

# **Balsall Common and Meriden Group Practice**

## **October 2018 Newsletter**

### **IMPORTANT NEWS**

#### **Evening and weekend appointments available from October 2018**

GP, nurse and healthcare appointments are now available at Knowle Surgery Hub for patients at the Balsall Common and Meriden Surgeries.

Knowle Surgery is situated 1500 Warwick Road, Knowle, Solihull, B93 9LE

The Knowle Surgery has parking and is on bus routes 88 and S3.

Appointments for this service can be made through our own GP surgery reception

Extended hours:

Monday-Friday: 6.30-8pm

Saturday and Sunday: 8-11am

#### **CARE QUALITY COMMISSION FINAL REPORT RATINGS MAY 2018**

Overall rating for this service Good —

Are services safe? Good —

Are services effective? Good —

Are services caring? Good —

Are services responsive to people's needs? Good —

Are services well-led? Good —

Details of the full report can be found on the practice web site - "Additional Information"  
"Care Quality Commission"

## **The National influenza immunisation programme 2018**

Influenza is a highly infectious, acute viral respiratory tract infection which has a usual incubation period of 3 days. Symptoms can develop suddenly and can include a dry cough, headache, fever and extreme fatigue. It is spread by droplets, aerosol or through direct contact with the respiratory secretions of someone with the infection.

For otherwise healthy individuals, it is usually a mild self-limiting disease with recovery occurring within 2 – 7 days. However, for young babies, pregnant women, the elderly and patients with other medical conditions, influenza can have serious consequences and in some cases even death.

This year we have two injectable inactivated influenza vaccines for different ages:

**65yrs old and above** (and people becoming 65yrs by 31<sup>st</sup> March 2019)

- adjuvanted Trivalent influenza vaccine (aTIV) called Fluad

**6mths - <2yrs and 18yrs – 64yrs**

- quadrivalent influenza vaccine (QIV)

**2yrs – <18yrs**

- live attenuated quadrivalent influenza vaccine (LAIV) called Fluenz Tetra

This live vaccine is available for:

- All healthy children who are aged 2or 3yrs old on 31<sup>st</sup> August 2018
- Children 4 - <17yrs in 'at risk' groups. Children in 'at risk' groups who have any contra-indications to receiving a live vaccine can be given an inactivated vaccine instead

Due to manufacturing issues this year (which are out of our control), the vaccine deliveries have been staggered over 3 months which has meant that we have had to prioritise the more elderly and higher risk groups first. Appointments are available to book at both Balsall Common and Meriden surgeries over October and November so please contact your surgery to book your flu vaccine in the next available appointment.

## SHINGLES VACCINE

The shingles virus is caused by the same virus as chicken pox and about one in five people who have had chickenpox develop shingles. You cannot catch Shingles but if you have shingles blisters, the virus in the fluid can infect someone who has not had chickenpox and they may develop chickenpox. It is more common in people over 70 years old.

The rash usually appears a few days after the initial pain and tingling and lasts for about a week. However for some people this can be very painful and can continue on for several months or even years – this is called post-herpetic neuralgia (PHN).

### Shingles Vaccine

The vaccine significantly reduces your chances of developing shingles and, if you do go on to have shingles, the symptoms are likely to be milder and the illness shorter than if you had not had the vaccination.

You become eligible for shingles vaccine as you turn 70 or 78 years.

If you are 70, 71, 72, 73, 74, 75 or 78 or 79 and have not yet had the shingles vaccine, you can also have it now (It is not available for 80 year olds or above).

People who have weakened immune systems, for example due to cancer treatment, should not have the vaccine but should speak to your consultant or GP if you are unsure to check if it is safe or not

Appointments are available every day with the nurse

For more information about the Shingles vaccine Zostavax®, visit [www.medicines.org.uk/emc/product/6101/pil](http://www.medicines.org.uk/emc/product/6101/pil) or you can also visit the NHS Choices website at [www.nhs.uk/shingles](http://www.nhs.uk/shingles)

## MEDICATION REVIEW DATES

Patients are often not aware of the date their repeat medication review is due. This can be found on the right hand side of their prescription or on the counterfoil that is included with their medication when they collect this from the pharmacy. The date is detailed at the end of each medication shown on the counterfoil.



It is important that patients check their counterfoils when collecting their medication as messages can often be left on these counterfoils from their doctor or reminders that medication reviews are overdue.

## **RESULTS AVAILABLE EARLIER IN THE DAY**

Following requests from patients, from **Monday 6<sup>th</sup> August 2018** results will be available **from 11am** at both the Balsall Common and Meriden Surgeries.

## **VACCINATIONS FOR HOLIDAYS ABROAD**

Are you or a member of your family considering travelling abroad?

Travelling abroad continues to increase for a variety of reasons these includes visiting friends and family, business trips and holidays. It is important to remember that however short your trip may be there will always be some travel associated risks. These risks can be significantly reduced by taking a few simple precautions prior to your trip and whilst you are away.

All our nurses have experience with travel health and are on hand to give you up to date advice.

You may require a course of vaccinations, which can sometimes take several weeks to complete. Therefore it is important to book your travel health appointment at least 6-8 weeks prior to your trip.

**Some Vaccinations are not available free of charge and therefore it is advised that patients bring either a minimum of £60.00 cash or a cheque book in anticipation of any charges.**

Please print off the attached travel health risk assessment forms (See at the end of the newsletter). These forms enable us to collect detailed information about the type of trip you have planned, including location, length of stay, specific itinerary, and other health care needs. This will enable us to deliver accurate, relevant information and prevention advice in order to minimize travel-associated risks. Please complete these forms and bring them with you to your appointment. It is also important to be aware that vaccines play only a small part in the prevention of ill health associated with travel.

Our nurse's will give advice on all aspects of travel health so that you are familiar with any specific health risks in the country you are planning to visit. Remember we are here to help you so if you have any travel plans, please feel free to book an appointment with us. When contacting the surgery please advise the reception staff that your appointment is regarding travel.

Here's to you having a happy and healthy trip!

For further information regarding travel please visit the following web sites:

[www.travelhealthpro.org.uk](http://www.travelhealthpro.org.uk)

### **CLINICAL QUESTIONS OR ENQUIRIES VIA EMAIL**

We are unable to respond to clinical questions / enquiries via email. Please make a telephone consultation with a doctor to discuss your question / enquiry.

### **SICK NOTE REQUESTS**

If you require a sick note please make a telephone consultation appointment with your usual doctor to discuss this. If you have recently attended hospital (which is the reason for the sick note) to be issued the hospital should give you a sick note for the expected duration you will be away from work following the procedure, on this occasion you should contact the hospital for your sick note.

### **SECRETARY ANSWERPHONE –**

#### **Prescription and Sick Note Enquiries or Requests**

Prescription and Sick Note enquiries or requests should not be left of the secretaries answerphone. From **6<sup>th</sup> March 2018** any requests left on the secretaries answerphone will NOT be actioned. This is also detailed on the secretaries answerphone message

### **TEXT MESSAGING - MOBILE NUMBERS**

We are now operating a text message reminder service; please ensure your mobile number is correct and up to date on your medical records. Please speak to Reception or email [balsallcommon.practice@nhs.net](mailto:balsallcommon.practice@nhs.net) with your name, date of birth and mobile number to add it to your records.



## **High blood pressure? What can we do about it?**

**Dr Richard Horsley GP Balsall Common Health Centre**

### **An important condition**

We should start with some facts about Cardiovascular Disease (CVD) which is an umbrella term that describes all diseases of the heart and circulation. Cardiovascular disease causes more than a quarter (26 per cent) of all deaths in the UK; that's over 150,000 deaths each year – an average of 420 people each day or one death every three minutes. Around 42,000 people are under the age of 75

### **Raised blood pressure**

One of the common risk factors for CVD is easy to detect, we know the causes and we know how to treat it. Yes, its high blood pressure. So, why can't we do even better? Unfortunately this condition often has no symptoms and therefore can be silently damaging your blood vessels, increasing your risk of heart disease or stroke by a third. Everyone asks so what should my blood pressure be? Well there are lots of ifs and buts depending on your age and other health conditions, but in general for an average low risk healthy patient anything over 160/100 needs treatment. However, there are lower targets if other contributing factors are involved such as diabetes. High blood pressure affects nearly 30 per cent of adults in the UK but up to half are not receiving treatment.

### **New waiting room blood pressure monitor**

Balsall Common Lions have kindly purchased a new self-assessment blood pressure monitor which has been installed in the waiting room. Many people can feel anxious or worried when coming to see a doctor or nurse which can increase their blood pressure, giving a false high level. This piece of equipment will allow you to take your own blood pressure while you are waiting for your appointment or pop in any time to suit yourself. Ideally you could arrive and relax for a few minutes before your pre-booked appointment. You sit down at the machine, insert your arm and press the button. If you present this reading to the team member we will have a protocol to record it or signpost you to deal with the reading.

### **Action plan**

The British Heart Foundation produces some fantastic resources about high blood pressure and lifestyle. Tablets are not always the first answer depending on an individual assessment of CVD risk. Your GP can offer lifestyle measures such as 'Docspot' an exercise referral to access local gyms/swimming. There is a self-referral

option provided by Solihull Council 0121 663 007 to access Health Trainers or an introduction to a structured commercial weight loss programmes. There is always the do it yourself option by walking more, cutting out salt and reducing alcohol. Cook at home from scratch and if in a rush watch those traffic lights symbols on processed food. Public Health England promotes brisk walking via an Active 10 app not just the 10,000 step target. This year let's all get more active and we can reduce blood pressure, detect more high readings and treat more patients to prevent cardiovascular disease.

#### References:-

<https://www.bhf.org.uk/>

<https://healthylivinghub.co.uk/tackling-health-issues/solihull-health-trainer-service/>

<http://www.solihullactive.co.uk/docspot-exercise-referral/>

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

<https://www.nhs.uk/oneyou/active10/home>

### **NEWSLETTER DISTRIBUTION**

If you would like to be added to the distribution list please contact Joanne Hope, Practice Manager in writing or by email to [joanne.hope@nhs.net](mailto:joanne.hope@nhs.net). We will then automatically send you the new newsletter by email, or by post if you do not have an email facility.

### **PRACTICE WEBSITE**

Please visit our website at [www.balsallcommongrouponpractice.co.uk](http://www.balsallcommongrouponpractice.co.uk) for more information regarding the Balsall Common and Meriden Group Practice

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## **EVENTS AT BALSALL COMMON LIBRARY**

Balsall Common Library, 283 Kenilworth Road, Balsall Common, Coventry, CV7 7EL  
Tel: 01676 532590

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### **Tales and Time to Make, Mondays, 11.00-11.30am**

#### **New for 2019**

January 7, 14, 21, 28

February 4, 11, 18, 25

Join us for a story, followed by a simple craft and messy play. Warm water to wash hands is provided, but we recommend wearing clothes that can get messy. Suitable for preschool children.

### **Tales and Time to Play, Mondays, 2.15-3.00pm**

November 5, 12, 19, 26

December 3, 10, 17

January 7, 14, 21, 28

February 4, 11, 18, 25

These sessions include a story, followed by a chance to play, sing, chat and relax with other young families. Suitable for preschool children.

### **Rhyme Time, Tuesdays, 2.15-2.45pm**

November 6, 13, 20, 27

December 4, 11, 18

January 8, 15, 22, 29

February 5, 12, 19, 26

An interactive session sharing rhymes and songs for babies and very young children.

### **Self-run Coffee Morning, 1<sup>st</sup> Thursday of the month 10.30 – 12 noon**

November 1



December 6

January 3

February 7

Join us for good conversation over a cup of tea or coffee and a slice of cake.

**Readers Circle, 2<sup>nd</sup> Thursday of the month, 10.15-11.30am**

November 8

December 13

January 10

February 14

Come along and have a natter with fellow book lovers. Exchange recommendations, discuss books and share your thoughts on authors. Contact the library for details.

**Self-run Family History Support Group, 3<sup>rd</sup> Thursday of the month, 1.15 -3.00pm**

November 15

December 20

January 17

February 21

Join our experienced and friendly Family History Group for advice on tracing your family tree, with the opportunity to learn the techniques of using Ancestry and Find My Past.

**Self-run Striders and Strollers, Tuesdays, every Fortnight 10.15-12 noon**

November 6, 20

December 4, 18

January 15, 29

February 12, 26

Meet for free walks in the Balsall Common area led by a trained walk leader and enjoy a cuppa afterwards.

The routes are mostly flat, even and accessible to all participants regardless of physical ability. If you are unsure, please come along and talk to the walk leader, who will be available to answer any questions or concerns.

All ages are welcome, no need to book, just turn up.

### **Pop Up Creatives, Fridays, 2.00-4.00pm**

November 2, 9, 16, 23, 30

December 7, 14, 21, 28

January 4, 11, 18, 25

February 1, 8, 15, 22

These drop ins are for anyone interested in learning craft techniques, sharing their expertise of arts and crafts or for those wanting company on a Friday afternoon.

A small charge applies for refreshments.

These drop in sessions are run by Pop Up Creatives.

### **Pop Up Creatives Craft Workshops, Tuesdays, 1.00pm-3.00pm**

November 13, 27

December 11

Try a variety of new crafts and techniques with these relaxed workshops, designed to encourage creativity.

A charge applies for materials. For booking enquiries please text Marion on 07709289762.

These workshops are run by Pop Up Creatives.

### **Library Lates**

Thursday 29 November, 6.00pm – 7.45pm, with guest poet Jonny Fluffypunk.

Thursday 24 January, 6.00pm – 7.45pm, with guest poet Emma Purshouse.

Relaxed evenings of poetry and spoken word from outstanding local talent. Suitable for ages 16+ Open mic slots are available. For more information and ticket details, please contact the library.

### **Health Trainer Drop In Service, Tuesdays, monthly, 11.00am– 1.00pm**

November 20

December 11

Health Trainers assist clients who are motivated to want to make a positive difference to their health and wellbeing. These sessions are free and can include weight, BMI, blood pressure and mini lifestyle checks.

Please contact the library for booking enquiries.

This drop in service is run by Health Exchange, in partnership with Solihull Metropolitan Borough Council.

### **ReCOM Computer Tablet Courses -New 6-week courses**

No matter what type of tablet you have, we can show you how to use it with confidence. For more information, or to register your interest, call ReCOM on 0121 663 0335.

Courses run by ReCOM: Bridging the IT gap in the community. Registered charity no.1091315

### **The Winter Reading Adventure Continues until Saturday 26 January.**

Sign up and read six books in order to help your snowflake reach the North Pole, collecting theme related goodies along the way. Write a review of your favourite book for a chance to win a £10 National Book Token.

Sponsored by Balsall Parish Council.

Suitable for ages 4-11 years.

### **Christmas Crafts Drop In, Saturday 15 and 22 December 10.30am - 2.30pm**

Join in with a selection of festive crafts. This activity is free and there is no need to book. For ages 4 - 11 years.

Sponsored by Balsall Parish Council.



### **Half Term Crafts Drop In, Thursday 21 February 10.00am – 4.00pm**

Get creative this half term with a selection of fun crafts. This activity is free and there is no need to book. For ages 4 - 11 years.

Sponsored by Balsall Parish Council.

### **Solihull Connect Local**

During library opening hours, library staff will be on hand to provide support to get online and will accept any paper applications i.e. Blue Badges or documents to support Housing Benefit and Council Tax Reduction claims.

### **Christmas Opening Hours**

Saturday 22 December: 10.00am - 4.00pm

Monday 24 December: Closed

Tuesday 25 December: Closed

Thursday 27 December: 10.00am - 6.00pm

Friday 28 December: 2.00pm - 5.00pm

Saturday 29 December: 10.00am - 4.00pm

Monday 31 December: Closed

Tuesday 1 January: Closed

Thursday 3 January: 10.00am - 6.00pm



EST  2012

**CP**

**BARBERS**



CP Barbers are making sure no one in Balsall Common is alone on Christmas Day.

We are putting on a Christmas Day lunch at the Village Hall, Station Road, Balsall Common.

People on their own can have a Christmas lunch at no charge.

Those with mobility problems can be collected.

If you would like to come please drop your contact details into the barbers, full address below

or call **Julie 07962 360287**

or **Steve 07778 962981**

**CP Barbers**

**353 Kenilworth Road**

**Balsall Common**

**CV7 7DL**

*Merry  
Christmas*

