



Frithwood Surgery

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FRITHWOOD SURGERY PPG NEWSLETTER

SPRING 2021

COME TO THE MEETING!

The annual general meeting for Frithwood Surgery's Patient Participation Group takes place on **Wednesday April 21 at 7.30pm**.

This year, to keep everybody safe, we'll be holding the meeting on Zoom.

Come along and hear about how the team at Frithwood have been coping with the pandemic and other changes at the surgery over the past year and learn about the PPG's fundraising activities and its work as the liaison group between the surgery and its patients.

Carrie Woods from Gloucestershire Carers' Hub will give a short presentation about her organisation's activities. And there will be an opportunity to raise questions and provide feedback.

"Every year we're always pleased to welcome patients to the AGM, although this year due to concerns over Covid-19 we're having an online meeting rather than bringing people together," explains PPG chairman Dr Tim Crouch. To request an invitation to the Zoom session please send an email to: susan@cornerstonesmediaservices.co.uk.



Support and Friendship for Carers

From mindfulness and reminiscing to tai chi and samba, there's plenty going on at the Gloucestershire Carers' Hub.

The organisation puts on a range of sessions that are free for registered carers and the individuals they support.

Currently sessions are held using the Zoom platform to protect everybody from Covid-19.

To register or find out more send an email to: carers@peopleplus.co.uk or call 0300 111 9000.

Get regular updates on Frithwood's Patient Participation Group by 'liking' our page on Facebook:
www.facebook.com/FrithwoodPPG.

FEEDBACK - We would love to hear from you on any aspects of the Newsletters or the services you receive from the surgery. If you have questions or ideas that could benefit our readership, please use the 'Suggestion Box' at the surgery reception or 'e' mail frithwood.enquiries@nhs.net or call 01453 882868.

For centuries it's been understood that exposure to an infectious disease may confer immunity. During the 15th century the Chinese introduced variolation, whereby a small dose of a virus was introduced through a scratch. The practice spread to India and the Middle East where it was used against smallpox, a disease once associated with a 40% mortality rate.

Arrival in England

In 1718 the wife of the ambassador to Constantinople, Lady Mary Wortley, sought to protect her two daughters from small pox in this way, making it the first recorded immunisation in England.

There were two snags with this practice: an associated death rate of 2% and the possibility those protected could transmit the disease to others.

Edward Jenner, a surgeon practising in Berkeley, observed in 1796 that milk maids with sores on their hands caused by cowpox did not contract smallpox. Jenner took material from Sarah Nelmes and inoculated eight-year-old James Phipps through a scratch in his arm. Subsequently James was exposed to smallpox, but antibodies in his body prevented the disease from developing.

Blossom's Contribution

The cow involved in this breakthrough was called Blossom and her horns are on display at the Jenner Museum in Berkeley.

A two-year trial of this process by Jenner paved the way to widescale immunisation. In 1980 the World Health Assembly declared the global eradication of smallpox.

Gloucestershire's Vaccination Hero



Picture courtesy of Dr Jenner's House, Museum and Garden

The next stage in the history of vaccination was carried out by Louis Pasteur. He discovered a process of reducing the impact of a microbe through 'attenuation'. He found that by injecting attenuated bacteria or viruses, immunity to diseases such as anthrax and rabies could be achieved.

Over subsequent decades of scientific research vaccines were developed in many different ways making what were once common infectious diseases far less prevalent: tetanus, diphtheria, typhoid, measles, pertussis and TB to name but a few.

Coronavirus

Today the development of vaccines against Covid 19 has been achieved by cleverly introducing either messenger RNA (ribonucleic acid), in the case of Pfizer, or DNA (deoxyribonucleic acid) in the case of the AstraZeneca. Once inside the immune cells of the body they replicate the spike protein of the

virus and induce an antibody response and, thereby, immunity. Serious side effects to all vaccines are rare and have to be weighed against their staggering impact on world health – preventing an estimated six million deaths a year. The knock on effects in terms of prevention of the complications of the diseases targeted along with the economic and social benefits that are conferred cannot be exaggerated. Vaccinations are enormously important in the current pandemic, not just in the UK and the other economically successful countries but poorer and strife-riven nations too.

Hesitancy

"Vaccine Hesitancy" needs to be addressed: the more doses administered the greater the number of lives saved and the sooner we will return to social and economic normality. We should all be proud of Edward Jenner, who started it all over two hundred years ago in a small town called Berkeley. He could not possibly have guessed at the impact he would make on world health when he inoculated James Phipps.

Dr Tim Crouch

Fun Facts about Edward Jenner

Edward Jenner was accepted as a fellow of the Royal Society, not for his smallpox work but research into the nesting habits of cuckoos.

Jenner regularly drank at the Fleece Inn in Woodchester.

There is a statue of Jenner inside Gloucester Cathedral and many people visit the museum at his home in Berkeley.

www.jennermuseum.com



FRITHWOOD FACE

Name: Alice Grainger

Job: Dispensary Assistant
Apprentice and Receptionist

What I do: Dispense medications/prescriptions and help out on the reception desk.

Why my work is important: My priority is to make sure that patients' mental and physical welfare are okay.

Top health advice: Drink lots of water and surround yourself with good people!

Most frequent thing you hear: 'Alice you're young, you can eat as much of the chocolates as you want!'

Favourite way to exercise:
Running

When I'm not working: I'm socialising with friends (pre-covid) or drawing

Most surprising fact about me: I worked at Nandos before I came to Frithwood.

Favourite sport: I don't really have one but watch Baseball with my dad.

Favourite pop group: Destiny's Child

A Healthier Future Awaits

Looking to lose weight, or know someone who is? The Healthy Lifestyles Service, part of Gloucestershire County Council, offers FREE WW (previously Weight Watchers) referrals. WW makes losing weight easier and is about so much more than just food—with powerful techniques to help you move more, find calm, and live your best life. If you live in Gloucestershire and have a BMI of over 27.5, you could be eligible to receive a 16-week FREE WW programme.

The free 16 weeks membership includes access to WW smart point app, recipes, 24/7 support from online coaches and zoom workshops.

To find out if you qualify simply visit <https://hlsglos.org/referralwmor> or call 0800 122 3788.

myWW
The groundbreaking **NEW** programme from WW

16 weeks FREE support

To qualify for this free programme you need to:

- Be 18 years old or over
- Be a resident in Gloucestershire
- Have a Body Mass Index (BMI) of 27.5 or above.

To Join for free please contact 0800 122 3788 or visit www.hlsglos.org/referralwmor

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Healthy Lifestyles Gloucestershire

Help for Smokers

As a smoker you could be at greater risk of more severe COVID-19 symptoms. With support from the Healthy Lifestyles Service Gloucestershire, you are three times more likely to quit than going it alone.

HLS can support you to quit by providing a combination of one-to-one coaching support and nicotine replacement or Champix prescriptions.

To quit smoking today and feel immediate health benefits, save money and protect yourself and those around you, why not take the first step by joining HLS's FREE service. Call **0800 122 3788** or go to <https://hlsglos.org/referral/>

