



LUDHAM AND STALHAM GREEN SURGERIES NEWSLETTER



Welcome to our summer newsletter.



Campaign to End Loneliness

We are proud to announce that Ludham & Stalham Green Surgeries have joined The Campaign to End Loneliness. We are supporting this campaign because its aim is to inspire thousands of organisations and people to do more to tackle the health threat of loneliness in older age. The Campaign to End Loneliness is a network of national, regional and local organisations and people working together through community action, good practice, research and policy to ensure that loneliness is acted upon as a public health priority at national and local levels. The Campaign to End Loneliness believes that nobody who wants company should be without it. We want to make this happen by ensuring that:

1. People most at risk of loneliness are reached and supported
2. Services and activities are more effective at addressing loneliness
3. A wider range of loneliness services and activities are developed

Further information can be found at:
www.campaigntoendloneliness.org

National Diabetes Audit

Ludham and Stalham Green Surgeries are taking part in the National Diabetes Audit (NDA). The NDA checks whether people with diabetes are receiving good care. The NDA collects information about diabetes care from GP practices and hospitals. This information helps the NHS to improve care. The use of NDA information is controlled by law and strict rules of confidentiality. If you do not want your information to be used, please inform the Receptionist, your GP or nurse. This will not affect your care. More information is available – please ask a member of staff for a leaflet.

New service - diabetes nurse facilitator

We will be hosting a monthly session in house where Sally Watson, Diabetes Care Facilitator, will be available to see our patients at the Surgery. Clinicians can refer patients into this service and they can be seen at the Surgery. Sally will hold monthly clinics alternating between sites.

Blood tests



Remember to ring us or pop in a week later to check on your results.

Abdominal aortic aneurysm (AAA) screening

The NHS invites all men for screening in the year they turn 65. Men aged over 65 who have not been screened before can contact their local service to arrange a test. The AAA screening check is a simple free ultrasound. Attending AAA screening is your choice. For more information, please visit aaa.screening.nhs.uk.

Health Reviews

We are currently changing our recall process; from May 2016 onwards, your health reviews will be in or close to the month of your birthday. If you have had a recent review, then please do not be concerned that we are inviting you again. By calling Patients in during their birthday month it will eliminate Patients having to attend multiple appointments throughout the year.

Primary Prevention Clinics

From May 2016, we have introduced a new initiative at the Surgery and are now offering Primary Prevention clinics to Patients who require annual monitoring. We are still running our Healthy Heart clinics, which you may have been called to in the past. The Healthy Heart clinic is aimed at those Patients with diagnosed cardiovascular disease. The new Primary Prevention clinic is for those at risk of developing heart disease, stroke or other cardiovascular diseases. There is good evidence that by taking early action, you can improve your health and prevent the onset of these conditions.

NHS Health Checks

NHS Health Checks are being offered to people aged between 40 and 74 once every five years. The check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes. The NHS Health Check consists of a blood test and measurements such as age, sex, family history, height, weight and blood pressure.

Mole Clinic

? Mole ? Freckle ? Melanoma ? Can you tell the difference? Ludham and Stalham Green Surgeries will be holding a Mole Clinic on Thursday 28th July between 2.40pm – 4.50pm at Ludham Surgery. To book an appointment, please speak to Reception.

Surgery Closures

Ludham and Stalham Green Surgeries will be closed between 12.45 p.m. and 2.15 p.m. on the following dates for essential staff training:

12TH JULY 2016

16TH AUGUST 2016

20TH SEPTEMBER 2016



Holiday season is here

If you are intending to travel abroad please ask for advice about immunisations and malaria tablets before you travel. You will be required to complete a travel form ideally at least 6 weeks before you travel to allow enough time for the assessment, ordering of the appropriate vaccines and treatment.

Hearing Aid Batteries

The Norfolk and Norwich Hospital is no longer providing GP Surgeries with hearing aid batteries. Replacement hearing aid batteries have to be obtained from your hearing aid provider. For Norfolk and Norwich patients you can obtain batteries from the Norfolk Deaf Association, the timetable for mobile and community clinics can be found on www.norfolkdeaf.org.uk.



Dial a Ride

Dial a Ride is a door to door minibus transport service which is safe, accessible and affordable. They operate a bookable weekday transport service from your home to a variety of destinations. Their Coastal Connections route covers much of the North Norfolk Coast, while other Dial a Ride routes cover the rest of the North Norfolk District Council area. For more information please visit www.nnct.org.uk/transport-services/dial-a-ride or call 01692 500840 / 01263 839009.

Wasted medicines waste money

Unused prescription medicines cost the NHS across the UK over £300 million every year.

£300 million could pay for:

- **80,906 MORE hip replacements***
- **101,351 MORE knee replacements***
- **19,799 MORE drug treatment courses for breast cancer***
- **11,778 MORE community nurses***
- **300,000 MORE drug treatment courses for Alzheimer's***

*Based on average costs

But there are ways you can help reduce the cost of wasted medicines! Remember, only order what you need and help us make **more** of your local NHS.



Unwanted Medication

Please do not dispose of unwanted medication in general household waste. Unwanted medication can be brought back to the Surgery or taken to a Chemist for safe destruction.

Practice Infection Control

We aim to keep our practice clean and tidy and offer a safe environment to our patients and staff. Our GPs and Nursing staff follow our Infection Control Policy to ensure the care we deliver and the equipment we use is safe.

If you have any concerns about cleanliness or infection control, please report these to the Practice Manager.

Carers Events

We had great feedback from various people regarding our Carers Events that were held on Wednesday 4th May and Thursday 5th May. Carers were given information not just regarding people they cared for but also about the help and support available to them as carers. A reminder to carers that they are entitled to a free annual influenza vaccination, clinics will be held throughout October.

Staff News

New Apprentice - We welcome our new apprentice Receptionist, Grady, who joined our 1 year apprenticeship programme in May and will be studying for an NVQ qualification.

New Dispenser - We are pleased to welcome a new part time Dispenser to the Practice, Sara. Sara joined in June, she will work part time at both sites. Sara has an NVQ3 and ACT qualification and over 13 years of experience in Pharmacy.

We said **goodbye** to Katy, Dispenser, in April after 11 years' service. She will be missed.



Surgery Website

Our Surgery website has recently been updated. We are keen for patients to regularly visit our website because it enables us to give Patients up to date information. Please visit: www.ludhamsurgery.nhs.uk

School Readiness Health Check

From 15th July to 31st March, we are offering a `school readiness health check` for 3.5 year olds, to be given alongside the pre-school immunisations. The aim is to provide an opportunity for the early identification of health needs that can be addressed to support child development. Parents will receive a letter inviting their children to attend for the health check.

What do you think?

As always, if you have any comments or suggestions for our newsletter, please let us know. Please contact: Laura Halls (Practice Manager) on 01692 677031 or e-mail her at l.halls@nhs.net