



MENDIP VALE

[www.mendipvale.nhs.uk](http://www.mendipvale.nhs.uk)

# Welcome to the January Patient Newsletter

## CancerCafé@Yatton

Come and join this friendly and welcoming group for those living with cancer and their friends and families.

It's a safe space to share and support one another, or simply to have a chat.

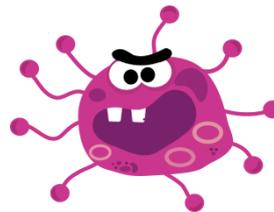
We meet on the first Thursday of every month 2.00-4.00pm in the Chapter House, St Mary's Church, Yatton BS40 4HH.

Meeting on 9<sup>th</sup> February, 9<sup>th</sup> March, 9<sup>th</sup> April, 7<sup>th</sup> May, 4<sup>th</sup> June, etc in 2020

Hot drinks and cakes provided, as well as a monthly craft activity or speaker.

For further details contact Val Dickens via [valddickens@gmail.com](mailto:valddickens@gmail.com) or 01934 832800

*'Caring and sharing - together'*



## In this issue...

### Cancer Café at Yatton

The Cancer Café aims to provide a safe, friendly and welcoming place for people living with cancer in and around the area.

### Continuing to encourage flu vaccinations

Mendip Vale Medical Group is continuing to encourage patients to have their flu vaccination.

### Leg Club at Clevedon

The leg club runs weekly on a Monday supported by volunteers and nurses from the surgery.

### Memory Café at St Georges Medical Practice

Memory café is held once per month on a Saturday to support people living with memory problems.

### Dry January

A month free of alcohol has a lot of benefits.

### MMR campaign launching in January

Mendip Vale Medical Group will be supporting the MMR campaign this year launched in January.

### Young Carers Awareness Day

An annual event organised through Carers Trust and arranged for 30 January 2020.

### Controlled Drug Re Ordering Process

Providing an update on our controlled drug re ordering process for Mendip Vale Medical Group

## Cancer Café at Yatton

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2.00-4.00pm in the Chapter House,  
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#### **Cancer Café at Yatton in the New Year**

The cancer café runs on the first Thursday of the month. The next café will be on Thursday 6 February, followed by 5 March, 2 April, 7 May, 4 June, 2 July, 6 August, 3 September, 1 October, 5 November and 3 December this year.

#### **What is our aim?**

The aim of the cancer café is provide people living with cancer, and their family and friends, with a safe, friendly and welcoming place where they can share and support one another or simply have a chat over a cuppa and a slice of cake.

#### **Where can I find the café?**

The venue is the Chapter House adjacent to St Mary's Church, Yatton, between 2pm-4pm.

The café is hoping to include things such as hand massage and dietary advice from qualified practitioners over the coming months. Attendance is still low but the café welcomes anyone who would like to come wherever they live.

## Continuing to encourage flu vaccinations at this stage of the season

NHS England is still encouraging patients to have their flu vaccinations at this stage in the season. Surgeries and other providers would normally start winding down their vaccination efforts at this time of the year but due to a variety of reasons vaccine uptake for several cohorts, particularly the under 65 at-risk groups and the two and three year olds, are behind with vaccine uptake.

Below is a table provided by NHS England summarising vaccine update this year compared with the same period last season within all cohorts.

65+:	70.7%	(69.9% last season)
At risk:	41.0%	(45.1% last season)
Pregnant women:	41.4%	(43.8% last season)
2-year olds (including those in risk groups):	37.7%	(41.9% last season)
3-year olds (including those in risk groups):	37.6%	(43.5% last season)

Influenza actively remains high so Mendip Vale Medical Group are encouraging our patients to arrange their flu vaccination at the surgery if they are within one of the cohorts and have not already had their vaccination.

## Leg Club at Clevedon



The Gordano Valley Leg Club is run by a strong dedicated group of volunteers every week. The clinical support is provided by nurses from Mendip Vale Medical Group and the district nursing team.

The club gives members the opportunity to attend on a weekly basis, or as and when, to get their treatment on their legs and enjoy the social setting which is provided. This includes having tea/cake whilst making new friends, and listening to music and hand massage. Members even find that once their legs have healed, they remain life time members and still meet regularly each Monday, with some of them becoming volunteers themselves.

The Leg Club has been running for three years and during this period has seen 2487 member visits. Some of which include bi-lateral dressings. That's an incredible 2487 appointments where patients didn't have to come to the surgery.

These type of leg clubs are all over the UK, Europe and Australia, and are explored further on the Ellie Lindsay website <https://www.legclub.org/>

Any patients of Mendip Vale Medical Group can attend the Gordano Leg Club which is held on a Monday at 9am until mid day (last arrival at 11.30am) at St Andrews Church Centre, Old Church Road, Clevedon, BS21 7UE

## Memory Café at St Georges Medical Practice



Mendip Vale Medical Group holds a memory café at St Georges Medical Practice once per month on a Saturday.

The memory café is a social function where people who have dementia or memory problems can come along with family, friends or carers and have a bit of time out to relax and meet people. Speaking to others and interacting with each other is our main priority as talking can have a positive effect on our own health and the health of those around us. The meetings are hosted by a member of staff from Mendip Vale Medical Group to ensure the café runs smoothly and to provide refreshments. We also have information on local and national organisations that help assist the lives of people living with dementia or memory problems.

Further information on guest speakers will be released in next month's newsletter.

## Dry January

A month alcohol free has a lot of benefits and during 'Dry January' last year it was found that participants saved money, slept better, and lost weight.

The immediate effects of cutting down on alcohol include feeling better in the mornings, being less tired during the day, better looking skin, feeling more energetic and improved weight management. There are also longer term benefits including an improvement in mood, behaviour and sleep as well as helping your heart and immune system.

Why not give it a go for a month during 2020!



## MMR Campaign launching from 20 January



Mendip Vale Medical Group will shortly be receiving posters and reception counter cards to support the NHS 'Measles, Mumps and Rubella (MMR) – Help Us Help You, Get Protected' campaign.

There will be two posters displayed, both carrying the same text, highlighting that the MMR vaccination is the safest and most effective way to protect people and their families against measles, mumps, and rubella. Two doses of the MMR vaccination are required for full protection and that a catch-up vaccination is available to those that aren't fully immunised.

The counter cards will be at reception to prompt patients to ask about the MMR vaccination while talking to the reception team.

### Young Carers Awareness Day – 30 January 2020

Young Carers Awareness Day is an annual event led by Carers Trust and is taking place on 30 January 2020.

Every day across the UK thousands of young people help to look after someone in their family, or a friend who is ill.

Research has shown that one in five secondary school children may be a young carer. A child's caring journey can begin at a much younger age. Caring for someone can be isolating, worrying and stressful. For young carers this can negatively impact upon their experiences and outcomes in education and have a lasting effect on their lives.

Young Carers Awareness Day aims to raise public awareness of the challenges faced by young people because of their caring role and to campaign for greater support for young carers and their families.

Through the 'Count Me In!' campaign, Carers Trust is trying to proactively identify young carers to ensure they receive the recognition and support they deserve.



### Controlled Drug Re Ordering Process

We understand from patient feedback that there is some uncertainty around the controlled drug re ordering process.

Mendip Vale Medical Practice has conducted research around this process and found that controlled drugs are better placed on the Acute Medication screen rather than Repeat Medication screen. This decision was made with patient safety in mind and an improved monitoring system.

The Faculty of Pain Management released guidance around long term prescribing and controlled drugs. In general it was found that controlled drugs should not be added to the repeat prescribing system and should be generated as acute prescriptions. A robust system for monitoring should also be in place.

As a result the surgery has adopted this guidance and our controlled drugs are now on patients Acute Medication screen. These medications are usually weekly or monthly and the patient can re order at the surgery by writing the medication on the repeat request form. Patients are also able to re order their controlled drugs through their local pharmacy.