



Frithwood Surgery

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FRITHWOOD SURGERY PPG NEWSLETTER

AUTUMN 2018

FLU: DON'T THINK IT WON'T HAPPEN TO YOU!

Don't delay if you've received a letter inviting you to book yourself in for a flu vaccination.

Limited supplies of the flu vaccine means Frithwood Surgery has had to take a new approach this year.

As a result, the number of appointments for each of the special flu clinics are having to be tightly controlled.

The final date for flu jabs for both the over 65 age group and those classified as being 'at risk' is November 10 2018.

Entitled patients should call the surgery on 01453 882868 to book themselves in.



Over 75s Christmas Party

Join us at Eastcombe Village Hall at **2pm on Saturday December 15** for the fabulous annual Christmas Party for the over 75s. The PPG is laying on a lovely spread, there will be singing from the lovely Carol and possibly even dancing doctors. Speak to reception if you need a lift and spread the word to all Frithwood patients who are over 75.

BACK DOWN TO EARTH

We're delighted to report that Dr Tim Crouch, chairman of the Frithwood Surgery Patients' Participation Group, completed his fundraising sky dive, resulting in £1,430 for the PPG! Donations in respect of Dr Tim's daring leap can still be given to reception. See page three for photos.

MISSED APPOINTMENTS

There were 86 missed appointments in June, 113 in July and 83 in August. As well as being frustrating for surgery staff and GPs, missed appointments represent time slots that could be given to other patients wishing to seek medical advice. Please telephone the surgery to let them know if you're unable to make an appointment.

FEEDBACK - We would love to hear from you on any aspects of the Newsletters or the services you receive from the surgery. If you have questions or ideas that could benefit our readership, please use the 'Suggestion Box' at the surgery reception or 'e' mail frithwood.enquiries@nhs.net or call 01453 882868.

MMR AND YOU:

Under 18s can still get protection from measles, mumps and rubella

Measles has been a common childhood infection in the past but is potentially very serious and cannot be considered just one of those childhood infections. Complications include pneumonia and encephalitis, both of these conditions are potentially fatal.

In 1988 the MMR vaccination was introduced. This is a vaccine against measles, mumps and rubella. This vaccine was very effective and the incidence of measles fell dramatically. In 1998 Dr Andrew Wakefield wrote a paper in which he claimed there was an association between the MMR vaccine and autism and bowel disease. This paper was widely quoted in the national media, but in 2010 Dr Wakefield was struck off the medical register after the General Medical Council found him guilty of serious professional misconduct.

Follow up studies have found no association between MMR vaccine and autism or bowel disorders.

As a result of all the exposure in the media, many parents naturally became very worried about MMR and declined to have their children vaccinated when they reached the age of one, and again when they were three years and four months.

In recent years there has been a huge surge in measles cases across Europe and the World Health Organisation has confirmed that lower than normal MMR vaccination is the cause.

Between January and June of this year, 41,000 cases of measles have been reported across Europe. Some 24,000 cases were reported for the whole of 2017, which was the highest count in any year of the last decade.

There is still time for under 18s to be given the MMR vaccine if they did not receive it when they were young. If this is you, call the surgery on 01453 882868 and make an appointment.

Discover the latest information and advice from Frithwood Surgery by 'liking' the PPG's Facebook page
<https://www.facebook.com/FrithwoodPPG/>



FRITHWOOD FACE



Name: Pippa Williams **Job:** Practice Nurse

What I do: I look after our respiratory folk as an area of special interest, otherwise it's general appointments, from blood tests, injections and dressings to assisting GPs with minor operations.

Why my work is important: I take pleasure from making a difference to people's health, from saving lives to encouraging life style changes. Having worked in the NHS since 1981, I have a real feeling for those who aren't going to fare well. I like people.

Top health advice: Laugh every day, reduce stress, be nice to people as it makes you feel a whole lot better without taking medicines, remember 'a moment on the lips, a lifetime on the hips', and wear short sleeved tops to appointments!

Most frequent thing you hear: "You've been here a while (I'm in my 19th year), 'I'm difficult to get blood from' and 'I didn't feel a thing'.

Favourite way to exercise: Partner dancing, including lindy-hop, alboa and west coast swing, along with tennis, dog walking and riding my electric bike.

When I'm not working: I enjoy stained glass making. I love the fact the process hasn't changed and that the instruments and techniques are centuries' old. I like listening to music and hanging out with my kids.

Most surprising facts about me: I have a Blue Peter badge. I have four brothers, one is a twin, and a sister. I was brought up in a hotel and could cook a roast dinner for 40 people by the age of 14.

Favourite sport: I have played a lot of hockey.

Favourite pop group: I still listen to the Rolling Stones 'Start Me Up' album that I bought in 1981. I love going to hear live bands.

DRUG WATCH

ANTIDEPRESSANTS

Feeling low, perhaps as a reaction to a life event, is normal. Sometimes the feeling of depression can be bad enough to cause demotivation, poor sleep, and an intractable, overwhelming low mood. When this happens, treatment with an antidepressant is appropriate, sometimes in combination with a talking therapy such as counselling or cognitive behavioural therapy to address any possible underlying causes.

Antidepressants have also been used to help people with generalised anxiety, obsessional compulsive disorder and post traumatic stress disorder and those in chronic pain.

It is not known exactly how antidepressants work, but it is thought that they increase levels of chemicals in the blood called neurotransmitters, such as serotonin and noradrenaline.

The three main types of antidepressants are:
Selective Serotonin Reuptake Inhibitors (SSRIs): these are the most widely prescribed. They cause few side effects and overdose is less likely to be serious. Examples of this group are Fluoxetine, Citalopram and Sertraline.

Serotonin-Noradrenaline Reuptake Inhibitors (SNRIs): These are similar to SSRIs but in some cases may be more effective. Examples of SNRIs are Duloxetine and Venlafaxine.

Tricyclic Antidepressants (TCAs): these are an older type of antidepressant and seldom the first choice for treating depression as they can be dangerous in overdose and have more side effects. Examples of TCAs are Amitriptyline, Imipramine and Lofepamine. They are used when other drugs have failed and are very useful in the treatment of chronic pain.

Needless to say, there are potential side effects with antidepressants. Thankfully they do not appear to be addictive in the true sense of the word, as once a therapeutic dose has been established, increasing the dose is not effective and, likewise, the patients do not seem to develop tolerance with a need to increase the dose. This is not the case with opiates, which are a prime example of an addictive drug.

However, dependence on antidepressants may develop. With SSRIs and SNRIs, the common side effects are feeling shaky, indigestion, diarrhoea, dizziness, insomnia and headaches. With the TCAs, side effects may include dry mouth, blurred vision, difficulty passing urine, dizziness, night sweats and abnormal heart rhythms, which can be very fast. It is this last effect that can make TCAs dangerous in overdose.

The use of antidepressants isn't usually recommended for under 18s as there is evidence that in rare cases they can trigger thoughts of suicide and self harm.

DR TIM'S LEAP INTO THE BLUE





WOULD YOU LIKE AN OCCASIONAL VISIT FROM A LOCAL VOLUNTEER?

If so, maybe we can help. Our volunteers can share an interest

or



just have a chat over a cup of tea



Or perhaps we can help in another way?



Let us know if you think this is something for you. Contact the Parish Council by email, telephone or complete the form and return to the Parish Centre

(See all details overleaf)

All volunteers are from the local area and security checked
Large print /other languages available on request

Chalford Parish Council
The Parish Centre
Gerals Way
Chalford, Stroud GL6 8FJ

Tel. 01453 887204
Email: info@chalford-glos.gov.uk

Please fill in the form below and send it or drop it into the Parish Centre on Gerals Way. The Centre's opening hours are 10 until 3, Monday to Thursday. Alternatively you can contact the Parish Council by email or telephone

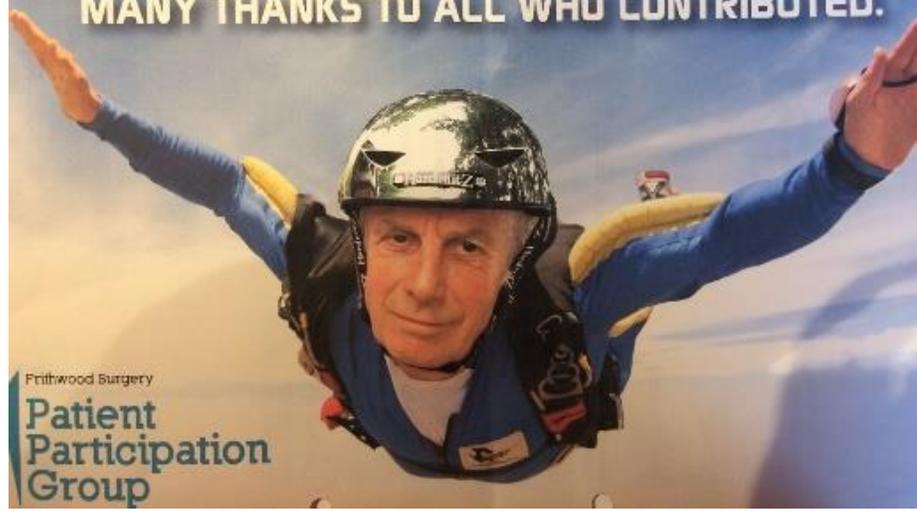
Name:.....

Address:.....

Contact number or email address:

How I would like to use the service:

TIM COUCH made his **TANDEM SKY DIVING JUMP** on 28/09/18 and has raised **£1430** for the PPG. **MANY THANKS TO ALL WHO CONTRIBUTED.**



Prithwood Surgery
Patient Participation Group