



PRACTICE NEWSLETTER

WINTER 2022



Dear Patients

Welcome to the winter edition of our Practice Newsletter.

Winter is the time when cold weather can make some health conditions worse, so it is vital to wrap up warm, eat at least one hot meal a day and have hot drinks regularly.

Did you know that you may be able to claim financial and practical help with heating your home? Grants available include the Winter Fuel Payment and the Cold Weather Payment.

Head over to www.gov.uk website for further information.

Please check on your older neighbours and relatives to make sure they are safe and well and have enough stocks of food and medicines, so they do not need to go out during very cold weather. If you are worried about a relative or elderly neighbour, contact Dorset Council or call the Age UK helpline on 0800 678 1602

Partner Update:

In the recent month's there has been some changes to the Partnership of the practice. Dr Suzie Morris has taken the decision to step down and Mrs Annette Young and Miss Emma Winterburn joining the Partnership.

Here is a little bit about them:

Annette Young

Annette is now our Managing Partner and has 16 years' experience in Practice Management and has worked in numerous practices across the south coast.

Annette joined the practice in 2019 as a locum to support the practice. She lives near Winchester in Hampshire with her large family including 3 grandchildren and 2 horses.

Annette is in practice 3 days a week and works remotely for the other 2 days.

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Emma Winterburn

Emma is our Lead Advanced Nurse Practitioner and has also now become a Partner in our Practice.

She is an experienced nurse who has worked in various hospital and community settings prior to coming to work for us in 2018.

Emma lived on Portland as a child and has always loved the Island. She is passionate about improving the health and wellbeing of the community.

She has a particular interest in frailty, cancer care and prevention of disease through lifestyle changes.

Dr Suzie Morris

Dr Morris took the decision to step down from the Partnership in December 2021. However, we are pleased to say that Dr Morris is staying with the practice as a salaried GP.

Deputy Practice Manager

We are also pleased to announce that Emma Smailes is joining the Practice in the role of Deputy Practice Manager to support Annette in the day to day running of the practice. Here is a message from Emma:

I would like to take this opportunity to introduce myself prior to starting in my new post with you at Royal Manor Health Care as Deputy Practice Manager. I have worked in the NHS for 20 years; initially as a receptionist in Occupational Health, working my way up to Business Administration/Admin Team Lead. I was then promoted to Personal Assistant for two Consultants in Physical and Mental Health, during that time also supported Integrated Community Services. For the past 3 years I have worked as an Administration Service Manager for the Children and Young People's Public Health Service supporting Health Visiting and School Nursing.

My past roles have ensured that I have a varied and wide experience, with responsibility for setting up effective and efficient processes and systems, reviewing existing structures and redesigning models of working in line with national and local guidance and strategies across the County.

On a personal level I am married and have a teenage son. My motto is "Live life to the full", I enjoy walking, cycling and travelling. I am a previous resident of Portland so know the island well having lived there with my family for 33 years.

I look forward to working with you all soon, in providing healthcare and services to meet the needs of the local population.

TIME



Time is a factor in life, it is all around us... whether it is going to work, eating, sleeping, drinking, taking the kids to school, walking the dogs, visiting family or shopping we need time – sometimes we have it and other times we don't.

The last couple of years has made everyone feel differently about their time, being apart from their families made some realise just how important time with loved ones was, some felt the freedom, they could work from home instead of commuting, personal space, generous and selfless and financially ok - whereas with others they felt their family became claustrophobic, unloved, pressured, isolated, fearful, selfish, abandoned and financially not ok.

Time to ask myself – how do I feel and how is my mental health today – I question what does it look like? Is it real, have I got it, can I touch it? Who is that person over there and do they have it? Listen to me... I obviously have too much time on my hands because my mind is wandering, and I am thinking too much.

Mental health is real and yes that person may have it - mental health can affect anyone of us at any stage of our life whether we are a young child, a teenager, adult, or an elderly person. Could my 89 year-old Nan really have mental health problems – well the answer is absolutely yes!

Mental health is not only our emotions, psychological but our social well-being too. All these factors affect how we think, feel and act... they also determine how we handle life on a whole, how we handle stress or how we make choices – the last couple of years have certainly thrown a few curve balls at us that's for sure and how we have handled things and the choices we have made have affected us or those around us.

Mental fitness is important and shouldn't be neglected. Make time to include mental dexterity exercises into your daily routine - this can help you reap the benefits of a sharper mind and a healthier body for years to come. Make time for your mental health and ask yourself. What can I do to help me?

Walking, can I walk to school, walk to work, walk the dogs an extra 20 minutes, walk to the next bus stop – the benefits of walking is overwhelming. **Swimming**, just 10 minutes a day can boost your mental health. **Yoga** is an instrument to your mental health – it connects your mind and body – brings you in tune with yourself. Boxing, cycling, running to name a few. But my most favorite exercise of all is **talking**, find that one friend that you can talk to, that one person who will listen and then listen some more.

So now that 2022 is upon us what are you going to do today? Whatever it is make sure you find time for yourself and remember if its for 2 minutes, 2 hours, 2 days or 2 months its okay not to be okay.



LiveWellDorset

Let 2022 be the year when you make **#YourMove**. We know that getting our body moving and blood pumping can do wonders for our wellbeing, yet many of us don't complete the recommended 30 minutes per day, 5 days per week target.

Did you know that if you are an adult living in Dorset you can access FREE support and 1-2-1 coaching to help you make healthy lifestyle changes, funded by your local council?

Instead of struggling alone, you could be talking to an advisor or coach from LiveWell Dorset who will help you make a plan – and encourage you to stick to it!

Learn more and sign up  www.livewelldorset.co.uk/articles/make-your-move

RMHC are here to support you to live a healthy Lifestyle.

Resources are freely available on our RMHC surgery website with links for further advice or support on.

- Weight Loss
- Stop Smoke
- Alcohol
- Exercise
- Mental health wellbeing

If you would like further information please click

Useful Links

<https://www.nhs.uk/nhs-app/> - check record, test results, order prescription, change pharmacy, do e-consults etc very easy to use, can see when meds where last issued etc .

<https://www.royalmanorhealthcentre.nhs.uk/> - our website, very informative, lots of self help and review/ assessment clinics.

<https://sh24.org.uk/> - Sexual health, 24 hours a day. Free, discreet, confidential

Dr Hill's random trivia

Happy New Year to everyone!

2022 has been designated by the United Nations amongst other things, as the International Year of Fisheries and Aquaculture, International Year of Sustainable Mountain Development, and the International Year of Glass. Perhaps we should all take up keeping fish in a lovely (glass) aquarium, halfway up a mountain side.

There are some notable anniversaries in 2022. This month marks 100 years since insulin was first used to treat Diabetes. In November it will also be 100 years since the tomb of Tutankhamun was discovered in the Valley of the Kings. 75 years ago in October a human first flew faster than the speed of sound (in an aeroplane obviously). 200 years ago in September, the Rosetta Stone was deciphered (only took 23 years) and 225 years ago in March, the Bank of England issued its first 1 pound bank note.

On the 22nd of February it will be 22/02/2022 which is a nice palindrome for the UK but not so for America who annoyingly put the month first.

That's enough useful/useless information for one day. Again, wishing you all a healthy and prosperous year (and thus won't be needing to see you in the surgery!



Royal Manor Health Care Patient Participation Group (PPG)

As we enter 2022, we are looking for a selection of people who have a love for their community to join our current members of the PPG. The PPG work with us to provide a gateway between the Surgery and the people of Portland. If this is something you may be interested in and would like more details, please email Lindsay at - lindsay.wilding@dorsetgp.nhs.uk

BOOTS PHARMACY

This is a polite reminder that it is a one week turn around for regular repeat medication. This is including the 72 hours it takes for the surgery to receive the order, issue the prescription and obtain signature from a clinician. The pharmacy then require time to order, prepare and label the items ready for collection on day 7.

MEDICATION REVIEWS

It is the patients responsibility to book a medication review when required. All annual medication reviews have been moved to Birthday month to try and help patients remember . If you delay your medication reviews this can cause a problem when it comes to ordering your medication.



ROYAL MANOR HEALTH
CARE

From Monday 31st January... all patients with covid vaccination booking requests and queries will be directed to the National Booking Service –Please call 119 or go online via-

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

If you are housebound or a care home patient, please contact us and we will pass your details to the relevant team.

Please note this vaccine is FREE! You will never be asked to pay for it.

Visit the Two harbours health care website for more information.

<http://twoharbourshealthcare.co.uk/>

Steps to Wellbeing is an NHS IAPT Mental Health Service for adults living in Dorset and Southampton. It provides a range of low and high intensity treatments for common mental health issues such as depression, anxiety, stress and PTSD. The service also offers support for people living with Long Term Health Conditions.

Patients can refer themselves to the service via their website at www.steps2wellbeing.co.uk.

We would like to remind patients that it is really important you attend recalls and reviews such as medication reviews, COPD, Asthma and smears. If you have an invitation for any of these it means you are overdue.

TIP

Pop in in your calender or diary to book your medication review the months before your birthday, This will help you remember and will ensure you are always up to date with your medication monitoring.