

Haddenham Health News

Welcome to Haddenham Health News – an informative newsletter helping to keep patients informed!



CUPPA AND CUPCAKE MORNING

Patients are invited to come along to a cuppa and cupcake morning in aid of the Alzheimer's Society here at the surgery on **TUESDAY 7TH AUGUST between 10.00 am and 12.30 pm.**

Many people are affected by this awful disease – hopefully by raising funds we can help to give some light to those whose world can be black.

Rachel Lester our Receptionist is also taking to the skies on the 12th August to participate in a Tandem Skydive – all sponsorship gratefully received. <https://www.justgiving.com/fundraising/rachel-lester3>



FLU CLINICS 2018 – Please also see further information overleaf

At risk patients under 65 are entitled to a FREE flu jab – a clinic will be held for these patients on **SATURDAY 15TH SEPT 2018 between 8.00 and 12.00pm**

For Over 65s a clinic will be held on **SATURDAY 22ND SEPT 2018 with further dates in October as we receive vaccine stock.**

A children's Flu Clinic will be held in October – date to be confirmed

We will not be providing Private flu jabs



FUN IN SUN - DON'T GET STUNG

What to do if you've been bitten or stung

To treat an insect bite or sting:

Remove the sting or tick if it's still in the skin.

Wash the affected area with soap and water.

Apply a cold compress (such as a flannel or cloth cooled with cold water) or an ice pack to any swelling for at least 10 minutes.

Raise or elevate the affected area if possible, as this can help reduce swelling.

Avoid scratching the area, to reduce the risk of infection.

Avoid traditional home remedies, such as vinegar and bicarbonate of soda, as they're unlikely to help.

The pain, swelling and itchiness can sometimes last a few days. Ask your pharmacist about over-the-counter treatments that can help, such as painkillers, creams for itching and [antihistamines](#)



For further information go to <https://www.nhs.uk/conditions/insect-bites-and-stings>

Sun safety tips



Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October. Make sure:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen
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PPG – PATIENT PARTICIPATION GROUP

Haddenham Patient Group Membership Drive - The patient Group has increased its membership by 95 in the last month with the help of the Medical Centre SMS mobile phone text service. These new members will receive News of the surgery, Health Information and dates of event including Patient Group Meetings. If you are not already a member of the Group, you can easily join on line in a minute or two. Go online at www.hmcppg.com/joinppg.php

Haddenham Patient Group Next Meeting - The next meeting of the Haddenham Patient Group will be on **Wednesday the 29th August at 7.30pm** at the Medical Centre. There will be a talk by Dr Kathy A Hoffmann MBBS MRCP HonMRCP who is Diabetes Clinical Lead for Buckinghamshire CCG and President of Diabetes UK, Aylesbury. If you wish to attend the meeting could you please confirm by email to chairman@theppg.org



BUMP AND BEYOND

It's an exciting but daunting time when you discover you are going to have a baby and you'll no doubt have plenty of questions, especially if it is your first time! Information is everywhere these days but for help and support you can trust, good, local ante natal classes can be invaluable and cover topics such as:

- the growth and development of your baby
- staying healthy through pregnancy and beyond
- information about the stages of labour and options available to you when considering a birthing plan
- how to look after and feed your baby

Ante natal classes are also a great way to meet and make friends with other mums to be - a valuable support network as you enter into motherhood.

There are a range of ante natal options available locally including NHS, National Childbirth Trust (NCT) and independent courses. There are specialist classes too that focus on areas such as: Pregnancy Exercise; Yoga and Pilates; Relaxation; and Hypnobirthing among others which can make it difficult for mums to be to decide what's best for them.

Chartered Physiotherapist and Pilates Instructor Rachel Ross, founder of Phoenix Freedom decided the way forward was to "wrap up" the best of ante natal care into one package and Ante Natal All Wrapped Up was born.

"Having researched what mums to be really want," says Rachel, "I have put together a unique and competitively priced package of ante natal support for more details contact her on: T: 01844 875212 / 07971 814077

E: info@phoenixfreedom.co.uk W: www.phoenixfreedom.co.uk

STAFF UPDATE - After 7 year our Reception Manager **Terina Beldham** is leaving to move 'back home' to Dorset. We shall also be saying goodbye to Dr Latha Bonthala on the 31 July and saying hello to two new GP Trainees from the 1st August – **Dr Sonia Hussain** who will be with us for 12 months and **Dr Waseem Kayami** who will be with us for **6 months**. We are pleased to say that **Dr Joshua Scales** has extended his time with the Practice until **November 2018**. Congratulations go to **Amy Wright** who has completed her Apprenticeship and will be joining us as a permanent member of the Reception/Admin team.



FISH SCHEME – Where do we take people and who qualifies?

- Most of our trips are within the village-to the Medical Centre, the hairdressers, the Post Office or local shops but we do also provide transport outside the village for dentist, optician and local hospital appointments when necessary. We do not do shopping trips outside the village.
- Anyone who is elderly and/or infirm and who does not have anyone else available to drive them.
- The Haddenham Fish Scheme has been running in Haddenham, Buckinghamshire for over 40 years
- It is a charity whose main aim is to provide transport for Haddenham residents in need.
- To contact us: **Tel: Jeanne Watt (01844) 291337 – Alison Green (01844) 292088 – Email: Alison@greenchurchway.com**

ORIGINS OF THE FISH

Patients may have noticed the FISH teapot on Reception which is used for grateful donations to the scheme. The origins of this go back to 1984 when the FISH scheme began and was donated by an elderly resident of the village at that time named Elsie who gave great assistance to Alison Green, one of the founders of the scheme, during her early motherhood days after the birth of her daughter Katherine. On her passing Elsie bequeathed the teapot to Katherine who thought it fitting to donate it to the surgery for its current use in continuing its connection with the FISH scheme.

DATES FOR THE DIARY

7th August 2018	10.00-12.30 Alzheimer's Cuppa n Cupcake Morning
Weds 29 th Aug 2018	PPG Meeting – 7.30pm at Medical Centre
Thurs 6 th Sept 2018	Bucks Sensory Service Drop-In - 10.00-12.00
Weds 12 th Sept 2018	PLT Surgery Closed from 12.30
Sat 15 th Sept 2018	Flu Clinic – At Risk Patients Only
Sat 22 nd Sept 2018	Flu Clinic – Over 65s Only
Weds 17 th Oct 2018	PLT Surgery Closed from 12.30
Tues 13 th Nov 2018	PLT Surgery Closed from 12.30
Thurs 6 th Dec 2018	Bucks Sensory Service Drop-In 10.00-12.00
Tues 15 th Jan 2019	PLT Surgery Closed from 12.30
Weds 13 th Feb 2019	PLT Surgery Closed from 12.30
Tues 12 th Mar 2019	PLT Surgery Closed from 12.30

Tyrefighters Weight Loss Drop in Sessions are normally held during Saturday surgery opening commencing at 9.00 am.

Extended Hours

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| • Sat 4th Aug 2018 | Sat 15 th Sept 2018 | Sat 13 th Oct 2018 |
| • Sat 18th Aug 2018 | Sat 22 nd Sept 2018 | Sat 3 rd Nov 2018 |
| • Sat 1st Sept 2018 | Sat 6 th Oct 2018 | Sat 17 th Nov 2018 |

ADDITIONAL INFORMATION – FLU CLINICS 2018

Flu Vaccinations

The NHS has made change to the flu vaccination programme this year. There will be 3 flu vaccines for the practice to administer to different age groups. Therefore we have had to arrange our clinics differently.

Over 65 (or will be 65 by 31st March 2019)

If you are age 65 and over then you will receive the “Fluad” vaccine. This is a new adjuvanted trivalent inactivated flu vaccine which has been shown to be more effective in the elderly at providing good protection against influenza. We will be receiving supplies of this vaccine in 3 deliveries and will organise flu clinics specifically for patients aged 65 and over around the delivery dates.

Under 65 and At Risk

You are eligible for a free flu vaccine if you are under 65 and in one of the following At Risk categories:-

- Chronic respiratory disease aged 6 months and over
- Asthma that requires continuous or repeated use of inhaled or systemic steroids or with previous exacerbations requiring hospital admission.
- Chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema; bronchiectasis, cystic fibrosis, interstitial lung fibrosis, pneumoconiosis and bronchopulmonary dysplasia (BPD).
- Children who have previously been admitted to hospital for lower respiratory tract disease.
- Chronic heart disease aged six months and over
- Chronic kidney disease aged six months and over
- Chronic liver disease aged 6 months and over
- Chronic neurological disease aged six months and over
- Stroke, transient ischaemic attack (TIA). Conditions in which respiratory function may be compromised due to neurological disease (e.g. polio syndrome sufferers).
- Patients with learning disabilities.
- Diabetes aged 6 months and over
- Immunosuppression aged 6 months and over
- Asplenia or dysfunction of the spleen aged six months and over
- Pregnant women at any stage of pregnancy (first, second or third trimesters).
- Adults with a BMI > 40 kg/m² (adults aged 16+).
- Carers
- Those who are in receipt of a carer’s allowance, or those who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill.

If you are under 65 years and at risk, you will receive the quadrivalent vaccine. This contain two subtypes each of Influenza A and Influenza B virus types. This offers better protection for the types of influenza that affects younger patients.

Children’s Flu vaccine

This will not be available for us to order until October 18. Most children who qualify are now vaccinated at school. We will only be able to vaccinate children who were aged 2 – 3 years on 31 August 17.

Flu Clinics

In order to manage these vaccines we will be holding separate clinics for each age group.

Over 65s – Saturday 22 September

Under 65 and At Risk – Saturday 15 September

More Saturday dates will be available once we receive the vaccine stocks.

There will be Flu clinics with the nurses available during the week.

Family – once Children’s vaccination is available we will hold clinics where children and parents who are eligible for the free flu vaccination can attend together.

The flu stock has been ordered specifically for each age group and cannot be used outside of those age groups.