

TOPCLIFFE SURGERY THIRSK AND RIPON AREA GP

NEWSLETTER

WINTER 2019

DON'T MISS YOUR FLU VACCINATION! NHS Recommendations:

'Flu occurs every year, usually in the winter, which is why it's sometimes called seasonal 'flu. It's a highly infectious disease with symptoms that come on very quickly.

Colds are much less serious and usually start gradually with a stuffy or runny nose and a sore throat. A bad bout of 'flu can be much worse than a heavy cold.

The most common symptoms of 'flu are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. Healthy individuals usually recover within two to seven days, but for some the disease can lead to hospitalisation, permanent disability or even death.

The pneumococcal and shingles vaccinations will also be offered to those patients who are eligible this year.

If you have an appointment with a doctor or nurse over the next few weeks you can have your 'flu jab then. Just ask the doctor or nurse at the time. Patients are encouraged to call the surgery on: (01845) 577297 to check their eligibility (patients over the age of 65 and those under 65 in relevant at risk groups).



NURSE WENDY REACHES SERVICE MILESTONE!



Sister Wendy Morris officially reached the milestone of 20 years' service at Topcliffe Surgery on 2nd November 2019. A celebration was held by staff at the surgery when flowers were presented along with a fabulous cake made by our in-house Star Baker, Dispenser Tracy! Dr Parker thanked Wendy for all her hard work over the last 20 years.

All staff felt that an extra-long walk might be needed to balance out the effect of the cake! Here's to the next 20 years Wendy!



NEW TEXT MESSAGING SERVICE

We are currently introducing a new text messaging service which will enable us to provide you with test results, appointment reminders and other important information by text to your mobile. In order to facilitate this service, it is important that we have the correct home and mobile telephone numbers for you as well as your current address.



DO WE HAVE UP-TO-DATE CONTACT DETAILS FOR YOU?
If any of your contact details have changed recently please complete one of the forms provided and return to reception

THANK YOU



The Doctors and staff at Topcliffe Surgery would like to wish all our patients a Merry Christmas and Happy New Year.

NHS ONE YOU

Not feeling as good as you would like? The dark nights taking their toll? Small changes can make a big difference and we can support you to make the changes that will work for you. So whether you want to quit smoking, lose weight or just generally feel better about life, we can help. Start the fight back to a healthier you! One You is packed with practical tips, tools and free apps to help you improve your health today.

By signing up to One You, you will be taking positive action to look after yourself physically. But that's only half the story. Having good mental health can help us relax more, achieve more and enjoy our lives more.

There are simple things we can all do to look after our mental health and wellbeing. Take our quick quiz to get started today with a free plan, expert advice and practical tips.



<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz>

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 May and October 2019, the results were as follows:

Extremely Likely	89 (87%)
Likely	13 (13%)
Neither likely nor unlikely	0
Unlikely	0
Don't Know	0
Totals	102 (100%)

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

DNA (DID NOT ATTEND) APPOINTMENTS

In the 6 months from May to October 2019, an average of **75** booked appointments with the Doctors and nurses were missed per month.

This is equivalent to **12.5 hours of clinician's time per month**. 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.

DOCTOR'S TIPS: WHEN SHOULD I TAKE MY BLOOD PRESSURE PILLS?

BEDTIME!

A recent, massive study of almost 20000 people with hypertension randomised half to taking their antihypertensives at bedtime and the other half to taking them on waking. They were fitted with an ambulatory BP monitor at least once a year that they wore for 48 hours. Follow-up was for around 6 years. The study showed that the bedtime dosing group had almost half as many cardiovascular events as the morning dosing group.

WHY?

Those taking their pills in the evening had: Better BP control, lower BP when sleeping but still good control in the daytime and fewer of them were 'non-dippers': BP should naturally fall at night, and those whose BP doesn't do this are called 'non-dippers'.

WHAT DOES THIS MEAN IN PRACTICE?

The most important thing is to remember to take them every day! If you can take them at bedtime, they will probably work better. However, there is a disadvantage to night-time dosing: if you forget to take the pills, you will of course be asleep all night so won't remember you have forgotten to take them....!





TOPCLIFFE SURGERY CHRISTMAS OPENING HOURS 2019-20



During the festive season the surgery
will be open as usual apart from the following Bank
Holidays:

Wednesday 25th December 2019 - Closed

Thursday 26th December 2019 - Closed

Wednesday 1st January 2020 – Closed

IN CASE OF LIFE THREATENING MEDICAL EMERGENCIES RING 999
FOR OTHER MEDICAL ADVICE RING 111

LOCAL PHARMACY OPENING HOURS

Pharmacy	Christmas Day Wednesday 25 th Dec 2019	Boxing Day Thursday 26 th Dec 2019	New Year's Day Wednesday 1 st Jan 2020
Boots Pharmacy 1 Chapel Street Thirsk YO7 1LU 01845 574730	Closed	Closed	Closed
Boots Pharmacy 28 Market Place Thirsk YO7 1LB	Closed	09:00 – 15:00	Closed
Boots Pharmacy 203-204 High Street Northallerton DL7 8LW 01609 772800	12:00 – 13:00	10:00 – 13:30 14:00 – 16:00	10:00 – 13:30 14:00 - 16:00
Tesco Pharmacy East Road Northallerton DL6 1NP 0345 677 9511	Closed	12:00 – 13:00	Closed
Well Pharmacy Boroughbridge Road Northallerton DL7 8BN 01609 776727	Closed	Closed	12:00 – 13:00

