

WELLS HEALTH CENTRE

AUTUMN

NEWSLETTER

NHS

Providing NHS services



Wells Health Centre

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NEW STAFF AT WELLS HEALTH CENTRE

THOMAS & JESS

Thomas Knauer (Tom) is an experienced paramedic who will be joining us on Monday 11th November and be based at WHC. His working days are all day Monday, Tuesday, Wednesday and Friday.

Jess Benn is an HCA. Jess will be joining us on Monday 4th November, working all day Monday and Tuesday

Jess will be focusing on the patients with either a high BP reading or patients over 40 who haven't had a BP check for over 5 years.

HELLO



THE RISE OF COVID AGAIN

Although we are no longer in a pandemic, it's clear that Covid hasn't gone away completely. As there are no longer government guidelines, we need to adhere to it means that if someone tests positive with Covid, there are no measures in place to stop the virus from spreading.

To protect ourselves and our patients as much as possible, especially over the winter, we'd like to remind everyone about the importance of washing your hands, especially after you have coughed or sneezed. We're not going to stop the spread of the virus but we can all do this simple measure as our bit to help.



PRESCRIPTION REQUESTS

We have seen an increase in the amount of patients requesting prescriptions urgently as they have not ordered their medication in time and have ran out. Wells Health Centre have a 5 working day policy for prescriptions, this gives the surgery and pharmacy time to deal with the request safely.

Patients can order their medication by posting their ticked repeat slip in the surgery postbox, on the Patient Access or NHS app or emailing the prescriptions inbox at somicb.scripts-wellshc@nhs.net

If a prescription is needed urgently, it will need to be collected from the reception desk after 5pm and taken to the pharmacy.



“YOUR CANCER, YOUR CARE, YOUR WAY”

- Are you involved in providing cancer care, treatment or support?
- Have you - or your loved ones - recently been diagnosed with and/or had treatment for cancer?

If you can answer "yes" to either of the above questions, we want to hear from you!

Somerset, Wiltshire, Avon and Gloucestershire (SWAG) Cancer Alliance have coproduced a personalised care and support (PCS) strategy, called "Your Cancer, Your Care, Your Way", and are starting to roll it out across the region.

“Your Cancer, Your Care, Your Way” covers the entire cancer pathway, from screening onwards. It applies to everyone, whatever type of cancer they have, wherever in the SWAG region that they live.

- Get in touch to find out more and get involved by contacting Sophie Wickins, Clinical Project Manager, at scwcsu.c-ltadmin@nhs.net

BE HEALTHY, BE HAPPY PROGRAMME

Do you want to move more and feel healthier? Do you want to meet others and look at topics such as sleep, exercise, healthier eating, social and emotional wellbeing? If so, join in with this free, rolling programme.

Glastonbury (Street and Wells): On Wednesdays 1.30 pm – 3 pm. Location: St John’s Conference Hub (just off High Street) St John’s Church, 3 Church Ln, Glastonbury BA6 9JQ.

Telephone: 01373 468368 - then choose option 1 for Frome, option 2 for Coleford and Shepton Mallet and Option 3 for Glastonbury, Street and Wells

Email: mendip.healthconnections@nhs.net

Website: <http://healthconnectionsmendip.org>



VITAMIN D - WHEN THE CLOCKS GO BACK!

The government advice is that everyone should consider taking a daily vitamin D supplement during the autumn and winter.

What is vitamin D and why should I take it?

Vitamin D is a nutrient you need for good health. It helps your body absorb calcium, one of the main building blocks for strong bones. Together with calcium, vitamin D helps protect you from developing osteoporosis, a disease that thins and weakens the bones and makes them more likely to break. Your body needs vitamin D for other functions too. Your muscles need it to move, and your nerves need it to carry messages between your brain and your body. Your immune system needs vitamin D to fight off invading bacteria and viruses.

From about late March/early April to the end of September, most people should be able to make all the vitamin D they need from sunlight. The body creates vitamin D from direct sunlight on the skin when outdoors.

However, between October and early March we do not make enough vitamin D from sunlight and although Vitamin D is also found in a small number of foods, a simple rule of thumb is to start taking a Vitamin dietary supplement when the clocks go back and stop when they go forward.

Should I take a vitamin D supplement? Advice for adults and children over 4 years old

During the autumn and winter, you need to get vitamin D from your diet because the sun is not strong enough for the body to make vitamin D. But since it's difficult for people to get enough vitamin D from food alone, everyone (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter.

Advice for infants and young children

The Department of Health and Social Care recommends that babies from birth to 1 year of age should have a daily supplement containing 8.5 to 10 micrograms of vitamin D throughout the year if they are:

- breastfed
- formula-fed and are having less than 500ml (about a pint) of infant formula a day, as infant formula is already fortified with vitamin D

Children aged 1 to 4 years old should be given a daily supplement containing 10 micrograms of vitamin D throughout the year.

You can buy vitamin D supplements or vitamin drops containing vitamin D (for under 5s) at most pharmacies and supermarkets.

Women and children who qualify for the Healthy Start scheme can get free supplements containing vitamin D.

Just a word of caution!

·If you are currently prescribed calcium and Vitamin D tablets continue to take these and you will not need to take extra Vitamin D supplements

THE COMMON COLD!

During the winter months we will usually see an increase in the number of patients wanting to see their GP as they are suffering with symptoms such as

- a blocked or runny nose
- sneezing
- a sore throat
- a hoarse voice
- a cough
- feeling tired and unwell
- Some also may complain of
- a high temperature
- aching muscles
- a loss of taste and smell
- a feeling of pressure in your ears and face



All these symptoms indicate that you are suffering with a common cold, and however poorly the symptoms can make us feel, unfortunately there isn't a magic cure. As a cold is a virus infection taking antibiotics won't relieve your symptoms or speed up your recovery. Antibiotics will only work if you have a bacterial infection. Colds often resolve on their own with rest, hydration, and over-the-counter remedies.

However, if you experience severe symptoms, difficulty breathing, a high fever, or if your symptoms persist for more than a week, it might be a good idea to consult your GP.

Please speak to the pharmacist before taking any cold remedies as they may interact with any prescribed medication you are taking.

For more information on the common cold please visit www.nhs.uk/conditions/common-cold

