



Autumn 2023

Practice Update

Flu clinics for the 2023 season will commence at the surgery on Saturday 30 September 2023 - appointments are available so please ring us on 01460 52354 as soon as possible to book an appointment.

The flu vaccine will be given at the surgery to patients who:

- are aged 65+ (including those who will be 65 by 31 March 2024)
- are aged under 65 years and have certain health conditions
- are pregnant
- are in long-stay residential care homes
- receive a carers allowance, or are the main carer for an older or disabled person who may be at risk if you get unwell
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme

NOTE: Patients aged 50 to 64 years with no eligible health conditions are **not** included in the cohort this year as per government guidelines.

From 18 September 2023, the NHS will start to invite people in priority order of risk for their **COVID vaccination Autumn booster**. Carers, pregnant women, and health and social care staff will all be among the groups to be offered a covid jab this winter, as well as adults aged **65 and over**. Those eligible will be able to book an appointment at a vaccination centre using the National Booking Service (Tel 119), booking online via the NHS website or going to a walk-in Covid-19 vaccination site.

Dr Erika Andrews joins the Surgery as GP Partner

We are pleased to announce that Dr Erika Andrews has joined the Partnership as of 12th September 2023.

Dr Andrews qualified from Sheffield University in 2005.

She became a GP in 2010 and has been working in various local practices and has GP Partner experience.

She has a special interest in child and mental health wellbeing, and will compliment, and contribute to, the wealth of knowledge and enthusiasm in the clinical team here at Summervale Surgery.

Outside of work Dr Andrews is kept busy by her young family together with the family pets – a cat and a dog. When time allows, her hobbies include yoga, running and staying active.

SOMERSET DEMENTIA WELLBEING SERVICE


Dementia affects many people within our community and living with dementia can be challenging, both for the diagnosed and their loved ones.

The Somerset Dementia Wellbeing Service is a collaboration between dementia services who are working together to improve diagnosis, enhance support in the community and provide an excellent, consistent service for people with dementia and their carers in Somerset.

The Service has been developed by those with lived experience of dementia and their carers, the voluntary sector, NHS Somerset, Somerset Council and Somerset NHS Foundation Trust.

The Service has several elements including the Somerset Dementia Wellbeing roadshow which is being held in locations around the county to provide training and showcase support options available to people with dementia and their carers. There is also an increased number of Dementia Support Workers (provided by the Alzheimer's Society) in the county so that every person diagnosed with dementia can be connected with support in the community and guided through their next steps.

There is now a localised version of the Dementia Connect phonenumber, **01458 251541**, to connect people directly with the Dementia Support Workers team who can offer information and practical guidance to help people understand the condition, cope with day-to-day challenges and prepare for the future. Visit www.somersetdementia.org for more information.



Walk for a Life

Suicide can affect every one of us, and every life lost to suicide is a tragedy.

This years Walk for a Life event aims to raise awareness of suicide, remember those that have died by suicide and empower local people to take action to prevent suicide.

Walk start time: 10.30am

Castle House, The Museum of Somerset, Taunton Castle, Taunton, Somerset TA1 4AA - Following a wheelchair/pushchair friendly loop through Taunton.




Tea, coffee & cake: 12pm - 1.30pm

Rejoin us at **Castle House** after the walk to enjoy refreshments & chat to local support services.

Join us to remember those we have lost to suicide, raise awareness, and encourage and empower people in Somerset to take action to prevent suicide.

#WorldSuicidePreventionDay #Walkforalife #WSPD23 #CreatingHopeThroughAction

For more information, visit: www.walkforalife.org.uk

Summervale Surgery Patient Participation Group (PPG)



Summervale Surgery Patient Participation Group (PPG) was instrumental in organising the NHS Digital Team to run an open workshop session at Summervale Surgery, held on Thursday 22 June 2023.

This event was very well attended, with over 70 patients dropping in to register for, or get help with, the NHS App. In fact, attendance far exceeded our expectations– and the digital team were extremely busy for the 2 hours they were here. Members of the PPG were also on hand to talk to patients and ensure everyone got the help they required.

Data shows 51% of our patients now have an NHS App account. Remember, this can be accessed from a desktop PC via the web, so you don't necessarily need a mobile phone to use the NHS App.

*However, we would still like to increase uptake of the use of the NHS App for our patients. In the near future we will have the ability to communicate with patients directly via a new **NHS App messaging service**. It is the patients choice whether to receive messages this way, but this system of messaging patients has the potential to save the NHS millions of pounds on text messaging costs each year, it will be more secure, more reliable and have better content than the SMS messages you may receive at present.*

A graphic advertisement for the NHS App. On the left, the text 'Order repeat prescriptions on the NHS App' is written in large, bold, blue letters. Below this text is a blister pack of green pills. A blue beam of light emanates from the pills and points towards a hand holding a smartphone on the right. The smartphone screen displays the NHS App interface, which includes the NHS logo, the text 'Access your NHS services', a button that says 'Continue with NHS login', and 'Version 2.30.0' at the bottom. In the bottom left corner of the graphic is the NHS App logo, which consists of the letters 'NHS' in white on a blue square background, with the word 'App' in white on a blue rounded rectangle below it.

ON-LINE SERVICES

E-Consultations

The PPG have prompted the surgery to prepare a leaflet to guide patients through submitting an E-Consultation via the website or NHS App. E-Consultations are a great way to contact us with non-urgent problems and our clinical team will endeavour to get an initial response to you within 2 days. Hopefully this leaflet will be approved soon so more patients can benefit from the convenience of using this service.

THE HEALTH BENEFITS OF CUTTING YOUR CAFFEINE

Ever considered switching to decaf tea or coffee? Here's why it can benefit your health!

What is caffeine?

Caffeine is a natural chemical with stimulant effects, which means it increases activity in your brain and nervous system. It is found in tea and coffee as well as a large number of other products. Decaf is short for decaffeinated. Decaffeinated tea or coffee is simply where the caffeine has been removed from the coffee beans or tea leaves. It may still contain very low levels depending on how it was produced.

Why are decaf drinks better for my bladder health? Having an overactive bladder means that you may experience urgency, frequent need to go, and waking during the night to pass urine. There are certain drinks that will make this worse including caffeine, found in tea and coffee, which is a stimulant that can irritate the bladder. Cutting out the caffeine and switching to decaffeinated tea and coffee will improve your bladder health and reduce these urinary symptoms. By reducing that sudden urge to pass urine, you can also help reduce your risk of having a fall which can often happen when rushing to reach the toilet in time.



Are there other benefits?

Other benefits of switching to decaffeinated tea/ coffee include:

- ✓ improved sleep
- ✓ reduce noticeable/ irregular heart beats (palpitations)
- ✓ helps prevent dehydration and headaches
- ✓ reduces indigestion
- ✓ reduces risk of a osteoporosis, as caffeine prevents absorption of calcium.

If you normally drink a lot of caffeinated tea and/or coffee you may experience withdrawal headaches when you switch to decaffeinated drinks, so it may be worth switching to decaffeinated drinks gradually. However, the benefits are definitely worth it.

OUR THOUGHTS ON CLIMATE CHANGE

TAKE THE JUMP

Climate change is an emergency for individual health as well as for the planet, but we can all do our part to make a difference.

TAKE THE JUMP is a grassroots project for those worried about the state of nature and looking for guidance on constructive, positive and impactful steps we can all take in our day to day lives.



Be inspired and visit the **TAKE THE JUMP** website at <https://takethejump.org/>