

# PRACTICE NEWSLETTER

Bradford on Avon & Melksham Health Partnership  
Newsletter | February 2015 | Edition 31



## Patient Participation Group (PPG)

Date of the next meeting is Tuesday 10th March 7pm at The Health Centre – BOA. All patients are welcome to attend.

## Have your say about Dementia care in Wiltshire

The BOA Senior Citizens Forum are holding an Open Forum & Drop in at St Margaret's Hall on Tuesday 3rd March 6pm–8pm. All patients are welcome to attend.

## Coughs and Colds

Colds and flu are caused by viruses which work by getting into your body, attacking your cells and using them to build more identical copies of themselves. This causes the familiar symptoms of colds and flu, such as a runny nose, sneezing, a sore throat and a high temperature. Antibiotics don't work against viruses, and there is nothing you can do to cure a cold or flu. You have to wait for your body to fight and destroy the virus itself. **Please ask your pharmacist for advice in the first instance.**

## Pharmacy Assistance

**Every year, millions of us visit our GP with minor health problems that our local pharmacist could resolve.**

It is estimated that every year, 50 million visits to the GP are made for minor ailments such as coughs and colds, mild eczema and athlete's foot.

Instead of booking and waiting for a GP appointment, you can visit your local pharmacist any time – just walk in.

All pharmacists can recognise many common health complaints. They can give advice or, where appropriate, medicines that will help clear up the problem.

If your problem is more serious and needs the attention of a GP, your pharmacist will recognise this and advise you to see your GP instead.

What's more, many pharmacies are open in the evenings and on the weekends.

**Your pharmacist may be able to help with:**

- skin conditions, such as mild acne and mild eczema
- coughs and colds, including nasal congestion and sore throat
- minor cuts and bruises
- constipation and haemorrhoids (piles)
- hay fever and allergies
- aches and pains, such as headaches, earache and back pain
- indigestion, diarrhoea and threadworms

## Children's Flu vaccinations still available

Are your children aged 2,3 or 4 or have an underlining illness, please book your flu vaccination. Stocks are running low.

## National Cervical Cancer Prevention week 25<sup>th</sup>-31<sup>st</sup> January 2015

Jo's cervical cancer trust

**Smear test overdue?  
Book yours today**

jostrust.org.uk | #ScreeningSavesLives

## Bradford on Avon - Leg Club

Join us for our 1<sup>st</sup> Birthday Tea Party with the wonderful voices of

## CITYSOUND VOICES IN HARMONY

Tuesday 10<sup>th</sup> February 2015  
2.00pm – 4.00pm

At St Margaret's Hall Bradford on Avon

RSVP Ruth Randall 01225 866611

## Falls & Balance Classes

New classes are specially designed to help people who have concerns regarding their balance, have had a fall or who are afraid they may fall. The class involves a variety of standing exercises supported by a chair which improves strength and balance and help participants to increase their confidence

Starting Tuesday 3<sup>rd</sup> February 2015

2pm – 3pm St Margaret's Hall

£2.45 per session - For more information contact Jackie Brookes  
07731772081

## Help for Carers in the Armed Forces Community

Are you supporting someone with mental health difficulties?

If you are caring for someone with anxiety, depression, PTSD or adjustment disorder this service could be for you.

This is a service to give support, education, and skills training to people caring for someone with mental health issues.

This is a free service for anyone over 18 in the Armed Forces community.

If you would like some more information or want to join the service please contact:

Healios: 03303 350603  
[infor@healios.org](mailto:infor@healios.org)

Army Families Federation  
[additionalneeds@aff.org.uk](mailto:additionalneeds@aff.org.uk)

## The Practice has implemented a monthly TOPIC OF FOCUS Topic for February

Surgery achievements over 2014. Please look out for our display boards.

## Topic for March Home Treatment Guide

### 'Help us to Help You' The Home Treatment Guide

The Doctors have formulated information to help you manage some conditions at home. These useful tips have been available on the Practice website for some time. To make this information more widely available Patients very soon will be able to take home a published booklet from the waiting room.

## Bradford on Avon is a 'Demonstrator Site' for Integrated Working

The Bradford on Avon Health Centre has been chosen to be an 'Integration Demonstrator Site' with the purpose to develop co-working and co-location arrangements with colleagues in other agencies, as well as improve communication, share information and avoid duplication of service delivery. The focus is to support frail elderly and vulnerable patients and to reduce hospital admissions. This new initiative began with the planning in November 2014 and prepares to 'go live' at the beginning of February 2015. Dr James Heffer is the Clinical Lead, with Amanda Brookes, Business Manager, as the Project Lead. The Steering Group is also comprised of colleagues from Adult Social Care, the Community Team, Primary Care Mental Health Services, Primary Care, Memory Services and Alzheimer's Support.

### New roles in the Practice to support this work will include:

**Integrated Services Team Leader** - Anne Shilston is a Senior Nurse and was the Clinical Care Co-ordinator in Bradford on Avon & Melksham. Her role is to support the Integration agenda and ensure that the community projects are implemented and outcomes monitored.

**Acute Home Visits service** using Emergency Nurses – Jacqueline Cooper and Emily Davies are here to support the Doctors with the increasing number of patients requesting a Home Visit and to free up doctors time to carry out joint visits with colleagues from other agencies (such as the Community Team and Adult Social Care).

**Care Co-ordinator** - Sasho Spirovski whose background is as an Ambulance Technician for five years. His role is to co-ordinate access to the different agencies to ensure that older and vulnerable patients are able to keep safe and well in their own homes.

**Dementia Care** Senior Health Care Assistant – Steve Dunne-Howells. This role aims to provide Dementia reviews in the home of the person living with Dementia as well as Health Checks for their Carers.

More information will be shared about this project in future additions of the Practice Newsletter.

## Message in a bottle Scheme



The **Lions Message in a Bottle** scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the fridge. Whilst it is focused on the more vulnerable people in our community, anyone can have an accident at home, so this scheme can benefit anyone, including you. The Surgery and local pharmacies have supplies of the bottles and forms that you need.