

# TOPCLIFFE SURGERY

## THIRSK AND RIPON AREA GP

NEWSLETTER

SPRING 2021

### THE COVID-19 VACCINE

We are delighted that three COVID-19 vaccinations have now been approved for use. The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus and the doctors at Topcliffe Surgery would like to reassure patients that there is a plan in place to implement the rollout.

The vaccine is being offered in some hospitals and hundreds of local vaccination centres run by GPs. As part of the Primary Care Network plan, staff from Topcliffe Surgery are working with seven other surgeries in the Hambleton area assisting at one location at The Forum in Northallerton so we can vaccinate as many people in the different categories as quickly and as efficiently as possible. In time, when stock is available more widely the vaccine will be offered at other locations.

The Government has given advice on the groups that should be prioritised for the vaccination. These groups are in the following order of priority:

- Residents in a care home for older adults and their carers
- All those 80 years of age and over and **frontline** health and social care workers
- All those 75 years of age and over
- All those 70 years of age and over and clinically extremely vulnerable individuals
- All those 65 years of age and over. All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
- All those 60 years of age and over
- All those 55 years of age and over
- All those 50 years of age and over



The full prioritisation list can be found here:

<https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-30-december-2020>

#### IN THE MEANTIME, PLEASE WAIT TO BE CONTACTED

The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then.

“The NHS will let you know when it’s your turn to have the vaccine,” says the government. “It’s important not to contact the NHS for a vaccination before then.”

As with other routine vaccinations like the annual flu campaign, or children’s pre-school jabs, Topcliffe patients will either be contacted by letter or phone call from the Surgery.

In the meantime, please be aware that the Surgery is under increased pressure whilst staff support the COVID-19 vaccination clinics in Northallerton. They are working additional days including weekends and/or longer shifts to accommodate the work. During this time it may not always be possible to maintain our usual high standard of service for other matters at the Surgery and we ask for your patience at this difficult time.

## NEW YEAR, NEW YOU

At the turn of the year, many of us will start to think about the changes we'd like to make in the coming months. With almost a year of social distancing and restrictions, some of us have got fitter and lost weight. For others, they've lost fitness or gained weight. If that's you and you'd like to do something about it, why not consider the NHS weight loss plan? It's a free 12-week plan, and with over 7 million downloads, you'll be in good company.

Additionally, if you're trying to lose weight, a low-fat diet could help you. Fat is higher in calories than protein or carbohydrate per gram, so changing what you eat can make a big difference over time. If you have Type 2 Diabetes, losing weight can make a huge difference to your overall health.

Restrictions have meant that, for many of us, we haven't exercised how and where we normally would. If you're missing out on the gym, the NHS has a brilliant suite of fitness videos for you to follow at home. From aerobic to strength training, there's something for everyone.



<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

<https://www.diabetes.co.uk/diet/low-fat-diet.html>

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

## TEXT MESSAGING SERVICE



Our new text messaging service is proving to be very popular. The service enables us to provide you with test results and other important information by text to your mobile. This includes being able to let you know when your medication is ready to collect. 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 let us know.



## DRY JANUARY

If you think you might be drinking a bit more alcohol than you should, you might want to consider some of the tips the NHS has to offer to help you cut down. Alcohol can have a negative impact on your health and well-being. For others, just cutting down won't be enough.

You might have decided to cut alcohol out of your life completely. For some people, it's not a lifestyle choice; it's a necessity. 'Drink Aware' has advice about removing alcohol from your life safely. This is particularly important if you're drinking heavily on a regular basis. If you think you might be dependent on alcohol and could use some support, please ask to speak to one of the GPs; we're always here to help support positive changes.

If you think a temporary change in alcohol consumption might be just the ticket as a reset after the festive season, Alcohol Change UK has 'Dry January' lined up for you. With participants reporting benefits such as saving money and improved sleep, there's never been a better time to take a break.



<https://www.nhs.uk/live-well/alcohol-support/tips-on-cutting-down-alcohol/>

<https://www.drinkaware.co.uk/advice...nking/how-to-stop-drinking-alcohol-completely>

<https://alcoholchange.org.uk/get-involved/campaigns/dry-january>

## TOPCLIFFE SURGERY STAFF CHANGES:



As many of you will already know, Dr Parker retired from the Surgery at the end of September last year after 28 years' service. We were unable to mark the occasion as we would have wished due to the Covid restrictions, however, we wanted to share these socially distanced photos which were taken to mark the occasion.

Dr Alison Latin has now been with the Surgery for three months. She has already enjoyed meeting many of our patients and looks forward to getting to know more over the coming months.

In the meantime a new member of staff has joining our Dispensary and we would like to extend a warm welcome to Andrea who joined us in December. We hope she will enjoy working here at Topcliffe Surgery.



## BREW MONDAY (20TH JANUARY)

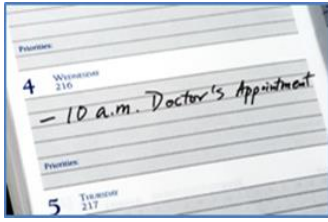
Shorter darker days can have a negative impact on mental health and resilience. For many of us, 2020 was a long, challenging year! Sometimes just hearing a friendly voice is all you need when you're feeling down. Why not reach out to friends and relatives who might be finding things difficult? Even if we can't meet easily for a cuppa, you can arrange to have a virtual cuppa and put the world to rights together. After all, they do say that a problem shared is a problem halved.

Sometimes, you get a little niggles that someone you know isn't on top form, but you can't quite put your finger on what's worrying you. The Samaritans have a little tips leaflet to help and support you in identifying whether someone is finding life challenging, and ways to open up a conversation with them.

<https://www.samaritans.org/support-us/campaign/brew-monday/>  
<https://www.samaritans.org/support-us/campaign/brew-monday/brew-monday-downloadable-resources/>



## DNA (DID NOT ATTEND) APPOINTMENTS



In the 6 months from July 2020 to December 2020, an average of 50.5 booked appointments with the Doctors and nurses were missed per month. This is equivalent to 8.4 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.

## SUGAR AWARENESS WEEK

We know that Christmas is over and done with for another year, and given the restrictions we're all living under, Christmas might have looked a bit different this time. How much sugar did you eat, though? Most of us won't have given that a second thought. Even reasonably modest portions through the day can add up to a bumper sugar rush. If you take a look at this average Christmas Day guide to sugar, produced by Bupa, you might be surprised to see just how much sugar your body has had to deal with during a 24-hour period.

Healthline and the NHS have useful guides to help you cut down on sugar in your diet.



We've talked about the amount of sugar in your diet, but does it matter what type of sugar you eat? Yes, it does! The Harvard Medical School has some handy information to help you make informed choices about sugar.

<https://www.bupa.co.uk/dental/dental-care/news/sugar-on-christmas-day>  
<https://www.healthline.com/health/sugar-detox-symptoms>  
<https://www.nhs.uk/live-well/eat-well/how-to-cut-down-on-sugar-in-your-diet/>  
<https://www.health.harvard.edu/stay...gar-habit-and-help-your-health-in-the-process>

## STOP PRESS – FLU VACCINE FOR PATIENTS AGED 50 –TO 65 YEARS

From 1 December 2020, the NHS flu vaccination has been available for everyone aged 50 and over. We are offering this vaccination at Tocliffe surgery and still have some doses remaining.

### Flu vaccine and coronavirus (COVID-19)

Flu vaccination is important because:

- if you're at higher risk from coronavirus, you're also more at risk of problems from flu
- if you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill
- it'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus

If you've had COVID-19, it's safe to have the flu vaccine. It'll be effective at helping to prevent flu.

If you have not had your flu vaccination yet, please contact reception on (01845) 577297 to make an appointment.

