



# PRACTICE NEWS

Welcome to the Spring edition of Desford Medical Centre's Newsletter, produced in conjunction with FODS. Desford Medical Centre is rated as one of the top practices in the UK for patient satisfaction. Our aim is to keep it there. The primary aim of the newsletter is to provide patients with up-to-date news and information about the Medical Centre, as well as useful medical and health advice. Please take a copy home.

## FODS (Friends of Desford Surgery)

ECG trials are coming to an end at all surgeries. At the end of March funding will be withdrawn from surgeries to fix 72 hour heart monitoring machines to patients. It is not known if this funding will continue.

The Clinical Commissioning Group reported that over the past 12 months around 3,000 people have given up smoking in Leicestershire and the number of smokers in the county remains lower than the national average.

The Red Cross held another First Aid Course in Desford in January and again everyone who attended gave very positive feedback. Unfortunately, the Red Cross does not have any more funding for this area as it is going to the city.

For the Christmas Tree Festival we decorated a tree depicting the reign of Louis XIV. If anyone would like to help next year, please let me know.

Now have you bought your tickets from the Medical Centre for our Spring Supper on Saturday 25th March 2017? If not, don't miss what we hope will be a very enjoyable evening.



If you are interested in coming to one of our committee meetings to find out what we do, our next meeting is on



Sue Hutty at  
srhutty@gmail.com

Wednesday  
5th April  
2017—at  
6.30pm  
in the Med-  
ical Centre.

## Practice News from Anju Maini



### Staffing News:

Our Healthcare assistant Kathryn Fryer officially retired on the 31st of December. Kathryn has been with the Practice since 2014, and she will be missed by patients and staff. A big thanks to her, and we wish her well for the future.

### Respiratory Nurse Intervention Service:

West Leicestershire CCG has commissioned Specialist Respiratory Nurses to review Asthma and COPD Patients within the Surgery. The aim of this service is to improve disease control and in the long term improve a patient's quality of life. Eligible patients will be invited to attend a specialist clinic over the next 2 months.

### Prescription Requests:

Please could we remind patients who telephone the Surgery to request repeat medicines, would you ring after 11.00am each day. This will ensure that lines are kept free for appointments and other urgent queries.

You can also order your repeat medication online (ask at reception), via the pharmacy, or you can drop in your ticked medication request at Reception. Please only order what you need.

### Desford Medical Centre

54 Main Street Desford, LE9 9GR

Tel. 01455 828947

<http://www.desfordmedicalcentre.co.uk/>

### Desford Pharmacy

1b High Street Desford, LE9 9JF

Tel. 01455 823548

## Spring Health Focus: Osteoarthritis

This is the most common type of arthritis, affecting 8.5 million people in the U.K. It develops gradually over time, causing joints to become stiff and painful. It can affect any joint but commonly affects the hands, knees, hips, feet and spine.

Osteoarthritis usually develops in people who are over 50 years, and is more common in women than in men. It is commonly thought that it is an inevitable part of getting older, but this is not true. Younger people can also be affected; it can be as a result of injury or another joint condition. Your GP will ask about your symptoms, medical and family history and whether you have had any past injuries from sport or work. There is no single test and an examination is often all that's needed to diagnose the condition.

There is no cure but there are treatments available, and there's lots that you can do yourself to help ease your symptoms.



## Correspondence from last newsletter

Type 1 diabetes:

I am a parent of a child with type 1 diabetes. It's an autoimmune disease, which has no cure. My daughter was diagnosed just over 3 years ago and wears an insulin pump all the time, day and night. When she was diagnosed I felt really isolated and didn't know anyone else with type 1. I was introduced to another parent through our hairdresser and we have supported each other ever since. We thought it would be a good idea to invite other parents along to coffee mornings. So with the hospital's support, we run monthly get togethers and occasional picnics to share our experiences. We have a closed Facebook group called Type 1 diabetes-parent-support group, Hinckley and welcome anyone in the same situation. I can be contacted via my email: rachaelcummings@aol.com

Rachael Cummings

Pre diabetes group sessions at Desford:

The NHS has initiated a diabetes prevention programme called Healthier You for those people who are at risk of developing Type 2 diabetes. Desford Medical Centre has identified patients on their lists who fall within this category. It has involved four weekly two hour sessions before Christmas, meeting at the Church Centre; followed by monthly sessions in the New Year until next June. The sessions are led by Amy Gouldstone and consider topics like healthy eating, weight control and exercise. Amy is an excellent facilitator, getting us to think carefully about our health and fitness. She is challenging in a supportive and friendly way and of course those weighing scales stimulate you to keep up to the mark. I would recommend this to anyone who is offered this opportunity. (A course member)

## January First Aid Course

At a recent first aid course held at the Church Rooms run by the Red Cross around 30 people enjoyed a very interactive session dealing with "Slips, Trips and Falls" as well as resuscitation. We analysed the key actions that needed to be taken in different situations

E.g.

Helping someone who has broken a bone

1. Keep the injury still and supported
2. Call 999



Helping someone who has a strain or sprain

1. Apply an ice pack to the injury (a pack of frozen peas would easily do).
2. Get the person to rest and if necessary ring 111 for further advice



## Did you know?

The British Red Cross has 2 free apps that you can download onto your smart phone. One is First Aid and the second is a Child First aid.

These essential apps include:

- simple step-by-step advice
- useful videos
- animations
- self-test section

To download go to:  
[Redcross.org.uk/app](http://Redcross.org.uk/app)



The NHS 111 service is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

## STOP PRESS

There are changes to prescriptions if you are gluten intolerant. Some products can no longer be included in your request - ask about this at the surgery.

Other changes include such items as paracetamol for some patients, now no longer available on prescription.

SPRING SUPPER: Saturday 25th March  
£12.50 for a two course meal with wine/soft drink