

Barn Close Surgery

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www.barnclose.co.uk

Patient Participation Group Newsletter



Issue: Winter 2017

From the Editor

I joined the PPG in November and am delighted to be taking over as Editor of the Group's Newsletter. I hope that, in this small way, I will be able to help the PPG to support the work of the Surgery and help to inform patients about health services, self care and share some of the latest information from the NHS.

In this edition, we are pleased to hear from Dr Chantel Nyenyezi in our "Meet the Doctors" feature, we have a focus on Dementia and some advice from the NHS on staying well this winter.

Rachael Edgerton

Editor

- Rachael Edgerton, Editor - rachaeledgerton@tiscali.co.uk
- Sonia Woolven, Chair - swoolven@btinternet.com
- Jean Taylor, Practice Manager - jean.taylor13@nhs.net .

Meet the Doctors - Dr Chantal Nyenyezi

I have had the pleasure of being a part of the team at Barn Close Surgery since May 2015. I completed my GP training in March 2015 having worked at practices in South Worcestershire and in Worcester Royal Hospital. I did my medical training at Birmingham University and also did a clinical sciences degree during that time. Barn Close Surgery is a great place to work, being part of a community team and in a beautiful rural area. I am currently developing my interest in family planning and sexual health.

I was born in South Africa and moved to the UK when I was twelve. I have a wonderful husband from Uganda to thank for my surname, and who works in finance. We have a beautiful 4 year old little girl.

Barn Close Surgery Staff Update

On 12 January 2017 Dr Josie Conquest and husband proudly welcomed their gorgeous little boy into the world weighing 7lbs 8oz. Mum and baby are both doing well.

Earlier in the year, we saw the retirement of Mrs Betty Phillips (Dispenser). Betty still comes in to help as a Locum Dispenser during holidays/staff sickness if needed and if her busy diary allows!

We also said a sad goodbye to Dr Karen Bloch who retired at the end of November. We wish her a long and happy retirement and a BIG thank you for all her hard work for the Practice and our patients.

Matt Phillips, who shares his time between the Dispensary and Reception, is undertaking a Level 2 NVQ in Pharmaceutical Science. Once completed, he will be qualified to work as a Dispenser and will join the Dispensary Team full time.

Dr N Townshend (m)
Dr E Billings (f)
Dr J Hughes (m)
Dr C Nyenyezi (f)
Dr J Conquest (f)
Locum
Dr A Hussell (f)

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Accessibility – if you require this newsletter in an alternative format, please contact the surgery.

Feedback - We would welcome your feedback on this newsletter; is it interesting, useful and readable? Do you have an article you would like included? Perhaps you have a concern about the Surgery you would like us to raise. If so, please contact any of the committee members listed above.

Focus on Dementia

What is Dementia?

Dementia is becoming an ever more common condition because we are all living longer. It is a group of signs and symptoms due to the brain's abilities becoming limited or, at least, changing. Dementia is a condition for which, at present, there is no cure, but there are certain strategies which may slow it down. It is important to discuss concerns with a GP to advance the possibility of an early and reliable diagnosis. Initially, some people are aware that something is not quite right and often have a definite insight into the fact that they may be in the first stage of dementia. These early changes can include:

- loss of memory.
- thinking more slowly.
- speaking and understanding becoming difficult.
- judgement becoming damaged.
- gradual lack of interest in daily activities.
- planning and organising social events becoming stressful.
- hallucination and paranoia.
- concentrating becoming a problem.
- depression, confusion and personality changes.

There are many types of dementia, two of which are:

- Vascular Dementia – when the blood supply to the brain is interrupted.
- Alzheimer's Disease – when brain cells lessen and the brain shrinks. This is when certain proteins gradually form in the brain called "tangles" and "plaques". They affect the chemicals that carry the messages between brain cells.

There are things which may help both the sufferer and the carer to cope with dementia and, possibly, the most important thing is to lead an active life for as long as possible. It is a good idea to find family photos which can be looked at and talked about. Music is a good memory jogger and people with dementia love to talk about past holidays with their family. Memory cafes, if available, are useful as are group tea parties with activities, games, chat, etc.

There are two very important don'ts when looking after or just spending time with people with dementia:

- **Don't** patronise. These people are adults who have brought up families, held positions of responsibility, etc.
- **Don't** argue. Confrontation is bad for both sufferer and carer and can be very upsetting.

To conclude, if you are concerned about any worrying symptoms:

- See a GP to get a diagnosis
- If there are signs of dementia, steps can be taken
- If there are no signs – **stop worrying!**

Vicki Packman

Dementia Support Group at Broadway United Reformed Church

A new Dementia Group has been started by the Rooftop Housing Group. This is a free service for people with memory problems and their carers (however, donations are welcome). They meet every Thursday from 2 to 4 pm. Entertainment is organised and the carers may go to a different room for a cup of tea and a chat with other carers.

The group is open to anyone, there is no requirement to be a member of the United Reformed Church or a resident of the Rooftop Housing Group.

Further help and support can be found on the Dementia Choices page at www.nhs.uk



**STAYWELL
THISWINTER**

Do I need to
see a doctor?



Diarrhoea and vomiting?



There's no specific cure for stomach bugs such as Norovirus
Visit [nhs.uk/norovirus](https://www.nhs.uk/norovirus) for advice on #EssentialKit home treatments



stay hydrated



take paracetamol



prevent spread



stay at home for two
days after symptoms clear

Many winter illnesses will clear up on their own within a few days and do not require medical attention. However, if your symptoms do not go away, become worse or you have a long term condition then you may need to be seen by a doctor.

Keep Warm.



This may help prevent colds, flu or more serious health conditions such as heart attacks, strokes and pneumonia.

Look out for others.



The cold temperatures can affect older people and those with a long term health condition. Ask your vulnerable friends, family and neighbours if they need any practical help.

Feeling unwell? Get advice from your pharmacist.



If you are or someone you know or care for is getting symptoms of a winter illness, speak to a pharmacist for advice before it gets more serious.

Get your flu jab.



Flu vaccinations are offered free of charge if you're aged 65 or over, have a long term health condition or are the main carer of an elderly or disabled person, so you are protected against catching flu and possibly developing serious complications.

Is your medicine cabinet ready for winter?



Ask your pharmacist what medicines you should have in your cabinet to relieve symptoms of common winter illnesses such as a cough or cold. Make sure you are stocked up with enough food supplies for a few days, and make sure you order and collect repeat prescriptions in good time.

Flu Clinic Update.

So far this year, we have vaccinated around 1800 patients. However, it isn't too late to have your flu jab. If you missed our flu clinics, and would still like to have one, please make an appointment at the Surgery.

Date for your diary: Our next yearly flu clinic will be held on Saturday 30 September at the Lifford Hall, Broadway.

Feeling under the weather? Try this delicious and nourishing winter warmer soup.

Leek and butter-bean soup

Rich, thick and warming, this soup has a lovely, velvety texture. This recipe first appeared in the *Telegraph Magazine* in November 2016 and contributed by Fiona Tierney.

Serves 4

1 tablespoon olive oil
 400g leeks, trimmed and sliced
 1 small onion, peeled and sliced
 2 garlic cloves, sliced
 4 thyme sprigs, leaves only
 1 bay leaf
 2 x 400g tins butter beans, drained and rinsed
 1 litre chicken or vegetable stock
 70ml extra-virgin olive oil



- Heat the oil in a large saucepan and add the leek and onion. Cook gently for 10 minutes, covered with a lid, until softened.
- After 10 minutes add the garlic, thyme, bay leaf and a little salt and pepper and continue to cook for another 10 minutes.
- Add the butter beans and cook for 2 minutes then pour in the stock, bring to the boil and simmer for 10 minutes.
- Remove the bay leaf and, using a hand-held stick blender, blitz until very smooth adding the extra-virgin olive oil as you go.

Surgery Opening Times:

Monday to Friday: 08:00am – 18:30pm
 Weekends closed

Appointments available

08:40 to 11:00am and 2:00 to 5:30pm

Dispensary: 8:45am –

1:00pm and 2:00 to 6:30pm

Prescription charges:

Single Item £8.40

Pre-payment certificates:

3 months £29.10
 12 months £104.00

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