO) defines sustainable diets as: "Those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources."

### But what does that mean in practice?

WWF's Livewell Plate, based on the UK Government's healthy eating Eatwell Plate, shows a varied and nutritionally balanced diet would also meet UK greenhouse gas emission targets. WWF's Livewell principles for healthy low carbon eating recommend we:

- Eat more plants- enjoy fruit and veg
  - Waste less food - An alarming 30% of the food we buy in shops ends up in the bin or landfill, or to put it slightly differently, it's like leaving the supermarket with 10 bags of shopping and putting 3 directly into the wheelie bin, the minute you get home. Try to plan your shopping and your meals carefully and try to avoid waste, using up or composting leftovers
  - Eat less meat - Meat, be it red or white, can be a tasty complement rather than just a centre piece of a good meal
  - Eat less processed food - as they tend to be more resource intensive to produce and often contain high levels of sugar, fat and salt
- Eat certified food - buy food that meets a credible certified standard - like MSC for fish or RSPCA Freedom Food for meat and eggs

## Walking for wellbeing

The surgery is passionate about getting people active and would like to develop a walking group for those patients who currently do no or little walking. The aim is for the group to be a fun, sociable group which gets out once a week for a short walk. The aim is to improve both mental and physical health. If you feel you would like to join the group, a "walking for wellbeing" prescription can soon be collected from reception.

The surgery is looking for volunteers to lead the walks. This would be just one hour per week and full training would be provided. If you are interested in volunteering, please leave your details at reception.