

Your Medical Receptionist...The next time you have to ring the doctor please be nice to the receptionist. Remember, trying to juggle GP's appointments is a most stressful job. Why not try our tips:

- If it's not an emergency ring after 10.30am, when the morning rush has died down
- If it is urgent, don't be afraid to discuss your symptoms. Like your doctor, the receptionist is bound by confidentiality, they may be able to fit you in with a nurse or ask the GP to ring you back

IS YOUR WEIGHT PUTTING YOUR HEALTH AT RISK?

1,000 people die each week in the United Kingdom from deaths related to obesity. 65% of men and 58% of women are currently considered to be overweight or obese in this country. Recent research indicated that one in ten of 4-5 years' old children were classed as obese. The number of people admitted to hospital because of obesity has tripled in 5 years.

Whether someone is overweight or obese is measured by Body Mass Index (B.M.I.) Take your weight in kilograms and divide by height in meters squared. Any measurement between 18.5 and 24.9 is considered normal. 25.0 to 29.9 is said to be overweight and 30.0 or above obese.

With the new Health and Social Care Act coming into force on 1st April, 2013, each Local Authority has responsibility for public health. Obesity comes under that heading. Under the new structure each area has to have a Health and Wellbeing Group. In Oldham there is a borough wide group with sub-groups, each operating in one of the borough's seven sub-divisions. A Sub-group has a role to identify health issues which are of greatest concern in its area.

Two of our three Saddleworth wards top the Oldham figures in the obesity category. Consequently, the Saddleworth Health and Wellbeing sub-group is looking at what steps can be taken to reduce this figure. Doctors are also expected to establish and maintain a register of patients, 16 years and over, whose BMI is greater than 30, whilst including weight as part of lifestyle discussions during consultations.

What is the likely impact on your health if you are obese or overweight? You can develop: heart problems; a stroke; type 2 diabetes; types of cancer including breast cancer, colon cancer and depression can be triggered.

What Can You do? Activity: not everybody wants to go to the gym. Use the stairs instead of a lift at work. Walk more instead of using the car.

Watch Your Diet: keep a food diary including what you drink each day for up to a week. You could be surprised. *Set realistic goals* – e.g. aim to lose 5% to 10% of your weight in 6 months.

REMEMBER WEIGHT IS YOUR RESPONSIBILITY BUT HELP IS AVAILABLE FROM:

- Local slimming groups i.e. Weight Watchers and Slimming World
- Check the internet for lots of sources regarding healthy diet
- Ask your GP about Choose to Change if you are over 18 and have a BMI greater than 35

USEFUL NUMBERS

Age Concern: 0161 633 0213

Bereavement Service: 0161 627 8207

Citizens' Advice: 0161 620 9317

Dr Kershaw's Hospice: 0161 624 2727

Patient Advice and Liaison Service: (PALS) 0800 389 8679

Podiatry: 01457 870424

Social Security: 0161 912 8000

Alcohol & Drugs services: 0161 624 9595

Carers' Centre Oldham: 0161 770 1188

District Nurses: 0161 484 1460

Health Visitors: 0161 484 1470

Smokefree 0800 328 8534 or 0844 873 0032

Social Services: 0161 770 3730



Patient Participation Group

News Letter

Summer 2013

Saddleworth Medical Practice

Mission Statement: To represent the views of the patients and to ensure that they have a voice that enables their needs and levels of healthcare to be delivered

Exciting Plans for our Much Loved Delph Clinic...

Works are expected to start on site week commencing 15th July, with the project expecting to run across an approximate 40 week construction period. Each and every external material has now been reviewed and approved by the planning department to ensure that the building compliments its local surroundings.

ESPM Ltd (the construction company) is aware that the site is in a residential area and will be working within strict guidelines around delivery times of materials and plant machinery in to and out of the site. All effort will be made to avoid such movement before 10am in the morning and not after 3pm in the afternoon. A community meeting will be held in August for all to come and meet the builders and here first hand about this exciting development.

Planning permission has been granted to locate a temporary Portakabin at the bottom end of Millgate car park to ensure that patients from Delph will still have a local service whilst waiting for the completion of the new build. As soon as BT have the site linked for telephones and IT we will be up and running. The date will be announced and advertised as widely as possible.

A poster is on display in all local businesses describing interim arrangements. Please ring the Uppermill surgery on 01457 872228 for appointments and queries until further notice. Additional surgeries have been arranged at Uppermill to cope with patients who would normally be seen at Delph.

HEALTHY HINTS – MANAGING HAY FEVER

Hay Fever is caused by an allergy to pollen. Common symptoms are a runny nose, itchy nose, blocked nose, sneezing and itchy and watery red eyes. Treatment usually works well. Common treatments are antihistamine tablets and/or steroid nose spray, available from the local Pharmacists.

The following measure may help if you are affected:

- Stay indoors as much as possible and keep windows and doors closed.
- Avoid cutting grass, larger grassy places and camping.
- Shower and wash you hair after being outdoors. In particular, after you have been to the countryside.
- Wear wrap-around sunglasses when you are out.
- Bring in washing and close windows before the evening when pollen falls as the air cools.
- Keep car windows closed and consider buying a pollen filter for the air vents in your car.

Local pharmacies offer a wide range of hay fever relief products over the counter. Patients who have had a previous prescription can request another in writing.

Saddleworth Carers Group

We are a social group aiming to provide information, and fun, to all our carers who look after someone with memory problems. Meetings are from 10.00am until 12noon on the second and fourth Friday at the Sacred Heart Church Hall, Uppermill. Forthcoming programme:

- 28th June – Walk to Navigation Inn for pub lunch.
- 13th July (Saturday) – Strawberry Tea
- 26th July – Fire Prevention in the home (Fire Service talk)
- 9th August – No Meeting (Summer Holiday)
- 23rd August – Pub lunch, venue tbc
- 13th September – Autumn Outing to Eden Camp
- 27th September – Acupuncture session

For more information please contact Eamon O'Daly on 01457 810614 or Kath Edwards on 01484 845350

Dementia Friends

Helen Morris, local Dementia Friends Champion, will be holding the following Dementia Friends Information Sessions:

- Tuesday 2nd July at Diggle Band Club, 7.30 – 8.30pm
- Tuesday 16th July at The Satellite Centre, Wellington Rd, 7.30 – 8.30pm
- Tuesday 23rd July at The Satellite Centre, Wellington Rd, 7.30 – 8.30pm
- Wednesday 31st July at Uppermill Civic Hall, 7.30 – 8.30pm
- Wednesday 1st August at Uppermill Civic Hall, 7.30 – 8.30pm

In addition to these village events, Stoneswood Residential Care Home in Delph is holding a Coffee Morning on Saturday 6th July at which Helen will run two sessions, 10.30am and 12noon in the event lounge.

These sessions are for health and social professionals, families and friends of people living with dementia and interested individuals, all of whom can make a real difference to people's lives, when equipped with the right information.

For further information please contact Helen on 07976 702171 or online at Helen@close-communications.com

State Benefit Allowances

It is well-known all allowances are not claimed by those entitled. Regular readers of this newsletter will be aware your patients' group started fortnightly 2 hourly sessions for patients and their carers at the Catholic Church in Uppermill over 3 years ago (see details for forthcoming events above). It is not infrequent for attenders to be not claiming allowances to which they are entitled when they first visit the group. Remember extra allowances can help the health and wellbeing of an individual. The allowances can go a long way to keeping people out of hospital and can therefore be cheaper for the state than a period in hospital where we know spaces seem to be less and less.

Rev Averil Cunnington is a member of your Patients' Group. Averil has a good knowledge of allowances and has volunteered to be contacted by anyone with a disability to discuss what might be available. Please contact Averil on 01457 875403.



Youth Page



Everybody Needs Somebody.....

As young people we struggle too sometimes, people seem to think that it is easy being a young person and if we have a problem or a worry they say it's because we are young. Most of us have someone we trust to talk to, friends, parents, teacher or youth worker, but where can you go if you haven't?

KOOTH.com is a free online support for young people 11-19 year old. It offers confidential online counselling. The advantage for this is that for most young people it is accessible either through their phone, on a computer or tablet. As a young person it can make you feel better when you find out you are not the only one with a problem. KOOTH has message boards which cover particular issues; you can enter chat rooms and chat online you can even book one-one sessions with the trained therapists and advice workers. When we have asked other young people what they think the advantages are of an online service they said that not being face to face helps them to be more open; that they are able to 'run' a problem past the advice workers so they are better able to talk to a parent or doctor and because it is online they don't have to wait for an appointment to see someone.

KOOTH is a resource that can offer help to young people at a time that they need it.



Teen Dish...

We have just started a project at the centre to help us to make healthier food choices. Junk food often seems to be easier to make and costs less. We are looking at recipes that are quick and easy to make using fresh ingredients. We are working with the youth workers to see what are good things to have in the cupboard, fridge and freezer. Here are some websites you can get information about nutrition; 'five a day' and simple recipes:

www.nhs.uk/Livewell/Goodfood/Pages/Healthyating.aspx

www.nutrition.org.uk/healthyiving/healthyating

We will let you know our favourite recipes in the next edition

Saddleworth and Lees Youth Forum.

As members of the youth forum we get involved with things that in our Community, we help different groups with their events. Most of us have been shown how to face-paint and we are often asked to do it to help fundraise. We provide Community groups with young people's points of view so they are more able to plan with our age group in mind.

One of our members has just received the Saddleworth and Lees Young Volunteer Award for the hours that she has provided supporting different groups and activities.

If you are aged 11 – 19 we would like you to be involved with the youth forum. Come along to a meeting, they are held the 3rd Thursday of the month at 4.00pm – 6.00pm Saddleworth Children's and Youth Centre (formerly the Satellite) at the end of Wellington Road.

For more information:

Call the Saddleworth Children's and Youth Centre on 0161 770 5864 or email

Sue.Palfrey@oldham.gov.uk