



MIDDLESTOWN PATIENT PARTICIPATION GROUP



HEALTH & WELLBEING DEVELOPMENT TEAM

Information to help you maintain your independence

The health and wellbeing team provide information, advice and support to help adults over 50 and all adults with a physical disability and/or sensory impairment to maintain their health and independence.

Are you feeling lonely or isolated?

Are you worried about a member of your family, a friend or a neighbour?

If so, get in touch

The health and wellbeing team have a directory of social, exercise and support groups in your area where you could meet new people. We will discuss with you what sort of group you may be interested in, provide you with details and help you make arrangements for your first visit.

If you need help and don't know who to go to, give us a call and we will try our best to provide the information you need or point you in the right direction. We cover every part of the district.

01977 705473

The health and wellbeing service is free and confidential

Join us on Thursday 29 October for our next **One Day** event. Macmillan Cancer Support and the Health & Wellbeing Team will be joining us at Middlestown from 9 - 11am. We shall also have leaflets from other groups for you to take.

CANCER AWARENESS SCREENING

In England, there are, three available programmes for cancer screening. These are: Breast, Bowel and Cervical cancer screening. The Public Health department of NHS England co-ordinates these screening programmes.

Breast screening is available for women aged 50 - 70 years who are registered with a GP. The aim of the screening is to detect cancers when they are at an early stage. This involves having a mammogram, which is an X-ray of the breast, every 3 years.

Bowel cancer screening is offered to everyone aged 60-74 years. You will be automatically sent out a testing kit in the post from NHS England when you become eligible for the screening programme. This is a simple test that you post back, you will then either be informed of a normal result or invited for further investigation if the test is abnormal. As GPs we are not directly involved in the delivery of the screening programme but we are sent a copy of your result. If you have any concerns or worrying symptoms please do tell us about it as soon as you can. Recent NHS figures indicate that regular bowel cancer screening can reduce the risk of dying from bowel cancer by 16%.

Cervical screening is offered to all women aged 25-64. This involves taking a sample of cells from the cervix to look for early abnormalities that could later become cancerous. In this way treatment can be offered at an early stage to prevent cancer. It is a simple procedure that is carried out at the GP practice by both Practice Nurses and GPs.

Please remember that screening is for people without symptoms. If you are concerned about any symptoms, please contact us and we would be happy to see you.

Macmillan Nurse - What's it like?

Sarah Cost, who is a patient and PPG member at Middlestown, writes, "I have been a Macmillan Nurse for over 15 years working in both palliative care and head and neck cancer. I often get asked, how can I do the job I do? So simply put, it's more than just a job, I love what I do and I feel privileged to help people during very difficult, and often complex times in their lives, sharing many intimate moments, joining in the laughter as well as shedding tears too. I often think what if this was me or a loved one, how would I like me or my family to be supported and cared for? Therefore, whatever the circumstances, I do the best I can. We do not always recognise the impact of our involvement but I like to think we do make a difference."

WHAT IS INFLUENZA?

Influenza (flu) is an illness caused by the flu virus of which there are different strains. Flu is passed from person to person through droplets, i.e. sneezing or coughing. You can also catch it by touching a surface where the virus has been deposited. The flu virus spreads very quickly.

Symptoms include a high temperature, muscle aches, cough, headache and extreme tiredness. Flu usually lasts for between 2 and 7 days. Most people recover fully. Complications such as a chest infection or pneumonia develop sometimes, unlike the common cold. Many different viruses can cause a cold, which is why colds come back (recur), and immunisation against colds is not possible.

Complications of flu are more common in young babies, older people, people with an underlying disease (especially heart or lung diseases), pregnant women and people who have a weak immune system.

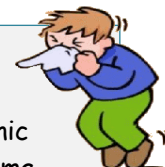
Complications are sometimes serious and a number, usually elderly, of people die each year in the UK

Facts about flu immunisation

- The Flu jab, gives excellent protection against seasonal flu and lasts for one year
- It is normally given in October/November each year.
- Flu jabs do not prevent other viral infections which can cause coughs, colds and flu-like illnesses.
- It protects only against the particular flu virus that is expected in the coming winter.
- The flu vaccine cannot cause flu or any other infections; if you develop a cough or cold shortly after having a flu immunisation it is a coincidence.

Who should have the flu jab

- If you are aged 65 or over.
- Have any ongoing (chronic) lung diseases. E.g. chronic bronchitis, emphysema, cystic fibrosis, severe asthma (needing regular steroid inhalers or tablets).
- It is also recommended for any child who has previously been admitted to hospital with a chest infection.
- Have a chronic heart disease. (E.g. angina, heart failure or if you have ever had a heart attack)
- Have a serious kidney disease. (E.g. nephrotic syndrome, kidney failure, kidney transplant)
- Have a serious liver disease such as cirrhosis.
- Have diabetes.
- Have a poor immune system i.e. receiving chemotherapy, have HIV/AIDS or had your spleen removed
- Have certain serious diseases of the nervous system, e.g. multiple sclerosis or have had a stroke in the past.
- Live in a nursing home or other long-stay residential care accommodation.



Additionally you should be immunised if

- You are the main carer for an elderly or disabled person;
- You are pregnant;
- Children - it will be offered routinely to all children aged age 2, 3 & 4 by 31 August 2015 plus offered to all children from 6 months to 17 years in 'at risk' groups, i.e. asthma, diabetes. Also children in school years 1 & 2 will be offered flu vaccination carried out by the School Nurse

If you are a healthy adult under 65 and not in any of the above categories, you do not need immunisation against seasonal flu because you are unlikely to develop complications from flu.

The Flu vaccination will be available in surgery from the beginning of October. We are now taking bookings. If you are unable to make flu clinic times, we are able to offer flexible appointments at all three sites.

<http://patient.info/health/influenza-immunisation>

OLDER & BOLDER

For community, special interest and organisational adult groups and those living in care settings rediscover, explore & share memories of growing up and living in a pit village. At the National Coal Mining Museum, weekdays @ 2.30pm (excluding holidays). £25 per group. Pre-booking essential through sharon.hinchliffe@ncm.org.uk

NEW PATIENT REGISTRATIONS

When you register with the Practice you will be allocated a GP within 21 days of registering. However, this does not mean you ONLY have to see your allocated GP; you can see any clinician who is available.



Look out for the Dragon in the Attic App for 8-12 year olds. Currently on Android - coming soon from the Apple App store, developed by pupils in West Wakefield.

