

Hollyns

HEALTH & WELLBEING

Welcome to the latest issue of Hollyns Health & Wellbeing Newsletter! In this quarter we discuss: Self Care/Stay Well This Winter, Bradford Young Carers, Know Your Prostate, and the latest Practice News.

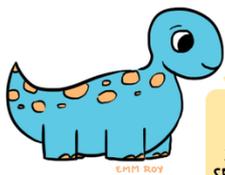
SELF CARE / STAY WELL THIS WINTER

We're here to help you stay well this winter - winter conditions can be seriously bad for our health especially for people aged 65 and over and people with long term conditions such as lung disease, heart or kidney disease, that's why it is important to look after yourself. If you start to feel unwell, don't wait till it gets worse – seek advice. Follow these tips on keeping well in the cold: wear several layers of clothes rather than one chunky layer (clothes made from cotton, wool or fleecy fibres help to maintain body heat), use a hot water bottle or electric blanket to keep warm in bed - but don't use both at the same time, have at least one hot meal a day - eating regularly helps keep you warm; and make sure you have hot drinks regularly, try not to sit still for more than an hour or so indoors - get up and stretch your legs, stay active - even moderate exercise can help keep you warm, wrap a scarf loosely around your mouth when outdoors - add a hat and wear shoes with a good grip, too. If you have a heart or respiratory problem, stay indoors during very cold weather and book your appointment for the flu immunisation – You are eligible for the free flu immunisation if you are a **child aged 2 & 3** (born between 01/09/13 & 31/08/15), those aged **6 months to under 65 years in a clinical risk group**, **pregnant women**, those aged **65 years and over**, **carers**, those who **reside in long stay residential homes** and those who are **seriously overweight**.

STAY WELL THIS WINTER

Self Care Top Tips – Ask your local pharmacist for advice and also ask what should be in your medicine cabinet, stay healthy by eating well and being active—make time to spend with friends...all year round, learning to manage

your condition is a good thing and puts you in control - improves your quality of life and helps you to stay healthy. **REMEMBER ...** Most common ailments such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache) can't be treated with antibiotics, instead you need to rest, drink plenty of fluids, take pain relievers such as paracetamol or ibuprofen and talk to your pharmacist for advice on getting the relief you need.



SELF-CARE IS NOT LAZY OR SELFISH.
SELF-CARE IS HEALTHY.
SELF-CARE IS IMPORTANT.
SELF-CARE IS NECESSARY.

BRADFORD YOUNG CARERS SERVICE

Bradford Young Carers Service works with children and young people aged 5-18 years. A Young carer is a child or young person under 18 whose life is affected by caring for a family member who has a physical illness or disability, mental health difficulties, sensory or learning disability or has a problematic use of drugs or alcohol. Looking after a person might mean: listening to them and keeping them company, cooking meals and making drinks, looking after brothers and sisters when parents are unwell, cleaning and tidying the house, providing personal care such as helping with dressing and bathing, doing shopping, laundry, ironing, helping with medication, managing finances. Many young carers undertake a wide range of domestic tasks and responsibilities as well as having to provide nursing care, personal care and emotional support. The effect this can have upon the young person's life often goes unrecognised by professionals and families alike and yet the consequences of missing out on childhood can be very far-reaching. Many young carers are disadvantaged in terms of their educational, social and personal development, and few have the time or energy to simply have fun and be 'carefree'. The situation is made worse by the fact that most young carers feel unable to discuss their problems with friends or other adults, through loyalty and fear of the consequences. Bradford Young Carers' Service aims to provide a flexible, responsive

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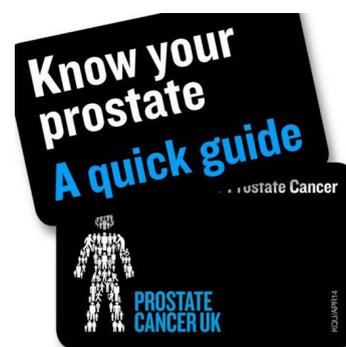
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and culturally sensitive service by: ensuring young carers have some opportunity to be free of caring responsibilities, ensuring equality of opportunity for young carers, raising awareness of young carers' issues, providing family based support and advocacy, acting as a co-ordinator of services where appropriate, providing information to young carers and their families, providing social and leisure activities, providing practical and emotional support. Once a referral has been made, a member of staff from Bradford Young Carers will visit the young carer and their family in order to identify what help and support is needed. Initial visits can be made in conjunction with other professionals already known to the family if appropriate. Bradford Young Carers will endeavour to meet the needs of young carers wherever possible, or link them into more appropriate services if necessary. The type of support we offer includes: advocacy and service coordination to ensure the person needing care gets all the help and support they are entitled to one to one work eg. for anger management, self esteem building, understanding health conditions , group work for time out, peer support and / or access to fun activities, Inclusion work to build resilience and ensure young carers are able to engage in their communities and try out new opportunities and hobbies, support in school or college and / or help to get a job, grants eg. for school equipment or activities, access to holidays and residentials, support with transition in to adult services. We aim to have all work completed with the family in 6-12 months.



KNOW YOUR PROSTATE

Prostate problems are common in men, particularly in those over 50 years of age. The prostate is a small gland found only in men. It surrounds the urethra (the tube that carries urine out of the body). It sits just below the bladder and the opening of the vas deferens (tube that carries sperm up from the testicles to the urethra). The prostate gland produces a thick, white fluid that's mixed with sperm to create semen. The prostate gland is about the size and shape of a walnut, but tends to get bigger as you get older. It can sometimes become swollen or enlarged by conditions such as: prostate enlargement, prostatitis (inflammation of the prostate) and prostate cancer. Signs of an enlarged prostate can include: difficulty starting or stopping urinating, a weak flow of urine, straining when peeing, feeling like you're not able to fully empty your bladder, prolonged dribbling after you've finished peeing, needing to pee more frequently or more suddenly, waking up frequently during the night to pee. See your GP if you notice any problems with, or changes to, your usual pattern of urination. Unlike prostate enlargement or prostate cancer - which usually affect older men - prostatitis can develop in men of all ages. However, it's generally more common in men between 30 and 50 years of age. Symptoms of prostatitis can include: pain in the pelvis, genitals, lower back and buttocks, pain when urinating, a frequent need to pee, difficulty urinating, such as problems starting to pee, pain when ejaculating, pain in the perineum (the area between the anus and scrotum), which is often made worse by prolonged sitting. See your GP if you have these symptoms. In the UK, prostate cancer is the most common type of cancer in men, with over 40,000 new cases diagnosed every year. It's not clear why it occurs, but your chances of developing prostate cancer increase as you get older. The condition mainly affects men over 65, although men over 50 are also at risk. The risk of developing prostate cancer is also increased in men who have a first-degree relative (dad or brother) with prostate cancer and in men of Afro-Caribbean origin. The symptoms of prostate cancer can be difficult to distinguish from those of prostate enlargement. They may include: needing to pee more frequently (often during the night), needing to rush to the toilet, difficulty starting to urinate, straining or taking a long time while peeing, weak flow, a feeling that your bladder hasn't emptied fully. You should see your GP if you have these symptoms. It's much more likely to be prostate enlargement, but it's important to rule out cancer.

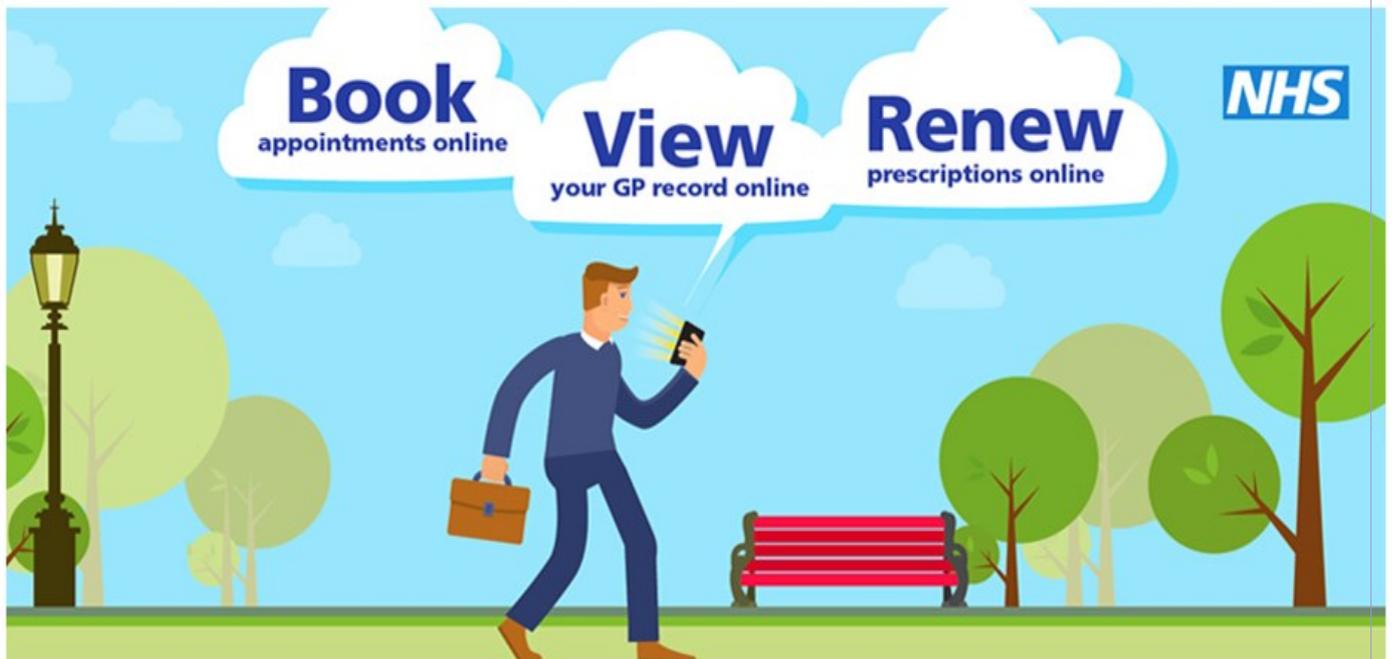


Practice News

Sharon Flitcroft (PN) recently left the Practice, Hollyns would like to wish her all the best in her new job. We would like to welcome Amanda Thompson to the Practice Nursing team, Amanda will be based at our Allerton site. Dr A Maddy will sadly be leaving us shortly for retirement and Dr S Marris recently went on maternity leave, as you will see new faces around the Practice – Dr Q Hussain will be commencing as a locum with us at Allerton from Monday 6th November, working 8 sessions per week Monday to Thursday. Dr Z Hafeez will be working as a locum at Allerton commencing on Friday 17th November, working 2 sessions on Fridays only.



Did you know that you can book appointments online and order repeat prescriptions?
Register for SystmOnline with the Reception Team and then log on via
www.hollynshealth.co.uk



Attending your appointment!

As a practice we are continually looking to improve our service and make more appointments available to patients. However the number of patients who fail to attend appointments without ringing to cancel is still very high.

Between 1st September 2017 and 31st October 2017 Hollyns Health & Wellbeing—Clayton had **311** Did Not Attend appointments. That's **84** hours worth of wasted appointments.

Hollyns Health & Wellbeing—Allerton had **427** Did Not Attend appointments. That's **102** hours worth of wasted appointments.

Please remember to cancel your appointment if you are unable to attend!



We want your views! We are keen to hear feedback about the services we provide. Please log on to www.hollynshealth.co.uk and visit the Virtual Surgery and use the Contact Us button in the waiting area to email us your comments.

SMS Text Messaging: if we have your mobile number we will send you text messages to confirm your appointment, remind you of your appointment or notify you of test results. You can "opt out" of these texts at any time. Please inform reception if you do not wish to receive them.

Please remember to inform us if you change your mobile number!

Patient Group: Both the Allerton and Clayton sites at Hollyns Health and Wellbeing have a Patient Group; the groups consist of patients, Doctors and members of the practice management team and we meet frequently through the year.

Our aim is to contribute to the continuous improvement of services and to provide feedback about our patient's concerns. The next Patient Group meeting will be taking place on Tuesday 16th January 2018 at 6.00 till 7.30pm at our Allerton site. The practice management team will be presenting to the group about the implementation of the Administration Hub, promoting our newly written Vision, Values and Behaviours and the next steps for our Practice Mergers.

If you are interested in becoming a member of the Group or would like to attend the meetings, then please leave your name and contact details with a member of the Patient Administration team.

A copy of all of the Group's minutes are available on the Practice's websites.

Hollyns Health & Wellbeing—Clayton

GP Availability



4 Glenholme Park
Clayton
Bradford
BD14 6NF

Phone: 01274 880650
Fax: 01274 883256
E-mail:
B83045.mayfieldmc@nhs.net

Dr. A. Raw (female) works: Monday all day, Wednesday afternoon and Thursday all day

Dr. A Suleman (male) works: Monday afternoon (pain clinic only), Tuesday all day, Thursday afternoon and Friday all day

Dr. J. Doore (female) works: All day Thursday and Friday

Dr. M. Ponnusamy (Female) works: Monday morning

Louise Lewis (Advanced Nurse Practitioner) (female) works: all day Tuesday to Friday

Nicola Smith (Advanced Nurse Practitioner) (female) works: Monday morning, Tuesday & Wednesday all day, Thursday morning and Friday all day.

Jayne Hunneybell (Advanced Clinical Practitioner) works: Monday, Tuesday and Wednesday.

We have a Practice Nurse team who are available Monday to Friday.

Hollyns Health & Wellbeing—Allerton

GP Availability



Allerton Health Centre
Bell Dean Road
Allerton
Bradford
BD15 7WA

Phone: 01274 885222
Fax: 01274 491776
E-mail:
B83050.thegrangepactice@nhs.net

Dr. A. Withers (male) works: Monday all day

Dr. A Maddy (female) works: Monday afternoon and all day Tuesday and Wednesday

Dr. C. Temperley (female) works: All day Monday, Tuesday, Thursday and Friday

Dr. S. Marris (female) works: All day Monday, Wednesday, Thursday and Friday (Currently on Maternity Leave)

Dr. M. Ponnusamy (female) works: Monday afternoon, Wednesday and Thursday all day

Dr. S. Shaper (female) works: All day Monday and Tuesday and Thursday morning

Margaret Robinson (Advanced Nurse Practitioner) (female) works: All day Monday to Thursday and Friday morning

Dr Q Hussain (male) works: All day Monday to Thursday.

Dr Z Hafeez (female) works: All day Friday

We have a Practice Nurse team who are available Monday to Friday.