



Western Avenue Surgery

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Newsletter Date

June 2021 Newsletter

If I die it will be your fault

The Institute of General Practice Management has launched a campaign to raise awareness of some of the abuse our teams face every day. While most patients are polite and courteous, our teams are having to deal with abuse daily and the abuse must stop. Featured on 5Live and BBC Breakfast, hopefully this will make some people think twice.

<https://www.youtube.com/watch?v=hAM3fSDq9kA&t=0s>

The full, four-minute video: <https://www.youtube.com/watch?v=3ru4QhVZ2a8>

The two-minute campaign video:

<https://www.youtube.com/watch?v=hAM3fSDq9kA&t=4s>

Family planning options for all and teen pregnancies

If you're in a relationship and need to consider your family planning choices, the NHS has a helpful page to inform you about the options available. For a wider range of information, the Family Planning Association offers impartial advice. While it may not seem high on your list of priorities, it's important to think about the right option for you at this moment in your life.

<https://www.nhs.uk/conditions/contraception/>

<https://www.sexwise.org.uk/contraception>

If you're under 20 and find out you're pregnant, the NHS has useful advice specifically tailored to you. Additionally, 'Straight Talking' advise and educate on teen pregnancy and parenting. Their support page has a number of helplines run by experts in supporting young people.

<https://www.nhs.uk/pregnancy/support/teenage-pregnancy/>

<https://www.straighttalking.org/looking-for-support>

Eye health in older adults

By the time we're 65, most of us will need glasses or contact lenses, even if we didn't when we were younger. There are lots of tips that can help you to keep your eyes in tip-top condition.

When was the last time you had the pressure in your eyes checked? Increased eye pressure can be picked up by routine eye examinations. Glaucoma is a condition where your optic nerve is damaged by pressure inside your eye.

<https://www.nhs.uk/live-well/healthy-body/eye-health-tips-for-older-people/>

<https://www.rnib.org.uk/eye-health/eye-conditions/glaucoma>

Coronavirus vaccination

England

If you're living in England, you can book your vaccination for coronavirus here, if you're eligible: <https://www.nhs.uk/conditions/coronavirus-vaccination/book-coronavirus-vaccination/>

If you're uncertain about having the coronavirus vaccination, here are ten reasons why it's a good idea:

<https://www.kent.ac.uk/news/covid19/27376/ten-reasons-why-you-should-get-a-covid-19-vaccine>

British Islamic Medical Association – Coronavirus vaccination

The British Islamic Medical Association has issued guidance for those considering the impact of the coronavirus vaccine on their religious practice.

<https://britishima.org/operation-vaccination/hub/statements/#VAX>

Conference of European Rabbis – Coronavirus vaccination

The Conference of European Rabbis has confirmed that those eligible for a vaccination against coronavirus by their physician should have it.

https://www.surreycc.gov.uk/_data/...European-Rabbis-statement-on-Vaccinations.pdf

Black, Asian and other ethnic groups – COVID vaccination uptake

If you're from a Black, Asian or another ethnic minority background, you may be more affected by COVID. Some well-known celebrities have come together to talk about why you should be vaccinated against COVID-19:

<https://www.youtube.com/watch?v=q4sdHwWIB0A>

Northern Ireland

If you're living in Northern Ireland, you can book your vaccination for coronavirus here, if you're eligible: <https://vaccinations.covid-19.hscni.net/booking>

If you're uncertain about having the coronavirus vaccination, here are ten reasons why it's a good idea:

<https://www.kent.ac.uk/news/covid19/27376/ten-reasons-why-you-should-get-a-covid-19-vaccine>

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CHD

If you have coronary heart disease and we invite you for a review, please come along. Reviews help us to make sure you're feeling well, and that any medication you're prescribed is doing what it needs to. We also need to know if any of your symptoms change.

If you think you're having symptoms of a heart attack, such as chest pain, light-headedness, sweating, nausea, breathlessness or pain radiating from your chest to your arms, jaw, neck, back, chest or stomach, you should dial 999 immediately.

<https://www.nhs.uk/conditions/coronary-heart-disease/>

National patient participation (31st May – 6th June)

The global pandemic has changed the way that we operate our patient participation group (PPG), but we'd love to hear from patients who'd like to be involved. If you haven't previously thought about joining our Patient Participation Group, now is the time. Patient Participation Groups help to shape general practice for the benefit of our patients. PPGs aren't designed to deal with individual issues, but to help and support our patients and their needs.

<https://napp.org.uk/for-patients/>

<https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2016/09/ppg-introduction.pdf>

Stillbirth and neonatal death (5th June)

Losing a child to miscarriage, stillbirth or neonatal death is devastating. Tommy's offer help and support to parents and the wider family grieving the loss of a child to stillbirth.

While we may not be able to meet in person, SANDS are holding a Garden Day for those who have lost children to stillbirth or neonatal death.

<https://www.sands.org.uk/gardenday>

<https://www.tommys.org/baby-loss-support/stillbirth-information-and-support>

Tourette awareness (7th June)

Many people associate Tourette Syndrome (TS) with tics that produce socially unacceptable words, but 90% of people with TS don't have this symptom. Tourettes can be very challenging for the individual, as trying to suppress tics can be exhausting, but not trying to suppress them can mean embarrassment and upset.

Families of children with Tourette Syndrome often notice a big increase in tics at home, as children often work very hard to control tics at school.

<https://www.tourettes-action.org.uk/67-what-is-ts.html>

<https://www.tourettes-action.org.uk/19-symptoms-.html>

Carers' Week (7th – 13th June)

The theme for this year's Carers' Week is "Make Caring Visible and Valued". As a nation we rely on an army of unpaid carers who look after those who need additional help and support.

If you're a carer, Carers' Week has a huge list of activities to help and support you. If you're caring for someone and we don't know about it, please let us know. It can help us when planning appointments for you and to support you in your caring role.

<https://www.carersuk.org/news-and-campaigns/campaigns/carers-week>

https://www.carersweek.org/?dm_t=0,0,0,0,0

World Allergy Week (13th – 19th June)

The theme for this year's World Allergy Week is "Anaphylaxis". Even if you don't know anyone with an allergy, knowing the ABC of Anaphylaxis could save someone's life.

Most people now have access to the internet while they're on the move, but if you come across someone who's suffering from an anaphylactic reaction to something, would you

know what to do?

If they have an auto-injector, use that immediately, but make sure you follow the directions to use it correctly. Then dial 999 and explain that you think they're suffering anaphylaxis. It's important to dial 999 even if they say they're feeling better.

The NHS page on Anaphylaxis has step-by-step advice if you do have access to the internet.

<https://www.worldallergy.org/resources/world-allergy/2021>

<https://www.nhs.uk/conditions/anaphylaxis/>

Diabetes Week (14th – 20th June)

Whatever your stage in the diabetes journey, Diabetes.co.uk is packed with advice and information that can help you to stay healthy. If you're living with diabetes, have you considered signing up to the Diabetes Forum on Diabetes.co.uk? Packed with help and support, whether you're newly diagnosed or have lots of knowledge, it's worth taking a look. While professional support is invaluable, sometimes you just want to hear from someone who knows what it's like to walk in your shoes.

<https://www.diabetes.co.uk>

<https://www.diabetes.co.uk/forum/>

Men's Health Week (14th – 20th June)

One man in five dies before the age of 65. Yes, you did read that correctly! The challenge for us is to help to improve that statistic. Men's Health Week is focusing on COVID-19 and what's next. The toll that COVID-19 has taken on the nation's mental health is huge and men aren't always brilliant at talking about what's worrying them.

The CAN DO challenge for Men's Health Week is clever. There are five ways that you can use CAN DO to improve your mental health. Check them out, and see if you can up your game by ticking off all five at once.

<https://www.menshealthforum.org.uk/mhw>

<https://www.menshealthforum.org.uk/can-do-challenge>

Cervical screening awareness (15th – 21st June 2021)

Around a quarter of cervical cancers are diagnosed through cervical screening. If you've

not had a cervical screening in the last three years and you're eligible, why not book yours today? Cervical cancer survival rates are higher the earlier cancer is diagnosed. If you're suffering from symptoms like unusual bleeding, pain/discomfort during sex or in your pelvis or lower back, or unpleasant discharge, please book an appointment to see your GP.

<https://www.cancerresearchuk.org/health-profession/cancer-research/cervical-cancer-screening-and-diagnosis-statistics#heading-Zero>

<https://www.nhs.uk/conditions/cervical-cancer/symptoms>

National Clean Air Day (16th June) & Breathe Easy Week (22nd – 28th June)

Ella Adoo-Kissi-Debrah was the first person in the UK to have air pollution listed as a cause of death. At 9 years old, the impact of air pollution on Ella's life was devastating. We need to take action to make sure no one else dies because we didn't do enough.

If you've never considered the impact of our levels of pollution on the children of the UK, this may be shocking. Reducing air pollution outside schools by 20% could improve children's learning by a month per year. Have you considered how you take your children to school or how your choices impact the pollution levels around us?

Living with a lung condition can make even the simplest of tasks incredibly challenging. This week, take a moment to think about your lung health and "Love your lungs". A little effort by all of us could make a huge difference.

<https://www.cleanairday.org.uk>

<https://inews.co.uk/news/education/air-pollution-schools-children-learning-683391>

<https://www.blf.org.uk/take-action/campaign/loveyourlungsweek>