



Lucie Wedgwood Surgery

Autumn 2023



Welcome to our Autumn 2023 newsletter. Providing updates within the surgery and information on services which we hope you will find useful.

If you would like to have your say in what we publish, please send an email, with your suggestions, to the surgery email address at: Burslemhealthcentre@nhs.net



Since our last newsletter there have been a few changes to the surgery. Our apologies for the delay in our Newsletter, it has been a very busy few months renovating and refurbishing the surgery.

We have rearranged the front reception area to accommodate reception staff in one room and our administration staff are in the adjacent front room. This rearrangement has enabled us to create another, much needed, clinical room.

These changes have assisted the surgery to accommodate staff from the PCN (Primary Care Network) and give our medical students their own clinical room to work and study from. ALSO, we now have a mini kitchen for the team! **Thank you to Keele University and Stoke ICB (Integrated Care Board)** for helping with the funding to make these changes happen.



Autumn Covid and Flu Vaccines

This Autumn our Covid and Flu vaccine clinics were conducted from September onwards. The vast majority of invited patients have attended. If you have not had your vaccine and would like to have it, please contact the surgery. We still have a limited supply of under 65 flu vaccines and COVID vaccines available in the surgery.



Stay well in winter and cold weather!

Some people are more vulnerable in cold weather, and as winter rapidly approaches, we need to think about how we can stay well when it's wintry. This might include vaccinations if you're vulnerable, making sure the temperature is warm enough indoors and making sure you're getting all the help that's available.

The Met Office have some fantastic guidance on the things that might help us to stay well over the winter, including links to some of the available financial support you may be entitled to.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

<https://www.metoffice.gov.uk/weathe...llbeing/top-tips-for-staying-well-this-winter>

If you have elderly or vulnerable neighbours, can you check that they're okay? From knocking on the door to see if they're alright if you haven't seen them doing their normal activities, to sparing the time for a cuppa if they're alone for long periods, there are many things we can do to foster great communities and support our older population.

Age UK run day centres for older people. With planned activities, a hot meal at lunchtime and with many offering accessible transport, you may find that getting out of the house, with a little support, is just what you need to have an enjoyable day.

<https://www.ageuk.org.uk/services/in-your-area/day-centres/>
<https://www.ageuk.org.uk/services/in-your-area/>

Measles



Public Health England

Measles: How to Stay Safe

The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms! Keep people with symptoms away from others



Call ahead before going to A&E or your GP



Symptoms

Rash



Temperature



Runny Nose



Red Eyes



Cough



COPD Awareness Day and Month

World COPD Awareness Day is on 15th November. COPD (chronic obstructive pulmonary disease) is the name for a group of lung conditions that cause similar issues and include emphysema and chronic bronchitis. COPD means you're unable to breathe out quickly and air gets trapped in your chest due to narrowed airways and phlegm.

The main symptoms of COPD (chronic obstructive pulmonary disease) are shortness of breath, a phlegmy cough, frequent chest infections and wheezing. These symptoms continue over time, so if you're experiencing these symptoms over a period of time, in particular if you're over 35 and a smoker, it's worth asking if we can check you over.

<https://www.asthmaandlung.org.uk/conditions/copd-chronic-obstructive-pulmonary-disease/what-copd>

<https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>



MOVEMBER



Are you downing your razor for November? If not, perhaps you might consider it? **Movember** is an opportunity to show solidarity with other men, and to show the importance of men's health – in particular, testicular cancer, prostate cancer, mental health, and suicide.

SCREENING SAVES LIVES!

Help Us Help you—Bowel Screening



Bowel cancer is one of the most common types of cancer in the UK with around 43,000 new cases every year.

Bowel cancer means cancer that starts in the large bowel (colon) and the back passage (rectum). It is also known as colorectal cancer. Symptoms of bowel cancer can include bleeding from the back passage, blood in your poo or a change in your normal bowel habit. The risk factors for cancer include your age, family history, lifestyle factors and other medical condition.

Treatment depends on whether you have colon or rectal cancer as well as your cancer stage. You might have surgery, radiotherapy or chemotherapy or a combination of these. Bowel cancer screening aims to find cancer early or to find changes in your bowel that could lead to cancer.

The screening programme sends a bowel cancer testing kit every 2 years to patients aged 60-74 years. A home test kit (called faecal immunochemical test or FIT) is sent to eligible patients from the NHS national screening programme. The programme has started to include 58 year olds also. The FIT kit is easy to use and requires the patient to collect a small sample of poo on a small plastic stick and put it in the sample bottle, then post it to the lab for testing. Instructions are provided with the kit and are also available on gov.uk. It is important to do your sample if you have been sent one in the post and do not put it off - screening saves lives!

Call the free NHS bowel cancer screening helpline on 0800 707 6060 for more help and information, or you can scan the QR code below:



Douglas Macmillan Coffee Morning

We are hosting a Coffee Morning to raise funds for Douglas Macmillan. Please join us for a chat, a slice of cake and a cup of coffee or tea on November 13th from 9am to 1pm. We would love to see as many of our patients and friends as possible. 😊



Lucie Wedgwood Staff



The Surgery had a few changes in staffing recently.

We said goodbye to our Health Care Assistant, Hannah. Hannah has left to train as a Nursing Assistant. You may still see Hannah at the surgery, during her training, as the surgery is one of her training placements. We wish Hannah all the very best as she progresses in her career.

Lorraine, our Lead Receptionist, has qualified as a GPA (GPs Assistant). This will involve Lorraine taking on some clinical duties as well as supervising the reception team. We're sure Lorraine will do well in both roles and we're loving seeing her in lilac!! 😊

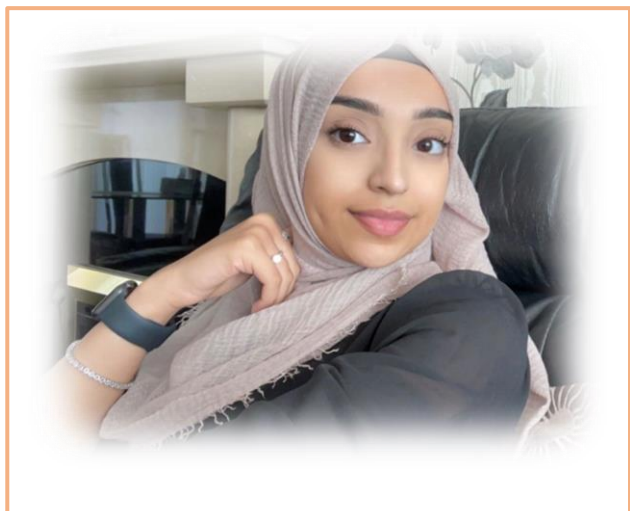
We welcome Annie to the practice as an Apprentice Receptionist. Annie joined in March and will be working as an Apprentice for one and half years. We hope her experience with the practice is enjoyable and helpful in her future education and career path.

We also welcomed Natalie to the Reception Team. Natalie joined the surgery in September. Natalie is an experienced Receptionist, and we are very happy she has chosen to join the team at Lucie Wedgwood.

PCN (Primary Care Network) Staff

Dr Jagadish Boyapati (Clinical Lead)
Amanda Preston (PCN Manager)
ARRS (Additional Roles Reimbursement Scheme)
Matt Manifold: Paramedic Prescriber
Olivia Salmon: Care coordinator
Jackie Bloor: Pharmacy Technician
Rebecca Bromley Myatt: Mental Health worker
Claire Savage: Pharmacist
Catherine Cassidy: Mental Health Lead
Simon Hall: Lead
Gill Horton: Social Prescriber
Gemma Raeside: Pharmacist

Team Member Introduction - Aliya



Hi, I'm Aliya, I am 20 years of age. I am an apprentice working here at the surgery, I started as an apprentice in March 2022, which is now coming to an end. I am very passionate about working here at the surgery, as I find it very rewarding helping patients with their healthcare requirements. Since working here at the surgery, I have gained much more confidence in myself and my capabilities - which I lacked in before.

My hobbies are baking, reading, and babysitting my nephews and niece. In my free time I enjoy going shopping and exploring new cities.

Christmas and New Year

Practice Closures:

Monday 25th December 2023

Tuesday 26th December 2023

Monday 1st January 2024

On the above dates patients will need to dial NHS 24 on 111 for urgent care or in a medical emergency dial 999.

Spending Christmas away from home?

Please remember to take your regular medications away with you.

On behalf of everyone at Lucie Wedgwood Surgery, we wish all our patients a very Merry Christmas and a Happy New Year! 😊

Team Member Introduction - Annie



Hi. My name is Annie. I am an apprentice at the surgery.

If my friends had to describe me, they'd probably say, "She's a bit of a loudmouth goth, who loves hair dye, tattoos, and the occasional tipples." To be fair, they wouldn't be far wrong. But while I may come across as outgoing and confident, like many people I sometimes struggle with low self-esteem and my mental health. This has meant starting a new job was a big deal for me. However, coming in as an apprentice has meant I have had plenty of support from both my tutor and my surgery colleagues. Giving me the opportunity to help patients, even if it is only in small ways such as booking appointments, has really helped me see that I have something valuable to offer.

I love spending time with my boyfriend, when I can, and I love to bake. My family constantly complain that I'm trying to sabotage their attempts at healthy eating, not that it stops a batch of cookies I baked the night previously disappearing before I've even left for work the next day!

I also help to look after the family's small menagerie of animals. Our chameleon, bearded dragon, turtle, tortoise, rat, and fish.

No cats and dogs for us!