



Patient Group Newsletter

September 2017

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TO SLEEP (or NOT TO SLEEP)

“To Sleep, to sleep, perchance to dream”.....

What on earth did Shakespeare mean?

Was he begging to get to sleep

Without counting stupid things like sheep?

Or was he pleading to stay a-slumber

So he could join his night time number?

ZZZZzzzz...

You awake – refreshed – get quickly dressed

Then look at the clock, and see with a shock

That it isn't even

1 O'CLOCK...

or

Your feet start itching and your calves are twitching

Against your will, you cannot lie still.

You roam round the house, quiet as a mouse.

Finish up having toast, jam and tea in the kitchen...

or it's

2 O'CLOCK

And you start to sweat – you wonder how wet –

Can your nightclothes get

or it's

4 O'CLOCK

And you're deep ...in the pit ... of a dreamless sleep...

When you suddenly sit *!* and it's

That damned cramp which will always hit

Just when you're least expecting it!

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Twitchy bladders or worries, coughs, pains or aches

Are other afflictions which may keep you awake.

You've tried pills & potions, creams, unctions and lotions.

Diet & booze, switched off all the news.

Hung black-out blinds in the hope that you'll find

The Gods have been kind and switched off your mind.....

And just as you sink into dreamless heavenZZZZzzzzzzzzzz.....

THE ALARM CLOCK

R'I'N'G'S

and it's **QUARTER TO SEVEN !!!**

☹☹☹

.....

According to the NHS up to 1 in 3 of us will suffer with sleep problems at some time in our lives. Insomnia is more common among older people, but as it can affect any of us at any time here is some information if you are having problems now:

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WHY DO WE NEED SLEEP? The honest answer is that no-one is quite sure and sleep researchers are currently trying to unravel the mysteries of *why* we sleep and what happens *when* we sleep. However, we do know the consequences of NOT sleeping can be serious if not catastrophic.

Here are some serious effects of sleep loss:

- 1.Sleepiness causes accidents – on the road (or railway) – in the workplace – in the home.
- 2.Sleep loss affects your critical thinking, learning and may lead to poor judgement.
- 3.Sleep deprivation can lead to serious health problems including: heart disease, high blood pressure, stroke and diabetes.
- 4.Sleep loss can lead to the development of depression.
- 5.Sleepiness makes you forgetful.
- 6.Losing sleep may contribute to an increase in hunger and appetite, and may thus cause you to increase your weight.
- 7.Those long sleepless nights age your skin and give you dark ringed puffy eyes

But, what **contributes** to our chronic lack of sleep (and here I am not counting new babies – experience has demonstrated that most times this is a temporary situation!) Culprits may be -

- 1.Pain – including the pain of bone, joint or muscle problems; serious illness; accidents or any other damage to our bodies.
- 2.Respiratory problems – including sleep apnoea.
- 3.Restless Leg Syndrome – when your limbs won't settle, or you get tingling prickling sensations which make you want to move.
- 4.Snoring (often keeps your partner awake).
- 5.Medications – a number of medications may have side-effects which contribute to your wakefulness
- 6.Stress and anxiety.
- 7.Diet & lifestyle: Eating *too late* and *too much*, as well as *what* you eat. Drinking too much alcohol. Drinking too many *caffeinated* beverages. Smoking. Shift working.
- 8.Care responsibilities – especially if you are a 24/7 carer with no respite.
- 9.Poor sleep routine, which includes having little time to wind down before bed-time.
- 10.Poor sleep environment – eg a bedroom with glowing lights and switches from TV, radio, clock, watch, computer etc. etc; no curtains to block out early light, the room too warm, too cold, not ventilated etc. etc.

As you can see, the list is endless. **SO WHAT CAN WE DO?**

We have no NHS SLEEP CLINICS in our area, although a number of London Hospitals do have such a facility, so each situation has to be dealt with separately and may include:

Pain – ask to be referred to a pain clinic if your pain is unmanageable. This may help you to reduce your medication too.

Respiratory problems – we now have a good Respiratory service which is equipped to deal with sleep apnoea and other respiratory sleep problems.

Restless Leg Syndrome – a difficult one. There are a number of medications which help temporarily. Look on the RLS web-site for help and the latest research www.rls-uk.org

Snoring – often an Ear Nose and Throat problem. Don't suffer because your partner snores.

Medications - discuss with your doctor or pharmacist. Sometimes there is no alternative but there may be a chance.

Stress and anxiety - Can be addressed through talking therapies, complementary therapies as well as medication.

Diet and lifestyle – There is plenty of help on line (NHS Choices) as well as advice and information in the Practice.

Care Responsibilities – If you are a Carer and are having sleep problems see what help is available for some respite – through Carers in Hertfordshire or through Herts Help. (Details pages 7/8)

Poor Sleep Routine & Environment – again there is plenty of advice on line (NHS Choices).

Not everyone will be on line and if any of the above affect you please speak with your GP or Nurse, because as has been pointed out, prolonged, chronic lack of sleep can have very serious consequences.

Main sources: NHS Choices, WebMD, BBC Science.

Joan Manning, B.Sc, M.Sc. R.Nutr

The views and recommendations in the Newsletter are those of the PPG and not necessarily the staff of Manor View Practice
Contact the PPG at mvppg1@gmail.com Please refer ALL CLINICAL MATTERS to the Practice.

OUR MOVE TO THE NEW PREMISES

We are delighted to report that the move and transfer of services was eventually completed in late July. As expected there were some blips (Oops with the phones and computers – not our fault) but as anyone can see the Practice is now well established at the new Bushey Medical Centre. Lovely airy reception and waiting room. Much bigger consulting rooms. An excellent pharmacy on our doorstep. Best of all, no pillars to contend with when parking. Yes, the parking is still a bit of a squeeze at times, but compared to some premises we are still the lucky ones.

Thanks to all the Manor View Team for making it so seamless for us.

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SOCIAL MEDIA

The PPG continues to reach an increasing readership through its Facebook presence. Items of both National and more important local news and information are available through our pages, Manor View Practice on Facebook.

We would like to thank Chloe Walters for all her hard work on this project and to take this opportunity to ask if there is anyone who could offer their time to help the PPG with Social Media. It can be done from home and you would have full support.

Colin Stodel.
Vice Chair PPG

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RED CROSS WHEELCHAIR & MOBILITY AIDS SERVICE

Unfortunately, with the closure of the old premises, the Red Cross had to move from their offices/storeroom which was located downstairs. Despite all endeavours, no replacement premises have yet been found, so our nearest Red Cross Mobility Aids centre will now be at:

COMMUNITY WAY
CROXLEY GREEN,
CROXLEY WD3 3HB.
Tel: 01923 720 485
Monday – Friday, 10am – 4pm
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DENTAL SERVICE FOR HOUSEBOUND PATIENTS

Even if you, or the person you care for, are housebound, it is still very important that you get your teeth regularly checked. If you need a home visit from a dentist you can contact:

HERTS SPECIAL CARE DENTAL SERVICE
01582 714 190

and ask for a referral form.

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DATES TO NOTE:**TUESDAY 19TH SEPTEMBER 7PM**

MANOR VIEW PPG ANNUAL GENERAL MEETING
TO BE HELD AT THE BUSHEY MEDICAL CENTRE.
COME AND HEAR WHAT WE HAVE BEEN DOING.

NEW PROJECTS

ASK DR DAVIS AND LIZ WEBB ANY QUESTIONS YOU HAVE ABOUT THE
MEDICAL PRACTICE
ALL ARE WELCOME

(but please let us know first, we need to know numbers attending)

Contact: mvppg1@gmail.com or
register at Reception
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WEDNESDAY 20TH SEPTEMBER

'FLU JAB DAY

7.30am – 6pm

MANOR VIEW PRACTICE
BUSHEY MEDICAL CENTRE.

It will be a walk-in clinic for all those who have received notification,
ie: eligible or at risk. If you are unsure – ASK.

At the same time you can get your

PNEUMOCOCCAL and SHINGLES vaccinations updated.

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FRIDAY 20TH OCTOBER

WE WILL BE HAVING A CAKE SALE FOR
BREAST CANCER AWARENESS MONTH
(WEAR IT PINK DAY)

As anyone who has joined us on our cake sales will know,
they are great fun. The staff contribute cakes, buns and cookies (many home-made) and we sell
them to raise money for charity. The patients love it. The staff love it.

IF YOU WOULD LIKE TO TAKE PART IN FUND RAISING FOR AN EXCELLENT CHARITY

PLEASE CONTACT US ON:

mvppg1@gmail.com or advise Reception Staff
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NOTE TO ALL

If you look after or care for someone informally – your parent, husband, wife, relative, neighbour or friend the Practice would like to know. If they are aware that you have these added responsibilities they may be able to offer extra help or advice to make your life easier, or at least a bit less complicated. You can collect a simple form at Reception to fill in. PLEASE HELP US TO HELP YOU.

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****SPENDING CUTS****

Because of their limited budget, over the summer the CCG has been inviting our views on possible spending cuts. The following are some of the issues under review: IVF services; reducing weight and/or stopping smoking before routine surgery; availability of over the counter medicines on prescription; gluten-free foods; female and male sterilisation. If you want to know more go to: www.healthierfuture.org.uk/NHSLetsTalk

NOTES ON HOSPITAL SERVICES THIS WINTER:

Although it is just September we are already hearing dire warnings about lack of capacity in our hospitals this winter. Can we do anything about it? Well we can't influence how our hospital is run, but we can hopefully help ourselves, family, friends and neighbours avoid calling on their services. **Accidents** will always happen, but sometimes we contribute to our own misfortunes. Here are just a few suggestions:

DRIVING

1. ALCOHOL is broken down in our bodies at a slow, steady rate – one unit an hour approximately. Some people, who's livers are not very efficient, break it down more slowly. So to remind you – what is one unit?
1 small can (275ml) low strength (4%) alcopop or ½ pint 4% low strength beer, lager or cider or 1 measure of spirit or 1 small glass (80 ml) low strength (12%) wine.
That means you may well be over the limit the morning following a good night out! BEWARE – your judgement may well be impaired.
2. Your VISION may not be as good as it was. Many older people find it more difficult to drive at night. That means DON'T. Get your eyes checked and make sure your sight is FIT FOR THE ROAD.
3. You may be on MEDICATIONS which can affect your reaction times or make you sleepy. PLEASE CHECK before you drive. You can always ask your pharmacist if you are unsure.
4. During the shorter days of the year, it is not unusual to be driving into the rising or setting sun. BE PREPARED and keep a suitable pair of sunglasses to hand.
5. NEVER DRIVE WHEN YOU ARE TIRED OR SLEEPY.

The above advice may keep YOU out of hospital, but just as important it keeps other road users safe.

AT HOME:

1. If you have a person at home who is unsteady on their feet, please remove rugs and loose carpets. Don't leave loose wires, pipes & cables across the floor.
2. If you know someone at home who has any eyesight problems – from restricted vision to just wearing glasses for reading or distance vision – make sure they have two pairs of spectacles available. It is not just falling, the person may take the wrong medicine or the wrong dose if they cannot read the label properly. **A1 OPTICIANS on 0800 023 4964** can arrange a home visit if a person is housebound.
3. If you know an older person who has broken their dentures, or has a dental problem, please try to get it attended to. If you have a sore mouth or gums, or if your dentures are broken you can't eat properly. If you can't eat properly you become weak and tired and more likely to fall. If someone is housebound, **HERTS SPECIAL CARE DENTAL SERVICES** can arrange a home visit. Phone: **01582 714 190** to request a referral form.
4. Please make sure that any older person takes care of their feet and nails. Again if you are shuffling around in slippers with the toes cut out, there is another fall waiting to happen.

HEALTH:

1. Keep up to date with your flu (and other) jabs.
2. Make sure you don't run out of your medications. Make friends with your pharmacist and he will look after you.
3. Get your medicines regularly checked by your GP.
4. Wear appropriate clothing and footwear for the prevailing weather conditions.

FOOD/DIGESTION

1. Always make sure your food and utensils are clean and fresh. Do not eat food past its USE BY date.
2. If you are storing it in the fridge, make sure food is wrapped and do not mix cooked and uncooked meats together.
3. If you are short of food for any reason, we now have a **FOOD BANK** in Bushey, which is open on Friday mornings 10 – 12 noon. It is located at The Church House, by St James' Church, Bushey WD23 1BD and is run by the Red Trust. I believe hot drinks and chats are available too.

TODDLERS AND SMALL CHILDREN

1. Keep food, ingredients, alcohol and cleaning agents locked away out of their reach.
2. Place boiling/steaming foods in a safe place, away from the edge of a table or work-top.
3. Make sure the medicine cupboard is locked – many medicine capsules and larger tablets look like sweets.

Lastly, please look in on anyone who you feel may be at risk. Keep in contact. Please take time to ensure the home is warm and there is food available. We no longer check milk bottles on the doorstep. So just be aware and maybe we can prevent some of the A&E ambulance visits this winter

SOCIAL PRESCRIBING GRANT

(Social prescribing is defined as: referring patients to local, non-clinical services, often provided by the voluntary sector)

We are very excited to announce that your PPG has been awarded a share of a Grant towards promoting social prescribing in the Practice. *This is a very brief description of our bid* which was around offering a visitors' book to patients/carers who are managing long-term/complicated conditions requiring the assistance of a number of our medical and social services. Hopefully this book would help identify the vast amount of responsibility and organisation some carers/patients have to assume and at that point we can see where the voluntary and local services may be able to assist.

CAN YOU HELP?

If anyone is interested in helping with this project, please let us know on mvppg1@gmail.com when we can give you more details and describe the help we need. Time commitment can be anything from one hour per month. It is probably that this will run for about 6 months – maybe more – so over six months you would only be committed to six hours.

PLEASE HELP US.



WE ARE OFTEN ASKED HOW DO WE KNOW WHICH DAYS THE DOCTORS WORK (NOT EVERYONE IS ON LINE). FOR YOUR INFORMATION HERE IS THE CURRENT SCHEDULE:

<u>DOCTOR</u>		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Davis	am	Surgery	Surgery		Surgery	
	pm	Surgery	Surgery		Surgery	
Harris	am	Surgery	Surgery	Surgery	Surgery	Surgery
	pm	Surgery		Surgery		Surgery
Gordon	am	Surgery	Surgery		Surgery	
	pm	Surgery	Surgery		Surgery	
Bhatt	am	Surgery		Surgery		Surgery
	pm	Surgery		Surgery		Surgery
Shah	am	Surgery	Surgery			Surgery
	pm	Surgery	Surgery			Surgery
Moore	am			Surgery	Surgery	
	pm			Surgery	Surgery	
Rauf	am		Surgery	Surgery	Surgery	Surgery
	pm		Surgery	Surgery	Surgery	Surgery
Tanna	am		Surgery	Surgery		Surgery
	pm		Surgery	Surgery		Surgery

We hope this helps.

USEFUL CONTACTS:

This is a list of useful contact numbers & email addresses:

→111:

This number is our Out of Hours service for when you want medical help or advice and the situation is not 'life threatening' – when of course you should dial 999 or attend A&E. For any medical need during our opening hours please phone the surgery.

→HERTS HELP:

If you need help and don't know where to turn, if you have a question or a problem – you can contact **HERTS HELP:**

Telephone number is: 0300 123 4044

Email address is: info@hertshelp.net

Post: HertsHelp, Hertlands House, Primett Road, Stevenage, Herts SC1 3EE

→CARERS IN HERTFORDSHIRE:

Gives support and information to unpaid family & friends who look after someone*.

Contact **CARERS IN HERTFORDSHIRE:**

Telephone number is: 01992 586 969

Email address is: contact@carersinherts.org.uk

Post: The Red House, 119 Fore Street, Hertford, Herts. SG141AY

****IF THIS IS YOU PLEASE LET THE RECEPTIONIST OR YOUR DOCTOR KNOW YOU ARE A CARER BECAUSE IT IS VERY IMPORTANT THAT WE LOOK AFTER YOU TOO.***

→RED CROSS MOBILITY AIDS:

IS NO LONGER AT THE OLD HEALTH CENTRE.

Nearest depot for wheelchairs etc is now at:

Community Way, Croxley Green, Croxley, WD3 3HB.

Telephone: 01923 720 485 – Monday/Friday 10am – 4pm.

→HERTFORDSHIRE FIRE & RESCUE:

Free Home Fire Safety visit – including free fire detectors:

Telephone: 0300 123 4046

→A1 OPTICIANS:

If you need an eye test but can't get out to an optician, A1 Opticians in Hemel Hempstead is providing free eye tests to all elderly and housebound residents in Hertfordshire.

Telephone number is: 0800 023 4964

Email: info@A1optician.co.uk

→HERTFORDSHIRE NEUROLOGICAL SERVICE:

If you have been diagnosed with a neurological problem, you can self-refer into the above service for help with self management or physiotherapy. For more information:

Telephone: 01923 299 100

Address: Hertfordshire Neurological Service, Jacketts Field Rehabilitation Unit, Jacketts Field, Abbots Langley, Hertfordshire. WD5 OPA

Email: www.hertsdirect.org/fire

→HERTS SPECIAL CARE DENTAL SERVICE:

A dentist can visit at home if you are housebound. For a referral form call:

Telephone 01582 714 190

→LUPUS UK (HERTS & BEDS LUPUS GROUP):

If you are interested in attending 3-monthly meetings:

Telephone: 01923 801 107

Email: hazel.wood1@gmail.com

→RESTLESS LEGS SUPPORT GROUP:

This is a National Group – but for information contact:

Email: www.rls-uk.org

→KIDS (West Hub)

Independent support for parents/carers of disabled children with additional needs.

Includes a free toy library. For more information:

Telephone number is: 01923 676 549

Email: hub.herts@kids.org.uk

→HERTFORDSHIRE HEALTH WALKS:

Offers great walks around Hertfordshire – free – with trained walking leaders. All levels of fitness and ability catered for. For more information:

Telephone number is: 01992 588 433

Email: healthwalks.cms@hertfordshire.gov.uk

→WEIGHT MANAGEMENT/FITNESS/LIFESTYLE – MEN ONLY!

Watford Football Club are offering FREE weight/fitness/lifestyle courses for men only. Initially 12 sessions – either referred by your GP or you can contact them personally. Give it a go! For more information:

Telephone number is: 01923 496 391

Email: andrew.garlick@watfordfc.com

Address: Watford Football Club, Vicarage Road, Watford.

→PATIENT TRANSPORT:

- WATFORD COMMUNITY CAR SCHEME:

For the elderly or disabled who have to attend hospital/doctor's appointments.

It costs 45p a mile to cover expenses and they appreciate one week's notice of journey details.

Telephone: 01923 216 955

→BARBARA BUS FUND:

Set up to help people who cannot get out or use public transport because they cannot transfer from a wheelchair. There is a fleet of specially adapted vehicles which can be hired. Based at Stanmore.

For more information:

Telephone: 020 8416 0733

Email: office@barbarabus.com

Address: The Barbara Bus Fund, Louis Fleischmann Building, RNOHT, Brockley Hill, Stanmore, HA7 4LP

→FOOD BANK IN BUSHEY

The Red Trust have opened a food bank in Bushey for people who may be having problems accessing enough food. It is open on a Friday morning 10 – 12noon. Coffee & a chat available at the same time.

Email: www.redtrustbushey.org

Address: Church House, by St James' Church, Bushey High Street, WD23 1BD

→HEARTSTART IN BUSHEY

You never know when you may be called on to save a life. Learn CPR with Danny Phillips.

Training is free, but you can always make a donation.

Telephone: 07944 799 626

Email: dannyphillipsUK@gmail.com