

Upton Village Surgery Newsletter

January 2022 - Issue 8

Telephone – 01244 382238

Wealstone Lane, Upton, Chester CH2 1HD

www.uptonvillagesurgery.co.uk

[Facebook Page](#)

Produced by



For the latest NHS advice & information on the Coronavirus click here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

To find the latest government advice click here: <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Hello and welcome to the latest edition of Upton Village Surgery's newsletter produced by our [Patient Participation Group \(PPG\)](#) and issued on a quarterly basis, in January, April, June and September. Anyone who is registered with the surgery can receive the newsletter by emailing UVSPPG@gmail.com or by picking up a paper copy at the surgery.

Some of the articles recommend contact with your GP. So, whilst we are all living through the current pandemic, **please refer to the latest advice on the Surgery website on how to contact the practice.** If you enjoy the newsletter please forward onto your family and friends and encourage them to register. **#staysafe**

Practice Update

Happy New Year to all of our Patients, I hope you all had a happy and safe festive period.

Navigating the Covid Pandemic continues to dominate much of our time here at the Surgery, with a big push for vaccinations still continuing into the new year.

I am happy to announce that we are now vaccinating 12 year olds and above and are awaiting the go ahead to start on over 5's with underlying conditions later this month.

Aside from that our GP's are now also seeing more and more patients face to face, with the reception team booking straight into a GP face to face consultation, in some cases, without first needing a telephone triage. This is currently limited to a certain number of complaints, and you may still be required to talk to a GP over the phone before coming into surgery. There is still a place for telephone and online consultations and we will continue to review the balance between what we offer to our patients each month.

Thank you as ever for your continued support and understanding during these challenging times,

And thank you also to the fantastic team here at UVS for their tireless efforts in delivering healthcare to our patients.

Kind Regards

Sharon

Sharon King, Practice Manager, Upton Village Surgery

Beat Eating Disorders

[Beat](#) is the UK's eating disorder charity, with a mission to end the pain and suffering caused by eating disorders.

Around [1.25 million people](#) in the UK have an eating disorder, covering all ages, gender and backgrounds. For more information and support visit their website at:

<https://www.beateatingdisorders.org.uk/about-beat/>

Breaking News!! - New Better Health Campaign

It is estimated that [over 3 in 5 adults](#) are at an increased risk from serious diseases as a result of being overweight.

As part of the response [The Department of Health & Social Care](#) launched a new [Better Health](#) campaign on 4 January to help people prevent risks of developing serious illness and help reduce the risk of being hospitalized with Covid-19

The campaign will work with 15 weight management and physical activity partners who are providing both free and discounted offers. In addition the [Better health website](#) will also signpost local weight management support.

Use this link to read the full press release <https://bit.ly/3JOYgEN>

Your Sexual Health

In this regular series we examine a range of topics covering sexual health. This time we look at the help and support available for sexual assault.

The Crime Survey for England & Wales for the year ending March 2021 showed that the police recorded 138,114 sexual offences, these offences covered rape (**55,696** cases) and sexual assault, including sexual activity with children.

A sexual assault is **any** sexual act that a person did not consent to, or is forced into against their will. It is a form of sexual violence that includes rape, groping and forced kissing. If you have been sexually assaulted, or you know someone that has, there are services that can help.

The following services can provide treatment and/or support and can also refer you to specialist services if needed

- Your Local GP Practice
- <https://www.womensaid.org.uk/>
- <https://www.thesurvivorstrust.org/>
- <https://www.survivorsuk.org/> (for male victims)
- <https://www.victimsupport.org.uk/>
- <https://www.nationaldahelpline.org.uk/> (**Refuge**)
(includes 24 hour help line on 0808 2000 247)
- <https://rapecrisis.org.uk/>
(Includes helpline on 0808 802 9999)
- A Hospital & Emergency (A&E) department
- A Sexual Health Clinic
- The Police, or dial 101
- For emergencies dial 999
- <https://111.nhs.uk/>

Remember, you are not alone. You will get the help and support you need.

For a relative or friend of someone who has been assaulted, please consider the following advice.

- Believe what they are saying and tell them this
- Listen to the person but don't ask for details of the assault.
- Offer practical support, such as going with them to an appointment
- Don't tell them to forget about the assault. It may take time for the person to deal with their feelings and emotions. You can help by listening and being patient.

For more information visit the NHS website below.

<https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

The New You?

Research shows that it takes approximately 66 days to [form a new habit](#), so as hard as New Year health resolutions are to start, they can be even harder to keep.

For more information, including top tips on how to maintain a new healthy you, use the link below.

<https://patient.info/news-and-features/how-to-maintain-your-fitness-new-years-resolutions>

Singing - Good for Body & Mind!

[Studies](#) suggest that belting out a tune and singing in a choir can enhance your mood, your immune system, your blood pressure, and reduce feelings of chronic pain. Some GPs in England are starting to prescribe singing for a range of conditions.



Studies have also reported increases of oxytocin, a social bonding hormone, which may help explain why singing in a group is such a good ice-breaker. The natural high it gives you may also help with pain relief. Many people living with chronic pain report that regular singing means they need fewer painkillers to control their pain.

Use the following links for more information:

["Just one thing". BBC Podcast with Dr Michael Mosley](#)

[The British Academy of Sound Therapy](#)

So, What Are Sarcomas?

Sarcomas are uncommon cancers that can affect any part of the body, on the inside or outside, including the muscle, bone, tendons, blood vessels and fatty tissues. **Fifteen people are diagnosed with sarcoma every day in the UK.** That's about 5,300 people a year and there are around one hundred different sub-types of sarcoma.

People can survive sarcoma if their cancer is diagnosed early, when treatments can be effective and before the sarcoma has spread to other parts of the body.

Find out more at [Sarcoma UK](#) which also celebrated its tenth anniversary in 2021.

Anxiety link for IBS

IBS (Irritable Bowel Syndrome) is thought to affect about one in 10 people and can cause distressing abdominal pain, bloating and bouts of constipation, diarrhoea or both. Women are slightly more affected than men, and the usual age for patients to seek advice is between 20 and 40.

A recent study involving more than 50,000 individuals with IBS compared their DNA with that of healthy people and concluded that, whilst genes may go some way towards explaining this common but poorly understood gut disorder, the condition can often be linked to anxiety.

The research team identified at least six distinct genetic differences that might, at least partly, explain this link between the gut and the mind:

For more information use the following links: <https://www.bbc.co.uk/news/health-57821848>

<https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/diet-lifestyle-and-medicines/>

<https://www.cam.ac.uk/research/news/large-scale-genetic-study-reveals-new-clues-for-the-shared-origins-of-irritable-bowel-syndrome-and>

Do you have a change of contact details? - Use this link <https://bit.ly/3cZJtcf> to complete an online form to notify the surgery

Patient Access - Take Control

Did you know, with a Patient Access account you can:

- **View confirmation of your Covid vaccination dates.**
- Book, view, amend, print and cancel appointments online
- Talk to your GP at a time to suit you with a phone or video appointment
- Order repeat prescriptions online, with delivery to your own pharmacy
- View and print a list of your repeat prescriptions (including appliances)
- Access a portion of your medical record



Just visit <https://bit.ly/3kBLooW> to find out how to set up your Patient Access account.



Don't swerve your sight test!!

The association of Optometrists says latest research shows that 85% of Optometrists continue to see patients whose vision falls below the legal standard, particularly important if you are a driver!!!. Check out the full article using this link <https://bit.ly/3qOocr>

Adult Social Care – A healthwatch view

[Healthwatch](#) is an independent statutory body with the power to make NHS leaders and other decision makers listen to feedback from patients and improve standards of care.

The government recently published its ten year vision for adult social care, with funding covering the next three years and further plans on improving social care over the next decade.



Healthwatch has produced an article that takes a look at the seven issues that the government white paper covers and compares this with feedback from the patient community. Take a look at the full article by using this link

<https://bit.ly/3GmNKIO>. You can also find more information on the new plans for adult social care by clicking on the links below.

<https://www.gov.uk/government/publications/people-at-the-heart-of-care-adult-social-care-reform-white-paper>

<https://www.kingsfund.org.uk/blog/2021/12/social-care-white-paper>

Boosting your Vitamin D levels this winter

The geographical location of the UK and lack of strong sunlight for half the year means that everyone should be conscious about their vitamin D intake in winter. In adults, vitamin D deficiency can cause fatigue and general aches and pains of various degrees of severity in the ribs, lower back, hips, pelvis, thighs, shin bones and feet

You can find out more about Vitamin D and how to boost your intake by using this link <https://bit.ly/3z9khJR>