

TOPCLIFFE SURGERY THIRSK AND RIPON AREA GP

NEWSLETTER

SUMMER 2018

CALLING ALL HAYFEVER SUFFERERS!



DID YOU KNOW YOU DO NOT NEED TO SEE THE DOCTOR FOR HAYFEVER SYMPTOMS?

You do not need a prescription for hayfever medicines. Many treatments are available for little cost from your local pharmacy or supermarket.

Please help us save NHS resources which could be invested in improving healthcare services



Community pharmacists can also offer advice on how to avoid triggers and how to treat hayfever.

HOW WE USE YOUR MEDICAL RECORDS:

Important information for patients in line with The General Data Protection Regulation (GDPR). GDPR is a new law (effective from 25th May 2018) which determines how your personal data is processed and kept safe, and the legal rights that you have in relation to your own data.

- This practice handles medical records in-line with laws on data protection and confidentiality
- We share medical records with those who are involved in providing you with care and treatment
- In some circumstances we will also share medical records for medical research, for example to find out more about why people get ill
- We share information when the law requires us to do so, for example, to prevent infectious diseases from spreading or to check the care being provided to you is safe.
- You have the right to be given a copy of your medical record.
- You have the right to object to your medical records being shared with those who provide you with care
- You have the right to object to your information being used for medical research and to plan health services
- You have the right to have any mistakes corrected and to complain to the Information Commissioner's Office. Please see the practice privacy notice on the website or speak to a member of staff for more information about your rights
- For more information ask at reception OR visit our website: www.topcliffesurgery.co.uk

NEW MEMBER OF STAFF

Have you seen our new face on reception?

Jacinta joined our reception and dispensary team in March and it is great to have her on the team!

Jacinta previously worked in the care sector and was a Care Home Manager for 17 years. She is with us on Mondays, Wednesdays and Fridays and we hope you will join us in making her welcome.



SUGARY DRINKS – SUMMER IS HERE!

With the warmer weather, children naturally want to drink more as they get thirsty. Did you know, however, that sugary drinks are one of the main sources of sugar in children's diets? So, how much is too much?



On average, 50% of children's overall sugar intake comes from sugary drinks and snacks. Choosing lower sugar drinks and healthier snacks can make a big difference. It can help reduce the risks of obesity, heart disease, type 2 diabetes, some forms of cancer and tooth decay.

Fizzy drinks – do you know what is inside a can of cola?

Cola doesn't have any saturated fat or salt, but just one can has 9 cubes of sugar – that's more than anyone should have in a day!

Fruit juices and smoothies are also very sugary. They still count towards your 5 A DAY, but remember to limit the amount to no more than 150ml a day – and keep to mealtimes as they can cause tooth decay.



Top tips to reduce sugary drink intake:

Brighten up water: Make water an exciting alternative by adding a pop of colour. Add fruits like frozen berries, kiwi and

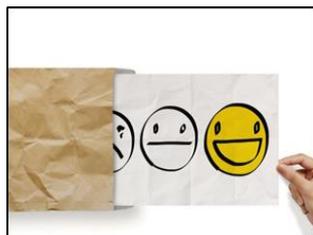
apple to make the water taste and look interesting.
 Try sparkling water, low fat milks, sugar free cordial or no added sugar options.
 To find out more, or to download the free food scanner app, go to:
www.nhs.uk/change4life/food-facts/sugar
BE SUGAR SMART!



FRIENDS & FAMILY TEST

Every month we ask a random sample of patients visiting the practice to complete a short questionnaire.
 There is one straightforward question:
 "How likely are you to recommend our service to your friends and family if they needed similar care or treatment?"

Between January and April 2018, the results were as follows:



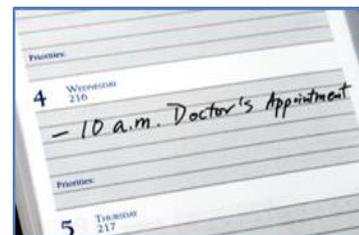
Extremely likely:	78 (93%)
Likely:	5 (6%)
Neither likely or unlikely:	1 (1%)
Unlikely:	0
Extremely unlikely:	0
Don't know:	0
Total:	84

If you would like to complete a questionnaire please ask at reception. Thank you for your feedback.

DNA (DID NOT ATTEND) APPOINTMENTS

In the 4 months from January to April 2018, an average of **69** booked appointments with the Doctors and nurses were missed per month.

This is equivalent to **eleven and a half hours of clinician's time per month (or 46 hours in the quarter: the average working time for one person for a week is 39.5 hours)**. This is time which could have been given to other patients.



Your help in cancelling appointments that are no longer needed would be much appreciated and will enable us to provide a better service to all our patients.

HELP US CELEBRATE THE 70TH BIRTHDAY OF THE NHS!

The National Health Service is turning 70 on 5 July 2018. It's the perfect opportunity to celebrate the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff – the everyday heroes – who are there to guide, support and care for us, day in, day out.

How the NHS has changed over 70 years:



- The NHS treats more than 1.4 million patients – every 24 hours
- Patients now live on average at least 12 years longer than they did in 1948: (1948: average life expectancy 68 years, 2018: 80 years)
- In 1948 there were 16,864 GPs, in 2018 there are 41,817 GPs
- In 1948, the NHS budget was £437 million. In 2017/18, around £110 billion will be spent on the day to day running of the NHS in England.
- In 1958, a polio and diphtheria vaccinations programme was launched. Previously, in epidemic years, diphtheria could cause up to 5000 deaths. A dramatic reduction in both diseases followed.
- In 1961, the Pill was made available to married women, then to all women. By 1969, more than 1 million were using it...now over 7.38 million women use the Pill for contraception.
- In 1948, there were 34 deaths per 1000 births. In 2018, the infant mortality rate has dropped to 3.8 per 1000 births.
- In 1962, the first hip replacement was carried out. We now perform approximately 77,000 hip operations a year in the UK.
- In 1978, the world's first test tube baby was born. In 2016, there were over 68,000 IVF treatment cycles, resulting in 20,028 births. Since 1978, five million babies have been born through assisted reproduction worldwide.
- In 1988, the breast and cervical screening programme was introduced for women. In the last 20 years it has detected just under a quarter of a million cancers and reported nearly 5 million cervical abnormalities.

For more information please go to: www.nhs70.nhs.uk or [#NHS70](https://twitter.com/NHS70)

