

CROSS DEEP SURGERY



Bulletin

Issue 3

Summer 2014

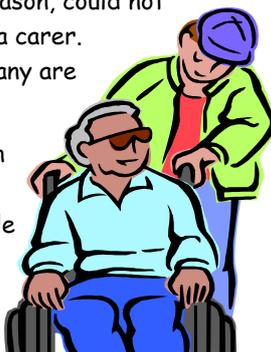
ARE YOU A CARER?

Many people do not realise they are carers. Somebody caring for a spouse, perhaps after 50 years of marriage, is likely to regard their situation as part of "in sickness and in health" and people looking after elderly parents often do so out of love and duty without any serious thought as to the impact on their own lives. Whether or not they realise it such people are carers.

Carers can be any age, either sex, from all backgrounds, cultures and communities. Carers can be family members, neighbours or friends. The people they care for can be elderly, frail, have a long-term medical condition, have learning difficulties, mental health problems or any combination of these.

If you have taken the responsibility for the care somebody who, for whatever reason, could not cope without you, then you are a carer. Such carers are not paid and many are elderly themselves.

It is not easy being a carer. In some situations it can mean unremitting hard work with little time in which to relax. Illness and disability can change personalities — the person being cared for can become confused, frustrated and depressed. It is carers who bear the brunt of this behaviour. Often it is



emotionally draining and sometimes it is difficult for carers to talk about how they are feeling. All too frequently they disregard their own health because they "cannot afford to be ill".

Carers, as well as those they are caring for, need help and support and the Practice is committed to supporting and, where possible, identifying carers. Talk to us not just about the person you are caring for but about yourself as well. Don't neglect your own health. It is just as important as that of the person you are caring for, perhaps more so.

The Richmond Carers Centre is also available to give help or support. They are a charity supporting unpaid carers who are caring for somebody living in the borough. Their team of carer support workers can offer free confidential information and advice over the phone, by email or in person at the Centre. They can also be a source of listening support, if you just feel the need to talk to someone.

Address: Richmond Carers Centre
5 Briar Road, Twickenham
TW2 6RB

Telephone: 020 8867 2380

Email: info@richmondcarers.org

Website: <http://www.richmondcarers.org>

STAFF NEWS

Jenny Higgins, one of our Practice Nurses, is retiring from the practice at the end of July 2014. We thank her for her hard work and dedication while she has been with us and wish her the very best of luck for the future. In her place we welcome Charlotte Panayides who joins us in August.

Did you know about our Travel Clinic?

Our comprehensive travel vaccination service is run by our nursing staff and fully supported by the doctors. We provide all vaccines necessary for foreign travel along with anti-malarial prophylaxis and up-to-date travel related health advice. Some of the vaccines will be available on the NHS whilst others will need to be paid for.



Please request your vaccinations as soon as you have made your travel arrangements. Some vaccinations need to be given 2 weeks prior to travel in order for them to be effective so we ask that you complete a travel vaccination request form at least 6 weeks prior to your travels to ensure that you are fully protected.

Travel vaccination request forms may be downloaded from www.crossdeepsurgery.com or obtained from Reception.

PATIENT PARTICIPATION GROUP

The Patient Participation Group (PPG) works alongside the Practice with a view to representing the views of patients and helping to improve existing services and introducing new ones.

Everybody is welcome but we are especially interested in obtaining the views of patients under 40 and also of parents with young children. The Group meets about four times a year and the meetings last about two hours. If you would like more information on the PPG or would like to become a member, please contact the Practice Manager or express your interest by email to:

RICCCG.patientgroupcrossdeep@nhs.net

Minutes of PPG meetings are available on the Practice website

THE NHS HEALTH CHECK

The NHS Health Check is aimed at adults in England aged 40 to 74. It checks your vascular or circulatory health and works out your risk of developing some of the most disabling - but preventable - illnesses. If you're over 65, you will also be told the signs and symptoms of dementia, and you'll be made aware of memory services nearby.

Your NHS Health Check can detect potential problems before they do real damage. Everyone is at risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia but the good news is that these conditions can often be prevented. Your NHS Health Check will assess your risk of developing these health problems and you will be given personalised advice on how to reduce that risk.

At the check you'll be asked some questions about your lifestyle and family medical history. You'll also have some routine tests. These will provide an indication of your risk of heart disease, stroke, kidney disease and diabetes. After your results have been explained, you'll be offered personalised advice and support to help stay healthy and lower your risk if any of your results need improving. This advice could include suggestions on small changes to your diet or how much exercise you should take if your risk is low or moderate. If you are at higher risk it might be necessary to discuss with you the possibility of your taking medicines to control your blood pressure or cholesterol, along with helping you to lose weight, become more active or stop smoking.

By having a routine NHS Health Check for these conditions every five years, you can take action early and greatly improve your chance of a longer, healthier and happier life. You may be surprised how some small, long-lasting changes to your lifestyle can make a huge difference.

You are eligible for an NHS Health Check if you -

- are in the target age range (40—74)
- do not suffer from any long term chronic disease (eg Diabetes)
- have not had a health check in the past 5 years.

We are concentrating on our most at risk patients but if you do fit the above criteria and would like to take the opportunity to have an NHS Health Check than please call the surgery to arrange an appointment.

West Middlesex Hospital Open Day

Saturday 13th September 2014—11am - 3pm

This will be a fun family event, with behind the scenes tours, health checks, careers advice, food and drink and live entertainment. So if you want to come along, please keep this date free in your diary.