

OXTED HEALTH CENTRE PPG SPRING NEWSLETTER 2018

Support the PPG in the Oxted Health Centre in the Tandridge Together Lottery to help raise money for new equipment for the health centre. Visit : www.tandridgelottery.co.uk/support/oxted-patient-participation-group to support us!



Oxted Health Centre:

10 Gresham Road,
Oxted,
Surrey,
RH8 0BQ

Tel: 01883 734000

Fax: 01883 713779

Oxted Health Centre Opening Hours:

Monday:
8:00am-7:30pm

Tuesday:
8:00am-7:30pm

Wednesday:
8:00am-7:30pm

Thursday:
8:00am-6:30pm

Friday: 8:00am-6:30pm

Weekend: CLOSED

Dementia first

Dementia 1st is an independent charity that was launched on 3rd July 2017 following the announcement in January 2017 that the Alzheimer's Society were no longer providing day care services in Surrey. The news came as a shock to all concerned as this facility is one of a few exclusively for people diagnosed with any form of dementia. Carers approached staff and asked if they would continue the service independently and very quickly a board of ten Trustees committed themselves to the task and registered the charity with the charity commission in March 2017.

Startup costs were covered by pledges from service users and carers, fund raising by the local community plus a grant from Tandridge Council. Most of the staff that were made redundant joined the new charity and are managed by the same Day Care Services Manager, Carole Worsfold, who has over 15 years of experience working with dementia whilst with the Alzheimer's Society. The Byre Day Centre is based in Pendell Road, Bletchingley, next to the Hawthorne

school, and is open Monday to Friday from 10.00 am to 4 pm plus a Saturday club on the first Saturday of the month. A further day centre operates out of Bletchingley Community Centre every Tuesday. The cost is £56 a day plus £5 for food, a minibus is available subject to location and days required at a charge of £5 return journey a day. Mid-day meals are two courses and cooked freshly on the premises each day. For a coffee and look round please ring Carole on 01883 818310, a free taster day can be booked if there is availability but currently the day centres are full with a waiting list.

Referrals can be taken over the telephone and made by carers, professionals and individuals themselves. Those unable to self-fund can apply to their local adult social care team for financial assistance if their savings fall below the threshold.

**Dementia
1st**
for care & support

“Stay Well Pharmacy”



When it's less urgent
than 999

Local Pharmacies:

Boots:

48 Station Road East,
Oxted,
Surrey,
RH8 0PQ
Tel: 01883 712620

Paydens LTD:

22 Station Road East,
Oxted,
Surrey,
RH8 0PG
Tel: 01883 712081

Raimins

224A Pollards Oak Road,
Oxted,
Surrey,
RH8 0JP
Tel: 01883 712266

This newsletter is published by
the Oxted Patient Participator
Group (PPG)

Email:

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‘Stay Well Pharmacy’ is a new campaign from NHS England which encourages people to visit their local pharmacy team first for clinical advice for minor health concerns such as sore throats, coughs, colds, tummy troubles and teething. **The key message is:** community pharmacists and pharmacy technicians are qualified healthcare professionals who are the right people to see if you need clinical advice or over the counter medicines to help safely manage a wide range of minor health concerns.

With most people living within easy reach of a pharmacy and with many pharmacies offering extended opening hours in the evenings and at weekends, pharmacy teams offer fast and convenient clinical support with no appointment needed. Most community pharmacies also now offer a private consultation room. Using a pharmacy for minor health concerns will help free up GP time for more urgent appointments and help reduce non-emergency A&E visits.

<https://www.england.nhs.uk/commissioning/primary-care/pharmacy/stay-well-campaign/>

What is a wellbeing prescription?

Wellbeing Prescription is a free social prescribing service that allows GPs and other providers to refer clients to a trained Wellbeing Advisor. The Wellbeing Advisor meets with clients for up to an hour in their local GP surgery. During the appointment, the Wellbeing Advisor discusses the client's needs, provides expert advice, encourages behavior change and signposts to local services. This might include services that help the client get active, lose weight, eat well, stop smoking, reduce drinking, meet new people, get out and about or improve their emotional wellbeing.

What sort of services do we signpost to?

- Weight management
- Mental health
- Local sports and social activity groups
- Carers support
- Financial support
- Housing support
- Cooking
- Falls prevention
- Staying independent
- Smoking and alcohol



Where is Wellbeing Prescription available?

Wellbeing Prescription is currently offered in the Mole Valley, Reigate & Banstead and Tandridge areas.

Who provides Wellbeing Prescription?

It is provided by NHS East Surrey CCG, Surrey Downs CCG, Mole Valley District Council, Tandridge District Council, Reigate & Banstead Borough Council and Surrey County Council.

How can I make a referral?

GPs can refer clients directly at their surgery. Members of the public can also contact their surgery to book an appointment.

Shingles vaccinations

Shingles is caused by the same virus as chickenpox. A bout of chickenpox does not protect you from shingles; the virus remains in your system and can be reactivated when the immune system is weakened – something which happens as we get older. For some people, the pain of shingles can persist for several months, or even years, after the rash has disappeared. Complications of shingles can also be fatal for around 1 in 1,000 over-70s who develop the illness. Therefore, it is so important that eligible people take up the offer and get vaccinated against the virus. Only those in their 70's born after September the first 1942 and who haven't had their vaccination are eligible for the jab as well as those aged 78-79 who missed out on the vaccine, after this point you are no longer eligible so get it while you have the chance

Shingles—how real are the risks?
Current public perception!



Mum's Mental Health

Whilst postnatal depression is well-known, mental health problems for new parents are not just postnatal. In fact, experts now suggest that depression is more common in pregnancy than postnatally. Problems go wider than depression too. They can include, for example, anxiety, OCD, PTSD, psychosis, and eating disorders. Some of these problems will occur for the first time when someone becomes a parent, others may be the recurrence of an existing problem – perhaps one that has been well-managed for many years. Some people with pre-existing conditions are particularly at risk: any woman who has ever experienced bipolar disorder, for example, has a 50% chance of mental illness in the weeks after birth, although this can be very effectively managed with specialist help in pregnancy. The severity of mental health problems varies too. Thankfully, most will be relatively mild, but this is not always the case: suicide is one of the leading causes of maternal death in the UK.

Mental health problems can be very effectively prevented or treated with the right help, which is why it is so important to speak out early if

we think something is wrong in ourselves, our friends or partners. If you feel you or someone you know has a mental health problem, trust your instincts and talk about it. It may be that they are just having a few bad days, but they will still benefit from a supportive conversation and, if they are ill, the sooner they can receive help, the better.

Sources of support for mums in Caterham and Oxted include:

- Your GP or midwife * The health visiting team (advice line: 01883 340 922)
- Your local children's centre * www.mindmattersnhs.co.uk/surrey for face to face, telephone and group support, including a mums' wellbeing group at Caterham Children's Centre *
- www.iesohealth.com/surrey/ for online support
- Caterham and Oxted NCT branch run several low costs, friendly and informal groups which are open to ALL local parents. These include Bumps and Babies, a drop-in group for mums with babies under 1 at Oxted URC from 9:45-11:45 on a Thursday.



Antibiotic awareness

Antibiotics are important medicines for treating bacterial infections in both humans and animals. However, bacteria can adapt and find ways to survive the effects of an antibiotic. This means antibiotics are losing their effectiveness at an increasing rate. The more we use antibiotics, the greater the chance bacteria will become resistant to them and they can no longer be used to treat infections. Antibiotic resistance is one of the most significant threats to patients' safety in Europe. It is driven by overusing antibiotics and prescribing them inappropriately. To slow down the development of antibiotic resistance, it is important to use antibiotics in the right way – to use the right drug, at the right dose, at the right time, for the right duration. Antibiotics should be taken as prescribed, and never saved for later or shared with others.

Visit the Antibiotic Guardian website <http://antibioticguardian.com/> to make a pledge about how you'll make better use of antibiotics and help save this vital medicine from becoming obsolete.



Next Talk: Adolescent Mental Health

The Patient Participation Group of Oxted Health Centre

**WE NEED TO
TALK ABOUT
ADOLESCENT
MENTAL
HEALTH**



Ways to spot if your child needs help and coping mechanisms

Date: Tuesday 1st May 2018

Time: 8:00pm

Speaker: **Barbara Wilkinson**

Young Persons Counsellor with Relate and works with Oxted School

Matt Hayes

Owns Idol Hands in Oxted and Founder of Clockwork (local charity supporting children with mental health problems)

Venue: United Reformed Church (URC)

21 Bluehouse Lane, Oxted, RH8 0AA

Sponsors: North Downs Hospital

46 Tupwood Lane, Surrey CR3 6DP

Open to all patients registered at the Oxted Health Centre