

## Do you look after someone? If so you may be a carer

Carers are people who, without payment (apart from benefits such as carer's allowance), provide help and support to a family member, neighbour or friend who cannot manage on their own due to physical or mental illness, disability, substance misuse or frailty brought on by old age.

Caring roles can include administering and/or collecting medication, lifting and handling, personal or emotional care and shopping. Carers should not be confused with paid care workers, care assistants or with volunteer care workers.

If you are a carer, or have a carer, and have not yet done so, please ask for a carers form from reception or complete on our website.



A useful source of help at any time for carers is Gloucestershire Carers Hub. Their friendly, local, trained advisors can provide information and advice on a wide range of subjects, offer support to suit your needs, or just be there to listen to you.

Continued on page 2

**Some of the ways that they can help include:**

- Information, Advice and Guidance, from their trained, local triage team
- Professional counselling services
- Signposting to other services
- Benefits and finance advice
- Befriending and mentoring
- Employment support
- Full assessments, support planning and reviews
- Carers Emergency Scheme
- Carer breaks
- Access to groups
- Training
- Volunteering

**Carers Emergency Scheme**

The Carers Emergency scheme's focus is to offer reassurance to you that should an unexpected situation arise whereby you are unable to provide care, then interim emergency support can be arranged at this potentially difficult time. There are two levels:

**Level One**

This is for those who have family, friends or neighbours that would be willing to provide care and support in your place without prior notice.

**Level Two**

This is for those who do not have anyone to step in or do not have family or friends available to provide unplanned, necessary care at short notice.

Should an activation of level two occur, the cared for person will receive support from experienced care workers for up to 48 hours (72 hours over a bank holiday). This gives time for you, family, friends or other relevant organisations to consider the best options should you not be able to return to caring after this time.

Continued on page 3

You can get in touch with Gloucestershire Carers Hub by:

Telephone: 0300 111 9000

Email: [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)

Website: [www.gloucestershirecarershub.co.uk](http://www.gloucestershirecarershub.co.uk)

Twitter: [twitter.com/@GCarersHub](https://twitter.com/GCarersHub)

Facebook: [facebook.com/@Gloucestershirecarershub](https://facebook.com/@Gloucestershirecarershub)

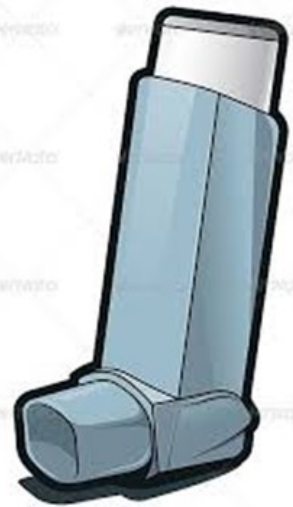
## Asthma Inhalers and the Environment

Many of you will have read in the news that some asthma inhalers (Metered Dose Inhalers or MDIs) contain a potent greenhouse gas propellant, responsible for 4-8% of the carbon footprint of the NHS!

GlaxoSmithKline are offering an inhaler recycling scheme and you can reduce the environmental impact of your MDI by **dropping your used inhalers in at Boots pharmacy near the Cam surgery.**

The alternative to MDIs are dry powder inhalers (DPIs). DPIs are just as effective as MDIs but require good respiratory function, as the dry powder has to be sucked forcefully into the lungs. They are suitable for young asthmatic adults but not for children or those with poor respiratory function. They are widely used on the continent, but less so in the country.

If you have mild to moderate asthma and are concerned about the environmental impact of your MDI we would be happy to discuss changing you to a dry powder inhaler (DPI) at your next **routine asthma review.**



## Staff Training

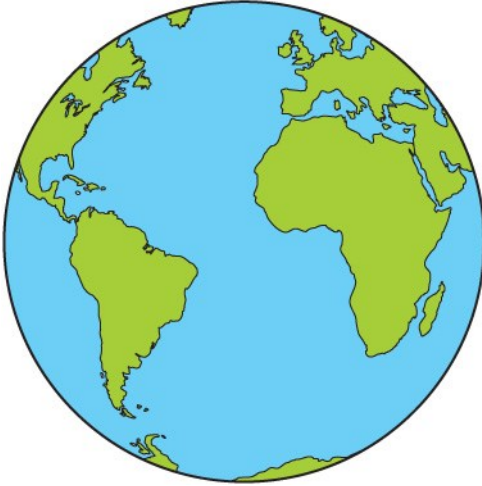
The surgery will be closed between 1.00pm and 5.00pm on the following days for staff training:

Wednesday 11th March 2020 and Tuesday 12th May 2020.

For emergencies during these times please ring 01453 540066.

# Green Impact Award

Cam and Uley Family Practice are excited to announce that we are working to get the Green Impact for Health Scheme Bronze Award.



We are passionate about the environment and being sustainable and have made some really great changes in the last few years. We installed solar panels, have gone largely paper free and when we do print it is on both sides. We have a strong recycling ethos and have spent a lot of time and energy making it easy for all staff to recycle.

The aim of the award is to improve the environmental performance of the practice and also try to benefit the society we work for.

We have a list of actions we are working through to gain the award. Many of these we have already achieved such as: our tea and coffee is fair trade, we use recycled paper and rechargeable batteries and provide social prescribing. Examples of others we need to work towards are further education about different types of waste recycling, changing the practice search engine to Ecosia which is a search engine that plants trees when people use the site.

We anticipate with a bit of work we should be awarded bronze status later this year. We are very receptive to any suggestions from our patients too!

## Staff Uniforms

We have started to introduce uniforms for our staff to help patients identify the people employed by the practice and their role. The nurses have navy uniforms whilst the health care assistants have turquoise/teal.



## New Baby

Congratulations to Dr Moore and his wife on the birth of their first child, a baby daughter. Florence Skye was born slightly early on 20th February weighing 5lb 5oz. Mum and baby are doing well.

# Coronavirus (COVID-19)

The NHS and Public Health England (PHE) are extremely well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal.

NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

Use this service if:

- you think you might have coronavirus

**Do not** go to a GP surgery, pharmacy or hospital. Stay indoors and avoid close contact with other people. Call 111 if you need to speak to someone.

For region specific information and advice in England visit [www.nhs.uk](http://www.nhs.uk)



Further information and details of how to self-isolate are available on [www.nhs.uk](http://www.nhs.uk).

Details are changing details; please visit our website for the most up to date information,





# HAND CLEANING TECHNIQUES


## How to handrub? WITH ALCOHOL HANDRUB


**1a**  **1b** 

Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces

**2**  Rub hands palm to palm

**3**  Rub back of each hand with the palm of other hand with fingers interlaced

**4**  Rub palm to palm with fingers interlaced

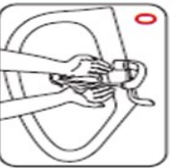

**5**  Rub with backs of fingers to opposing palms with fingers interlaced

**9** 

Once dry, your hands are safe





## How to handwash? WITH SOAP AND WATER


**0**  **1** 


Wet hands with water


Apply enough soap to cover all hand surfaces


**6**  Rub each thumb clasped in opposite hand using rotational movement

**7**  Rub tips of fingers in opposite palm in a circular motion

**8**  Rub each wrist with opposite hand

**9**  Rinse hands with water

**10**  Use elbow to turn off tap

**11**  Dry thoroughly with a single-use towel

**12** 

Your hands are now safe



# Fundraising for charity

Over the last 12 months the staff at Cam and Uley Family Practice have been busy taking part in various fund raising events for several different charities.

Our GP, Dr Thomas Moore, completed a 100km walk along the South Downs Way in aid of Alzheimer's Society. He also completed the Manchester Marathon in 3 hours and 53 minutes in aid of Oxfam and the Gurkhas.

As mentioned in the last newsletter, we held a McMillan Coffee Morning raising £97.63.

We had a box of poppies in reception at Cam last November which raised £46.08 for The British Legion Poppy Appeal.

We also all had fun with our Christmas jumpers in aid of Save the Children raising £76.00.

Karen Mills, medical secretary, sells her handmade earrings, jewellery and wine charms to the staff and raised £124.50 for Teckels Animal Sanctuary.

We are feeling very proud of our achievements and hope to better them in the coming year.

# A Healthy Gut and a Healthy Mind

Hippocrates coined the phrase “**let food be thy medicine, and medicine be thy food**” over 2000 years ago, and it seems he was right. New evidence is suggesting that having a healthy balanced level of bacteria in the gut can even affect our mood. The **microbiome** is a name for the variety of natural bacteria and micro-organisms that live in our gut and the impact they have on their surroundings. They are known help us to digest and breakdown food, and each person has a different variety of their own.

## What's this got to do with mood?

Gut microbes have been linked with mental health problems for a variety of possible reasons. Having less variety of bacteria in your gut has been seen in patients with **depression and anxiety**, and is related to changes in hormone levels, the nervous system, and the immune system.



Continued on page 8

**What can I do to make a change?**

Gut bacteria can be altered in a variety of ways, including probiotics and avoiding antibiotics, but probably the easiest is through your diet. A balanced diet including 5 portions of fruit and vegetables a day, along with fish, nuts, seeds and protein can help support a healthy gut. More information about this is on the NHS Live Well website ([www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)). A healthy diet will also have a wider impact on your physical health, weight and exercise levels, so if you're thinking about making just a single change to help your mental and physical health, this could be it.

# Online Booking of Appointments

We have increased the types of appointments that can be booked through SystemOnline. Patients can now book appointments with Nurses and Health Care Assistants (HCAs), as well as GPs.

The following can be booked:

## Blood tests

Please ensure that you have been asked by a clinician/consultant to book a blood test first. We cannot accept blood tests without prior arrangement and we may not take your blood if you do not have this. If you have been asked by a consultant at the hospital to have a blood test, please bring the paperwork with you and type comments in the reason slot. (Remember if the consultant has asked for blood tests, we do not get the results back at the surgery, they go straight to the consultant.)

## Chronic Obstructive Pulmonary Disease (COPD) Reviews

You can book a review in your Birthday month, or if you have received an invite from the practice.

## Diabetic Reviews

You can book a review in your Birthday month.

## Asthma Reviews

You can book a review in your Birthday month, or if you have received an invite from the practice.

## Cervical Smears

You may book an appointment if you have received a letter requesting this procedure.

Please only book into the relevant clinic ensuring you state the reason for the appointment.

**If you book an appointment into the incorrect clinic, you may be turned away and be asked to re-arrange for a future date.**



# Christmas Quiz - the answers

1. Which Christmas carol describing Mary's journey to Bethlehem has been recorded by Gracie Fields, The Beverley Sisters, Vera Lynn and Aled Jones, amongst others?

**Little Donkey**



2. From the Morecambe and Wise Special of 1971 can you complete this quote: "No. I'm playing all the right notes. But....."

**"not necessarily in the right order."**

3. In the 1947 version of Miracle on 34th Street, who plays the little girl Susan Walker?

**Natalie Wood**

4. Who was 'Happy' to be Christmas number 2 in 2013?

**Pharrell Williams**

5. Pepparkakor are very similar to gingerbread cookies but much thinner, hard and crisp and are found everywhere over Christmas in which Scandinavian country?

**Sweden**

6. How many reindeer names end with the letters ER?

**Four : Donner, Dasher, Dancer and Prancer**

7. True or False: the term 'Boxing Day' derives from the collection of money boxes at Church?

**True**

8. Complete the following line from a well known Christmas song. 'On the 9th day of Christmas my true love sent to me....'

**Nine ladies dancing**

9. Who invented the electric Christmas tree lights in 1882?

**Edward Johnson**

10. Ilex aquifolium is a species of what?

**Holly**

Continued on page 10

11. Who created The Grinch?

**Dr Seuss**

12. Destiny's Child had a Christmas hit with which song?

**8 Days of Christmas**

13. True or False: Jesus was born on Christmas Day?

**False: Although not impossible, it was very unlikely that Jesus was actually born on Christmas Day.**



14. What was Scrooge's famous line?

**Bah Humbug**

15. In which country is it a tradition to eat Christmas dinner at KFC?

**Japan**

16. In 2018, which classic Christmas song was banned from numerous radio stations across the US as some listeners felt that the lyrics were manipulative and wrong?

**Baby It's Cold Outside**

17. Where is the National Christmas Tree of the United States located?

**Washington D.C.**

18. When was the first ever organised Christmas Day swim?

**Christmas Day 1864**

19. Shakespeare wrote a play for Elizabeth I, as a Christmas present. Which one is it?

**The Merry Wives of Windsor**

20. The inventor of the pin-tumbler lock used on many front doors died on Christmas Day 1868, what was his name?

**Linus Yale Jnr**

Congratulations if you got all the answers correct.