

NEWSLETTER

SPRING 2025

SPRING 25 COVID VACCINATIONS

Planning for Spring 25 boosters is underway.

This year's cohort will be as follows:

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 6 months and over who are immunosuppressed

The campaign will run from 1st April 2025 to 17th June 2025.

This is a smaller cohort than previous campaigns and the plan is for us to give the boosters as early as possible within this time frame to avoid too much disruption to the Practice.

WHAT IS CPR?

CPR is an emergency lifesaving procedure, performed when the heart stops beating. Each year over 30,000 people have an out-of-hospital cardiac arrest in the UK, with less than one in ten surviving - giving CPR and using a defibrillator can more than double someone's chance of survival.

How to do CPR on an adult in 5 steps

1. Check for a response. Firmly shake the person's shoulders and loudly ask if they're okay.
2. Call 999. If the person is unconscious and not breathing, or not breathing normally, start CPR.
3. If there is someone with you, ask them to find a defibrillator.
4. Start chest compressions. With the heel of your hand in the centre of their chest, press down smoothly and firmly at a rate of 2 per second. Try pushing to the beat of Stayin' Alive by the Bee Gees.
5. Use a defibrillator as soon as you can. Follow its instructions carefully while you continue to give CPR.

What is RevivR?

RevivR is a free, interactive, online CPR training course. In just 15 minutes, you can learn how to save a life and receive your very own CPR certificate. It couldn't be simpler – you just need your mobile phone or tablet and a cushion to practise on.

For details go to

www.bhf.org.uk



JOIN THE SIX IN 10 PEOPLE USING THE NHS APP



Local people are being encouraged to join the thousands of other people in Bristol, North Somerset and South Gloucestershire using the NHS App to manage their health from their smartphone or tablet.

The NHS App is a simple and secure way for people to access a wide range of NHS services on their smartphone or tablet – including ordering repeat prescriptions, checking health records and receiving messages and updates from their GP. Read more on the [Healthier Together website](#).

If you are concerned about how to go about using the App, why not come to one of the drop-in sessions to be held at the surgery? The first ones will be on March 26th and April 9th. Watch out for a text or look at the practice website for details of further dates and how to sign up.

DID YOU KNOW THAT WE ARE A PARK RUN PRACTICE?

We are also ambassadors for the charity 5k Your Way – Move Against Cancer. Anyone impacted by cancer is welcome to join our group which meets once a month to walk, run, cheer or volunteer and connect with other people impacted in a similar way. For further information email jacqui.bath@nhs.net

SPRING SUNSHINE: BALANCING VITAMIN D AND SUN PROTECTION



As we move towards Spring, longer days mean more sunshine but not quite enough yet to fully rely on it for Vitamin D. This vitamin is essential for bone health, immunity, and overall well-being, and during the darker months, many people benefit from supplements to keep their levels up. However, as the sun gets stronger, it is just as important to protect your skin. Using sunblock or a daily moisturiser with SPF helps prevent sun damage while still allowing you to enjoy the outdoors safely. So, as the seasons shift, find the right balance, get outside, consider if you still need a Vitamin D boost, and remember to protect your skin as the sun returns!



WHAT IS THE INTEGRATED CARE BOARD (ICB) FOR BRISTOL, NORTH SOMERSET AND SOUTH GLOUCESTERSHIRE (BNSSG) AND WHY DOES IT MATTER?

The ICB is responsible for the day to day running of the NHS across BNSSG. It helps plan and fund local health and care services like hospital and specialist care, GP visits, mental health support, and social care services. By bringing the NHS and councils together, it works to improve care, reduce waiting times, and make the best use of funding. Understanding what the ICB does helps you stay informed and have a voice in shaping your local services. Want to know more?

Visit: <https://bnssg.icb.nhs.uk/>

PATIENT PARTICIPATION GROUP (PPG)

Don't forget that we are here to provide you with the opportunity to express your views about the services provided by the Practice and to give feedback to the Practice. Your ideas and suggestions are very important and if you pass them to us, we will pass them to the Practice and, if appropriate, try to help in making improvements.

(Please note that we cannot get involved in individual complaints about your treatment, there is a different mechanism for that).

Contact us through the suggestion box in the waiting room or email us at

bnssg.patientparticipationgroup@nhs.net

HEALTHIER WITH NATURE

Healthier with Nature is the Green Social Prescribing Programme for Bristol, North Somerset and South Gloucestershire.

It is funded by several national partners, including the Department of Health and Social Care, the Department for Environment, Food and Rural Affairs, Natural England, NHS England and NHS Improvement, Public Health England, Ministry of Housing, Communities and Local Government,



National Academy for Social Prescribing and Sport England.

The aims of the programme:

1. To empower more people, in particular those experiencing health inequalities, to connect with nature, in order to improve their physical and mental health.
2. To embed nature based practice in the health and social care sectors.

To find out more go to

www.bnssghealthiertogether.org.uk

PRACTICE UPDATE

We will shortly be saying farewell to Dr Louise Crilly and Dr Jen Mason who will be leaving us to embark on new adventures. As two depart, we have two new GPs joining us. Dr Sita Condry arrived on 12th February and Dr Seb Helliard will join us on 2nd April. We wish Louise and Jen well in their new endeavours and look forward to welcoming Sita and Seb to the team.

We are still advertising for Practice Nurses. If anyone is interested or knows anyone that may be interested, please ask them to drop an email to Jacqui Bath at jacqui.bath@nhs.net

Some of our staff have recently been trained as Dementia Lead Receptionists. Their goal is to improve access and communication for patients and carers affected by dementia. Please do ask to speak to them if you wish to discuss any matters concerning this.

We continue to have a demand for our services which exceeds what we can supply each day. Please continue to try self-help measures or your local pharmacist first before contacting us. Your help with ensuring that those patients with more urgent clinical needs can be seen is always appreciated.

Kind regards

The Frome Valley Team