

Patient Newsletter

Winter 2022 – EDITION 22



Summary

Hugglescote Surgery would like to wish a Happy New Year to all of our patients. We understand that we are coming into this new year facing increased pressures presenting continuous challenges, and we thank you for your continued support and patience.

Team News

We have had more positive and exciting team changes over the past 3 months. Let us introduce the new members of our team.

GPs and Advanced Practitioners

Dr Robert Jay (m)
2 sessions per week

Kelvin Blower (m)
Emergency Care Practitioner
4 days per week



GP Registrars (Qualified Doctors training to become General Practitioners)

Dr Rama Perepu (m)
Dr Perepu will be with us full time until April 2023.

Nursing Team

Stacey Scale
Phlebotomist

We are very pleased to announce Stacey's move from Reception to the Nursing Team. Stacey has completed her Phlebotomy training and will be completing additional training courses to further assist the Nursing team.

Recruitment

We currently have advertised vacancies for the following positions.

- Practice Nurse
- Nursing Associate
- Receptionist/Administrator

Please visit https://www.jobs.nhs.uk/xi/search_vacancy/

Practice news

Please keep a look out for our upcoming changes and improvements. We are currently having screens installed in both waiting areas to call patients to their appointments and to display health promotion information while you wait.

Our new phone system will be installed imminently improving patient experience and practice experience from a training point of view.

New Website

We are very pleased to announce the launch of our brand-new website which is much more user friendly and informative.

Please take a look and familiarise yourself with the new layout.

<https://hugglescotesurgery.co.uk/>

New year, new you

New year is a fantastic time to think about our health and well-being. With the opportunity to change things, now that the festive goodies are out of the way, there is no better time to think about our diet.

If you haven't exercised in a meaningful way for some time, the new year can be a brilliant opportunity to start as the hours of daylight start to get longer. As with all new things, start gently!

Parkrun is a free event held each week across the country to help get you up and moving.

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269>

<https://www.parkrun.org.uk>

Diabetic Education Programmes

Do you know what your risk of diabetes is? If not, you should try this diabetes risk score, which will give you advice based on your circumstances. Knowing if you're at increased risk can help improve your long-term health outcomes.

If you're a type 1 diabetic, you might find a course about life with type 1 diabetes useful. You can join a course no matter how long it is since you were diagnosed, and many diabetics have really positive things to say about participating.

If you're a diabetic, or at high risk of diabetes, you can find out more about the education courses available to support you on your journey. Health education improves outcomes.

<https://riskscore.diabetes.org.uk/start>

<https://www.nhs.uk/conditions/type-1-diabetes/doing-a-type-1-diabetes-course/>

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education>

[Samaritans' Brew Monday \(16th January 2023\)](#)

January can seem like the darkest month of the year. If you're struggling, Samaritans are promoting Brew Monday to raise awareness of the support they offer.

<https://www.samaritans.org>

[Cervical Cancer Prevention Week \(23rd to 29th January\)](#)

It's Cervical Cancer Prevention Week, and Jo's cervical cancer trust is holding its biggest event yet, raising awareness for cervical cancer.

The symptoms of cervical cancer can include:

- Unusual vaginal bleeding, especially after menopause
- Changes to vaginal discharge
- Pain or discomfort during sex
- Unexplained pain in your lower back or between your hip bones (pelvis)

If you notice changes, it's better to get checked.

<https://www.jostrust.org.uk/information/cervical-cancer>

[Dry January](#)

Have you previously considered reducing your alcohol intake? Alcohol affects the human body in several different ways and reducing alcohol consumption might improve things for you in ways you didn't expect.

Try this self-assessment tool about the amount of alcohol you drink. The questions are tailored to your responses and at the end, if you're honest, you should get a good idea of whether your drinking is a problem or not.

Each January people from across the UK sign up to be free of alcohol for 31 days. Reducing the amount, you drink can have long-term health benefits. Follow the link to find out more.

<https://www.drinkaware.co.uk/tools/self-assessment>

<https://www.drinkaware.co.uk/advice/how-to-reduce-your-drinking/reasons-for-cutting-down-on-alcohol>

<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>

[Men's Wellbeing](#)

The period immediately after Christmas can be challenging for some. Men in particular may find it difficult to open up about their feelings. You can find out more about men's mental health and support here. <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/men-and-mental-health>

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