***Crunch Time!*** 

***Health Bites from Cadbury Heath Healthcare***

***Welcome:*** 

Hello and a warm welcome to the first ***Crunch Time****!* This is a newsletter for the patients of Cadbury Heath Healthcare. It will be published on a quarterly basis in two ways; in paper format within the Practice and electronically, which will be accessed through a link sent by text from Cadbury Heath Healthcare.

The aim of ***Crunch Time****!* is to provide you with relevant information specific to the Practice, to highlight one of the main health awareness topics for each quarter and to encourage you to become involved in your own health care, as much as is reasonably acceptable for you to do so.

***Crunch Time!*** will provide the opportunity for giving feedback. That may be through the giving of credit where it may be due or highlighting any concerns. Future newsletters will show a snippet of the feedback received during the past quarter, followed by the actions undertaken or planned, in response to the feedback. Cadbury Heath Healthcare will always treat these comments with respect, listen to what the comments say and, where possible, accommodate the needs and desires highlighted. Due to NHS procedures or guidelines or the logistics involved, unfortunately, it will not be possible to implement all of suggestions made.

***Cadbury Heath Healthcare - Practice News:***

**In May 2023, 381 patients did not attend for their appointments. This equates to a total of 64 hours’ worth of appointments being missed. This is time during which one of the many patients waiting to see a medical practitioner could have been seen.**

**Goodbye**: Sadly, we said goodbye to Helen Palmer on 2nd June. Helen had worked as a member of the nursing team for 8 years and we are extremely grateful for all Helen has done for our patients over the years. Good luck in your new role Helen!

**Recruitment**: The process of recruiting of permanent GP is underway. Whilst this process is taking place, a locum GP will be working at the Practice on a regular basis.

**Dr Gallagher**: Dr Gallagher will be on leave from July through to the end of September 2023. During this time, Dr Davies and Dr Bird will be covering Dr Gallagher’s appointments.

**Spring Covid Boosters**; Thank you to all the patients who took the time to attend for the spring Covid vaccine. This campaign has now been successfully concluded.

**Next vaccine campaign**: this campaign will be for the flu vaccine. The specifics for this are still being finalised. Eligible patients will be contacted over the summer in preparation for the start of this campaign and to advise when it will be possible to book into the clinics.

**Online booking:** Patient’s will have an opportunity to gain greater independence through the reintroduction of online booking. This will be for a limited category of appointments only.

**Parkrun**; Please join us on our next Parkrun. It will take place at Pomphrey Hill, at 9am on Saturday 8th July. Although it is called a run, it can be walked, (or skipped if you prefer!), and is open to people of all ages and abilities. Take part, use it as an excuse to take the dog for an early walk, or simply pop by and cheer us on!

**Are you a Veteran of the armed forces of the United Kingdom of Great Britain and Northern Ireland?**

If so, please let us know. Cadbury Health Healthcare is aiming to become an accredited Veteran friendly practice, providing support to those who willingly put their lives on the line for the country. This is a nationwide initiative so that patients who belonged to the Armed Forces or Merchant Navy can be better identified, monitored, and treated by the NHS.

The term ‘veteran’ is not specific to those who saw active duty during the World Wars I or II. The Ministry of Defence defines a veteran as:

“…anyone who has served for at least one day in Her (or His) Majesty’s Armed Forces (Regular or Reserve), or Merchant Mariners who have seen duty on legally defined military operations…” Under the definition, Veterans have already left the Armed Forces.

The first step in this process is to find out how many patients at Cadbury Heath Healthcare are veterans. On 21st June 2023, a text was sent to all patients asking them to inform the practice of their veteran status. Patients who are veterans can inform the Practice through email, telephone, or in person at the Reception Desk. More information will be provided to the veterans who let the Practice know.

**Health Awareness dates for the coming quarter:**

July – Alcohol Awareness month – the focus piece for this quarter

August – National Immunisation Awareness month – a month long focus on the importance of up-to-date immunisation and the opportunity to ensure that each patient has a correct and complete record of immunisation.

September – 4th-10th September 2023: “Know your numbers” – a week focusing on Blood Pressure and the impacts of high and low blood pressure. During this week, patients will be offered the opportunity to have their blood pressure measured during appointments.

** QUARTERLY FOCUS:** ***Alcohol Awareness***

One quarter of adults in England and Scotland regularly drink over the Chief Medical Officer’s low-risk guidelines. These guidelines state that…”it is safest not to drink more than 14 units per week, spread over three or more days and with a few days off” ...

The table below shows the number of units contained in a typical measure of 1 glass of these common drinks:

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| --- | --- | --- | --- | --- |
| **Type of drink** | **Size** | **Alcohol by volume** | **Units** | **Calories** |
|  Large glass of wine | 250ml | 12% | **3.0** | 225 |
|  Beer, lager, cider | Pint (568ml) | 5.2% | **3.0** | 222 |
| Spirits (neat) | 25ml | 40% | **1.0** | 50 |

Use this [handy calculator](https://alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator) to work out the number of units in your drinks. [Unit calculator | Alcohol Change UK](https://alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator)

In the UK, alcohol misuse is the biggest risk factor for death, ill-health, and disability amongst 15–49-year-olds. Alcohol alters both mood and inhibitions, affecting in-the-moment decision making. The higher the volume of consumption, the greater the alterations become. This means that people under the influence of alcohol are more likely to make rash choices, or perhaps instigate verbal or physical confrontations which are often, later regretted. Alcohol is a known causal factor in 60+ medical conditions, including mouth, throat, stomach, liver, breast cancers; high blood pressure; cirrhosis of the liver; depression.

**Getting Help:**

● **Your GP is your first port of call** for alcohol problems. They will be able to provide confidential advice and refer you for extra support.

In South Gloucestershire the Developing Heath and Independence, (DHI), service provides an integrated Drug and Alcohol Service. There are numerous hubs in and around the South Gloucestershire area and the closest one to Cadbury Heath Healthcare is based at 130, Tower Road North, Warmley, BS30 8XN. This is open Monday to Friday between 9am and 5pm. To access this service: phone 0800 0733011 or 01454 868750, or email info@dhisouthglos.org.uk

Other organisations which can provide help include:

Alcoholics Anonymous: 0845 7697555

Narcotics Anonymous: 0300 9991212

SANEline: 0300 3047000 (4.30pm to 10.30 pm, daily)

***Happy 75th Birthday NHS*** 

On 5th July 1948, Aneurin Bevan and his Government established the NHS. At the time, the core values were: 1) The service helps everyone; 2) Healthcare is free at the point of service; 3) Care provided is based upon need, rather than ability to pay. Over the course of its 75-year history, the NHS has faced many challenges and has risen to meet the needs of each generation it has served. Through all of this, the original core values have remained.

As celebrations to celebrate the 75th anniversary commence, there are many activities which you can get involved in. On the evening of 5th July, Ashton Gate Stadium and The Roman Baths, along with other sites across the United Kingdom, will ’Light Up Blue’ to mark this anniversary. If you are lucky enough to visit either of these and wish to share your memories, then photos can be uploaded on twitter using #NHS75 or #Lightupblue. Why not host an NHS Big Tea event between 1st-9th July. A good excuse for a catch up over tea and cake, raising much needed funds for the NHS Charities? Alongside all the celebrations is the NHS1000 miles challenge. People are encouraged to walk, run, swim or cycle 1,000 miles over 12 months, averaging out at 2.74 miles per day and if wished, sponsorship can be collected as they do so, (all proceeds going to the NHS Charities Fund). Each Sunday night at 7.30pm, people will be recording and sharing their progress using the #NHS1000miles. Alternatively, progress can be tracked using a dedicated spreadsheet, which can be found on the internet, or by joining the Strava group. Personal Just Giving Pages can be set up to help collect sponsorship. Good luck to all who choose to take on this challenge!

***Coming up in the next Crunch Time!*** - the quarterly attendance figures and what impact these have on waiting times. A plea from the Practice Manager and more ways to provide a helping hand to a healthier you! Until then, thank you for reading this and remember to feedback any comments or concerns.

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| **05/07/48*****NHS established*** | **1949**Major recruitment drive begins | **1952**Charges for Dental Care, Glasses and Prescriptions introduced. (Aneurin Bevan resigns in protest) | **1953**DNA structure is discovered in Cambridge University | **1956**1st kidney dialysis performed at Leeds General Infirmary | **1957**Combined contraceptive pill 1st prescribed.1st Ultrasound scans conducted | **1958**1st successful cardiopulmonary by-pass at Hammersmith Hospital | **1959**1st general Intensive Care Units set up in the UK | **1960**1st kidney transplant at Edinburgh Royal Infirmary1st implantable heart pacemaker | **1962**Oral contraceptive made available to married women.1st hip replacement at Wrightington Hospital | **1964**1st Coronary Care Unit (CCU) opens in Edinburgh |
| **1968**Measles vaccine introduced.1st Heart transplant in London1st Liver transplant at Addenbrooke’s Hospital | **1971**Computerised Tomography (CT) scans introduced | **1973**1st successful bone marrow transplant in UK | **1974**Glasgow Coma Scale (GCS) 1st used | **1978**1st Test-tube baby born | **1980**Magnetic Resonance Imaging (MRI) 1st used.1st Keyhole surgery performed | **1983****U**K Liver transplant programme begins.1st heart + lung transplant at Harefield Hospital | **1986**UK 1st Aids campaign begins | **1987**1st heart, lung + liver transplant at Papworth Hospital | **1988**Free breast and cervical cancer screening is introduced | **1992**1st laser surgery on babies in the womb at King’s College Hospital |
| **1994**NHS Organ Donor Register set up | **1998**NHS Direct (forerunner of NHS111) starts | **1999**UK 1st country to use a vaccine againstGroup C meningococcal disease | **2000**NHS Walk-in Centres open | **2002**1st gene therapy performed at Great Ormand Street Hospital | **2004**1st daily Acute Medical Clinic (AMC), opened in Coventry | **2006**NHS Bowel Cancer Screening Programme launched | **2007**1st living donor in the UK at St James’ HospitalLargest Cancer centre in Europe opens at St James’ Hospital | **2008**Abdominal Aortic Screening introduced.Human Papillomavirus Vaccine (HPV) available for girls aged 12 years  | **2010**1st cochlea implant to both ears achieved | **2011**Successful trial of an artificial pancreas |
| **2012**DNA mapping for cancer patients and rare diseases (100,000 Genomes Project) announced | **2013**Cancer Drugs Fund established | **2016**1st double hand transplant performed at Leeds.Teaching Hospital | **2017**PrEP implementation trial to prevent HIV infection starts | **2018**Organ Donor Register changes to ‘Opt-out’ | **2019**1st ever treatment for children with spinal muscular atrophy | **2020**1st known case of COVID-19 reported.December: 1st COVID-19 vaccine given | **2021**Dexamethasone discovered as an effective treatment for COVID-11st climate-friendly baby born in UK | **2022**NHS staff honoured with the George Cross by Her Majesty, Queen Elizabeth II | ***05/07/23*** ***NHS turns 75*** | [This Photo](https://www.freepngimg.com/png/63263-and-balloon-greeting-confetti-birthday-cake-party) by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/3.0/) |