



Bridge Medical Centre Newsletter

In this newsletter:

- Staff news 1
- Hepatitis C 2
- Dementia 3
- Hay fever 4
- Easter themed tombola 5
- Patient Participation Group News 5
- NHS 75's anniversary 6
- First Contact Physio 7
- Recycling inhalers by post 8

Staff News

We welcome Lewis Daines as our new Advanced Clinical Practitioner. Lewis has been working as a nurse for 10 years. Lewis started off as a nurse in trauma and orthopaedics and then shortly after that

went into General practice. He has recently moved to Crawley with his wife and two children. Lewis states "I would like to say I have lots of hobbies but I don't, unless picking up after the children counts! I would just like to say thank you for the very warm welcome and all the support everyone has given me so far."

We welcome Millie Burrige as our new PCN Development Paramedic. She will be working at the Practice every Monday and Tuesday.

Sadly we have to say good bye to Jackie our Practice Business Manager at the end of July. She is taking up a new role with Alliance for Better Care CIC (ABC) as Head of Practice Support.

Sadly we will say good bye to Dr Jhansi Kamalakannan at the end of August. Dr Jhansi states "I started working as a salaried GP at BMC, then became a partner for the last 10 years. During this time, I worked with some fantastic colleagues and great patients. I enjoyed every bit of my job and served to the best of my abilities. I believe it's time to move on to face fresh challenges and wish the team the very best. I would like to thank all staff and all my patients who were very patient with me. "

We wish them both all the best.





Hepatitis C

Did you know that sharing a toothbrush or getting a tattoo abroad puts you at risk of hepatitis C?

Many people across the UK may have hepatitis C without knowing. Sharing toothbrushes, getting tattoos abroad, having sexual intercourse and injecting drugs are just some of the ways people can contract hepatitis C.

Hepatitis C usually displays no symptoms until the virus damages the liver enough to cause liver disease. Infection in the absence of liver damage is often associated with fatigue and difficulty concentrating, and is linked to cardiovascular disease, mental health issues, kidney disease and musculoskeletal pain.

If left untreated, it can lead to liver damage, cirrhosis, and even liver cancer. Luckily treatment is highly effective and comes with few side effects.

You can now order a free and confidential home test for hepatitis C via the NHS. If found positive for hepatitis C, you can be treated and cured.

Order a free and confidential home testing kit today on <https://hepctest.nhs.uk>



NHS 75

Around 70,000 people in England don't know they have hepatitis C

Find out if you have hepatitis C with a free test from the new NHS test-at-home service.

Order your free kit today.



Dementia

Dementia is not a single illness, but a group of symptoms caused by damage to the brain.

The likelihood of developing these conditions increases with age, but they can occur in younger adults too. They are progressive and they affect everyone differently. The range of symptoms and how fast they develop depends on the person and the type of dementia they have.

You should look out for:

- memory loss, such as remembering past events much more easily than recent ones
- problems thinking or reasoning, or finding it hard to follow conversations or TV programmes
- feeling anxious, depressed or angry about memory loss, or feeling confused, even when in a familiar environment

Dementia support services from Age UK

Age UK West Sussex, Brighton & Hove aims to help people maintain their skills and independence in a social and friendly environment, while allowing carers a relaxing break. Below is a list of Dementia support services they can provide.



Daybreak Respite

The Daybreak Respite service provides day support for people living with dementia, which includes stimulating and meaningful activities to promote confidence and social interaction. The service also provide much needed respite to carers. All refreshments and a two-course lunch provided.

CanDo

CanDo is a weekly support group for people living with early onset Dementia or those recently diagnosed. Spend part of the day with them travelling to see the sites of West Sussex. Heading off from Crawley, each week they will travel to various sites in West Sussex, supported by a trained staff team.

Early Onset Dementia Services

This group provides weekly support for adults living with early onset dementia or those with a new diagnosis, with activities aimed at maintaining cognitive and physical ability. This service is based on the principles of cognitive stimulation therapy (CST).

Carer and Cared for Peer Support

This group provides peer support services for people living with dementia and those caring for them. They provide a safe space where people can share experiences and receive support from peers and staff. Guest speakers and trips are arranged from time to time along with session activities. Refreshments provided.

For more information contact Age UK on 01903 79 2015 or email: dementia@ageukwsbh.org.uk



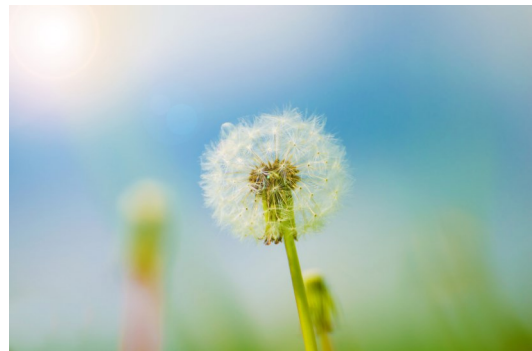
Hay fever

What is hay fever?

Hay fever is an allergy caused by pollen grains released during the pollen season which normally runs between March and November in the UK.

Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around your temples and forehead
- headache
- earache
- feeling tired



If you have asthma, you might also:

- have a tight feeling in your chest
- be short of breath
- wheeze and cough

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

How to treat hay fever yourself

There's currently no cure for hay fever and you can't prevent it. But you can do things to ease your symptoms when the pollen count is high.

DO:

- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you've been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth

DON'T

- do not cut grass or walk on grass
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen

Hay fever sufferers can benefit from a wide range of medication which can be prescribed by your GP or alternatively purchased over the counter from your local pharmacy.



Easter themed tombola

The PPG held an Easter themed tombola on the 5th April 2023 in aid of the Turkey Syria Earthquake Appeal. The PPG raised over £100 for this cause.



Patient Participation Group News

Sadly Brian Champion stepped down as the chairman of the PPG. We welcome Liz Tracey as the new chairman.

What is a Patient Participation Group?

It is a group of patients who work with the practice to provide practical support, to help patients take more responsibility for their own health and to provide strategic input and advice. Patients in the group can be as involved as they want to be. The more the merrier!

The PPG are looking for a new members and a new secretary. If you are interested please ask in reception how you can join.

**Help shape the future
of your practice**

at our regular meetings

Would you like to be part of a team
that helps improve your GP practice?

Join us to discuss issues affecting
you and other patients.



Please ask at reception about the Patient Participation Group.



NHS 75th Anniversary

Our Practice Nurses and HCAs celebrated the NHS's 75th Anniversary by dressing up in nurses uniforms throughout the years.



NHS 75th Anniversary Bottle Tombola

The PPG held a bottle tombola on the 12th July in the Practice. All funds will be put towards a new couch for the Practice.

Thank you to all who donated and bought tickets.





First contact physiotherapists

The role of a First Contact Practitioner is to help, diagnose and formulate ongoing management together with the patient. This may involve advice on self-management, referral for physiotherapy, further investigation or a variety of other services where applicable. They can see patients who are suffering with any bone, joint or muscular conditions instead of their GP. They work in the Practice as a First Contact Practitioner with a background in MSK and physiotherapy/Osteopathy.

Need to see someone about bone, joint, or muscle problems?

- Neck & Spine**
Neck Pain, Mid Back Pain, Lower Back Pain, Sciatica
- Shoulder**
Shoulder Pain, Shoulder Dislocation
- Elbow**
Tennis/Golfer's Elbow, Elbow Pain
- Hand & Wrist**
Wrist Pain, Finger Pain, Carpal Tunnel Syndrome
- Hip**
Hip Pain, Groin Pain, Pain on Walking
- Knee**
Knee Pain, Swelling, Pain on Walking
- Foot & Ankle**
Foot Pain, Ankle Pain, Ligament Sprains, Achilles Tendon Pain

You can now see a Specialist Physiotherapist at your GP surgery without seeing your GP first. They will be able to assess you, investigate your condition, give advice and exercises, and refer you on to other services if needed. *Please ask at reception for more information.*

NHS **Sussex MSK Partnership**
Central



Did you know that your inhalers can be recycled through the post?*

Recycling inhalers is a simple way to help the environment. The Leicestershire **Take AIR** (Take Action for Inhaler Recycling) scheme, will enable you to safely and effectively recycle your empty, unwanted or expired inhalers through the post.

The **Take AIR** scheme will accept **all** inhalers, of any brand, such as:

- Pressurised metered dose inhalers or 'puffer' inhalers
- Dry powder Inhalers
- Soft mist inhalers

Talk to your pharmacist about the **Take AIR** scheme. Each free postage envelope can fit up to four inhalers – of any brand and any type.

All inhalers – of any brand and type – can also still be returned to ANY community pharmacy for safe disposal.



This is a Chiesi United scheme supported by University Hospitals of Leicester NHS Trust and Leicestershire and Rutland Local Pharmaceutical Committee (LPC).



* Only available in the Leicestershire, Leicester and Rutland area
see www.uk.chi-2000760
Date of preparation: December 2020

OUR OPENING HOURS

Normal opening hours are 08:30 to 18:30 Monday to Friday.

Closed during the lunch period 13:00 to 14:00.

Evening and weekend access to GP appointments

We access face to face and remote appointments on weekday evenings and on Saturdays. This service is provided by Bridge Medical Centre working together with Langley Corner Surgery, Southgate Medical Group and Leacroft Medical Practice.

The service was developed to meet our patient needs - addressing feedback from recent patient surveys and ensuring that our provision supports local demand.

Appointments can be requested in the normal way by eConsult or by calling the surgery during normal opening hours.