



Frithwood Surgery

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Frithwood Surgery PPG Newsletter

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Mental health help



Posed by a model

From mobile phones and Covid lockdowns to teachers' strikes, it's a tough time to be a young person.

Yet help is at hand for those feeling overwhelmed by life. In this edition we look at how parents and young people can seek assistance at Frithwood Surgery, and from many organisations set up to help young people. **See pages 3 & 4.**

Join us!

From air conditioning for Frithwood Surgery's nurses' room to a specialist vaccine fridge that's enabled patients to enjoy the convenience of coming to their local practice for their covid and flu jabs, the additional facilities funded from money raised by the Patients' Participation Group (PPG) makes a big difference to the quality of care that GPs and other staff are able to deliver.

In recent years the PPG has also made it possible for patients to benefit from a dermatoscope and paediatric pulse oximeter, and monitor their own blood pressure, and it has made funds available for equipment and furniture for the new clinical room and improvements to reception and the dispensary.

But it's not all about fundraising: the PPG is also a liaison between patients and the surgery, working to ensure that information about glitches, and things that are working well, are passed on to the practice team.

It also works hard to raise awareness of ways in which we can all improve our health, with a variety of campaigns to address ongoing concerns highlighted by the GPs.

The PPG works to make improvements that benefit all the patients using Frithwood Surgery and we're always looking for people to join us. If you have skills that could be used to make our community happier and healthier, why not get in touch with the chair, Tim Crouch for an informal chat: timcrouch49@gmail.com.

STEPS TO GO GREENER

From cycling GPs and nurses to improved water saving methods and recycling, Frithwood Surgery has thrown itself into the new NHS strategy to become 'net zero' in terms of its carbon emissions and to promote sustainability.

Dr Will Natrass is now the 'sustainability lead' for the Stroud Cotswolds Primary Care Network (SCPCN), which also includes practices at Rowcroft, Beeches Green, Minchinampton and Painswick.

"The NHS produces up to 5% of the total UK Carbon footprint and there is much we all can do to help reduce this," says Dr Natrass.

"Everyone thinks about recycling and plastics, but there so many areas including cycling to work schemes, prescribing differently, bringing and share food at mealtimes, turning off equipment at weekends and thinking about how we buy all the things we use in our busy daily practice."

The network has been gearing up for the 'Green Impact for Health' awards (www.greenimpact.org.uk), which Dr Natrass describes as a simple, practical way for GP practices to think about green issues.

"I was surprised by how many of targets at Frithwood we have already achieved," he said. "I am hoping we will get a bronze award this year. Here are some of the measures Frithwood Surgery is taking to be greener.

- Some staff are cycling to work when possible.
- Recycling
- Switch to mains-fed rather than bottled water dispensers
- Sustainability considered when products sourced
- Water-saving measures
- New garden area for staff wellbeing
- Plans for better insulation and solar panels in roof extension

Dr Natrass is happy to chat with anyone with an interest in sustainability who can help Frithwood Surgery to put together its new toolkit for a more carbon neutral GP practice.

Walk your way to better health

The Frithwood Surgery health walks are back in April.

Dr Tim Crouch is inviting patients to put their best foot forward and join him for a 1.5-mile stroll that's mainly on flat ground.

The walks resume on April 5, starting at Frithwood Surgery at 2pm, and continue on alternate Wednesdays in the weeks to come.

Dr Crouch has designed the walks for anyone who is in need of exercise, be it to help with recovery from illness, weight loss, or simply a need to get outside and do some exercise in the company of others.

All are welcome to join the health walks and there are refreshments afterwards.

Ask at the Frithwood Reception if you need more information about.

FRITHWOOD FACE



Name Shelley Bayliss-Hine

Job Title Practice Nurse, specialising in Diabetes

What I do General nursing plus annual and ongoing support for patients with type 1 or 2 diabetes.

Why my work is important

Everyone is different and needs individual support and care, within their community.

Top health advice You are your own self – do what is good for you and suits your lifestyle. Try to make any improvements that are sustainable long-term.

Most frequent thing I hear 'You're going to tell me off aren't you?' or 'I'm difficult to get blood from..'

Favourite way to exercise

Countryside and canal walking with my black Labrador.

When I'm not working I'm

normally found doing DIY, catching up on TV programmes or having a hottub weekend away.

Most surprising facts about me

I've done a half marathon and a tandem skydive for Diabetes UK, and I grew up and worked in Hong Kong. I have type 1 diabetes and have been diagnosed for 41 years – I'm a lot older than I look!

Favourite sport Gymnastics – to watch, but I did this when I was younger and have a bronze (inter school) medal for the beam.

Favourite Music 80's and more modern songs, as long as I can make out the words and sing along.

Mental Health Help and Support for Young People

More and more young people have been experiencing issues with their mental health in recent years.

There are a number of mental health services available to help, many of which are available without a referral from a GP.

Teens in Crisis: Tic+ provides online and direct face-to-face counselling services for children and young people aged nine to 21 years with mild to moderate mental health needs. They can be seen at school or a convenient venue near their home. The male and female counsellors cover all of Gloucestershire.

Tel: 01594 372777 Text: 07520 634063

Email: admin@ticplus.org.uk

Web: www.ticplus.org.uk

The Gloucestershire Self Harm Helpline Service

offers text, telephone and online support for people affected by self-harm across the whole of Gloucestershire. It offers a safe, supportive, non-judgmental and informative space for people who self-harm, their friends, families and carers. The Helpline workers will not tell callers what to do, but will talk through the options available. They can provide support and information and support through a crisis, promote coping strategies and self-management to help people work towards their recovery and they can put people in touch with other organisations.

Helpline: 0808 801 0606 Text: 07537410022

Webchat: www.gloucestershireselfharm.org

On Your Mind Gloucestershire is a mental health support finder for young people in Gloucestershire. It is completely anonymous and takes users through a series of questions to determine the most appropriate support service.

Web: <http://www.onyourmindglos.nhs.uk>

Text: 07984404388.

Young Gloucestershire offers counselling programmes and practical support for a range of issues. YG supports young people who are facing some very difficult times, whether it be a disruptive home life, caring for a family member or coping with a mental health issue. YG offer them practical ways to find confidence and develop the skills they need to get on track and to move into a job, education, or training. Visit: <https://www.youngglos.org.uk/>

- **Link Chat** is a virtual service for young people aged 16-25. Link Chat supports young people by matching them with a youth worker who can provide regular one-to-one telephone/online calls.
- **Link Chat+** gives the option of face-to-face appointments for 16-25 year olds.
- **Bounce+** Provides self-harm support for 14-25 year olds by matching you with both a mental health youth worker and a counsellor. It offers support to young people dealing with issues of self-harm and matches experienced mental health youth workers. If you feel your self-harm has reached a point where you might like to explore counselling, we are also able to offer that in combination with our chat services
- **Flex** offers both counselling and youth work support for 16-25 year olds with virtual and evening appointments available.
- **Linked Up** supports young people aged between 16 and 25 in the Gloucestershire area with their mental health/practical needs, providing one-to-one practical youth work support alongside weekly counselling sessions for up to 6 months. Poster available here.
- **Linked Up+** supports young people aged between 16 and 25 who have been in care or leaving care in the Gloucestershire area with their mental health/practical needs, providing one-to-one practical youth work support alongside weekly counselling sessions for up to 6 months.
Email: getinvolved@youngglos.org.uk
Call: 01452 501 008.

GPs and nurses at Frithwood Surgery are always available to talk to young people about how they are feeling.



Parent & Carer Support Groups

Is your child struggling with their mental health?
Join a TIC+ Parent & Carer Support Groups for six FREE sessions to inform & support parents and carers, helping you to understand your child's distress.

Who can attend? Parents & Carers of young people aged 11-18 living in Gloucestershire.

Where? Sessions are delivered remotely via Zoom or face-to-face in venues across Gloucestershire.

When? Times vary. Please visit our website for the full timetable of dates.



How do I book?

Head to www.ticplus.org.uk/parents-carers/parent-carer-support-groups/



Or you can book by scanning this QR code with your phone.

Aducanamab

This is not a magical instruction, like 'abracadabra', but a new drug for the treatment of Alzheimer's Disease.

It belongs to a group of drugs known as 'monoclonal antibodies', which are artificially engineered antibodies that can attack diseased cells. All jolly clever stuff.

Alzheimer's is caused by deposits of a protein called amyloid in the brain which causes malfunction of neurones and results in dementia. Aducanumab has been demonstrated to slow this process down but it does not actually cure it. The new drug has been licensed in the USA by the Food and Drug Administration (FDA) for use in early cases of Alzheimer's only and this approval has been more than just a little controversial.

This is because approval was based on two clinical trials, one of which showed improvement and the other showed no improvement at all.

Under normal circumstance this would not allow approval, but the FDA allowed this to proceed under the "accelerated approval scheme". This commits the manufacturer, Biogen, to a nine-year intense follow-up programme to assess whether it is truly of benefit or not.

That is to say, it will be 2030 before this outcome is known.

Another issue is side effects. Brain oedema and micro haemorrhages have been demonstrated in patients on Aducanamab and therefore patients on this drug will require regular MRI follow up.

Aducanamab is not licensed in the UK and, based on the current knowledge, I doubt if that will happen any time soon.

The media will always hype up any apparent new breakthrough but it looks as though this drug is progress of a kind, but is certainly not a miracle cure and I think that it will not be available in the UK for a considerable time, if ever.



Get Out Get Active

Get Out Get Active (GOGA), a programme that brings disabled and non-disabled people together, is being rolled out across Gloucestershire.

Made possible by founding funder Spirit of 2012 and additional investment from Sport England and the London Marathon Charitable Trust, it's focused on getting some of the UK's least active people moving through fun and inclusive activities.

In Gloucestershire, GOGA has been running with an initial focus in the Forest of Dean and includes activities such as archery, bowls, skittles, throwing games, dominos, darts and seated exercises.

Active Gloucestershire is now supporting the roll out of GOGA across the whole of Gloucestershire and is looking to engage with community groups and potential delivery partners across the county who would like to set up or grow more activities as part of the wider Gloucestershire GOGA programme. Find out more: www.wecanmove.net.



Keep in touch with Frithwood PPG using Facebook:
<https://www.facebook.com/FrithwoodPPG> or
<https://www.facebook.com/groups/frithwoodppg>

Just what the doctor ordered: some thoughts from Dr Crouch

Now is the time to lay the foundations for a happy and healthy older age by getting out and exercising.

The benefits to be had from being active extend far beyond ourselves. The NHS is under immense pressure and social care struggles to meet the current need for their services. As a result the provision of care for those in the older age group is on a knife edge.

Some 19% of the UK population is over 65. Projections show that each person will need an average of 10 years of social care. The UK has only 3.2 “working age” adults for each older person, and so tax revenues alone are not going to fund the necessary level of social care.

As ever, the question is what to do. Part of the answer is in prevention.

Prevention

The need for social care is not inevitable. Ageing does not have to be associated with a loss of fitness. Exercise and strength training can restore muscle and balance which can cut the impact of falls and fractures. A sobering statistic is that in those in the older age group who reported more than one fall in a three month period have an average mortality of 16.4% in the next year compared to 8.5% for the non-fallers.

Thirty minutes every day

The recommendation for frail and elderly adults is for 30 minutes of walking every day, simple strengthening exercises and activities such as climbing stairs. Straight forward routines such as this can result in big changes for the better considering that 47% of over 65s do less than this and in some cases no exercise at all.

Advice

Where can a member of the older age group go for advice on exercise and strength training? NHS clinicians can lead with simple messages, but other agencies can play a significant part of whole picture. The media, communities and district councils can all play a big part. Go to www.stroud.gov.uk and search for Healthy Lifestyles Scheme to find out about the considerable help that is available in Stroud. The movingmedicine.ac.uk web site provides good targeted advice for those with frailty and associated medical problems. Your very own PPG runs a walk from the surgery every two weeks at 2pm. It's a distance of 1.5miles with a cup of tea afterwards. All are welcome.

Get moving and your health will improve and you can play your part in helping the NHS and social care services. **Dr Tim Crouch**

Did you know:

Being kind to others can have a more beneficial effect on depression than seeking counselling. A study from Ohio State University came up with the suggestion after running tests on 122 adults. In a separate study by Kings College London it was found that taking care of the grandchildren can ward off loneliness and make people over the age of 50 feel younger.

Osteoarthritis

The National Institute for Health and Care Excellence (NICE) has updated its guidance for the management of osteoarthritis. This common ailment causes joint pain and stiffness that has a negative impact on quality of life.

Knees, hips, hands and feet are the most commonly affected sites.

The latest evidence around the best way to manage OA, particularly in the early stages of the disease, is exercise and loss of weight.

Pain reduction

Compared to OA patients who do not exercise, those that did exercise have clinically important and statistically significant benefits in reduction of pain and improving physical function. These improvements are more marked if a course supervised physio is included. At the start of any exercise programme, the pain in the affected joints may temporarily increase but will ease as it progresses.

Drug therapy still has a place but has less impact than exercise and weight loss and is no way curative but can help patients partake in exercise. Topical non steroidal anti-inflammatory drugs (NSAID) are thought to be the best first line followed by oral forms of these drugs, for example ibuprofen.

If the symptoms progress to the point where there is substantial impact on quality of life and the above measures are ineffective, then joint replacement will need to be considered. **Dr Tim Crouch**

