



BARGOOSE

Dr Avanti Sulakshana and Partners

Newsletter No 54 - Spring 2022



Tibbs Dementia Foundation
 Helping people to live better with dementia
 01234 210993
contact@tibbsdementia.co.uk

Our Charity
 We are a local charity dedicated to supporting people to live better with dementia. We provide a complete range of quality, accessible, relevant services, activities & opportunities for people living with all stages of dementia (or mild cognitive impairment) living in the community and their family carers & supporters. We know that it is possible to have a better experience with dementia. Our specialised services & skilled, experienced team help people make their voices heard and find new ways to lead full & active lives. We aim to reduce feelings of isolation, help people to stay living in the local community longer, improve peoples' overall quality of life and create a genuinely dementia-friendly community.

Tibbs Dementia Foundation takes its name from Margaret-Anne Tibbs who is known locally and nationally for her work in the field of dementia for over 35 years. They have recently been awarded the contract to deliver services and activities in Central Bedfordshire for people and families affected by dementia. (Continued on page 2)

The Surgery
 Hexton Road
 Barton-Le-Clay
 MK45 4TA
 T: 01582 528 700



www.bartongroupsurgeries.co.uk

Health Centre
 Gooseberry Hill
 Luton
 LU3 2LB
 T: 01582 528 721




TIBBS DEMENTIA FOUNDATION - Central Beds timetable

Tel: 01234 210993 / 07483 951737 Email: contact@tibbsdementia.co.uk Website: www.tibbsdementia.co.uk

Registered Charity No. 1166596 Office: 5 Lansdowne Road, Bedford MK40 2BY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Leighton Buzzard CST and carers self support group Weekly 11am - 12pm St George's Court St George's Close Leighton Buzzard	Amphill Music 4 Memory Weekly 11.30am - 1pm Parkside Community Centre Amphill				Big Sing 11am - 12.30pm Weekly ZOOM 
Fitwick CST and carers Encompass group Fortnightly 2pm - 3.30pm Baycroft 101 Amptill Road, Fitwick	Barton CS Actvitea and carers Encompass group Fortnightly 2pm - 3.30pm St Nicholas Church, Church Road, Barton Le Clay	Dunstable Activity group Fortnightly 2pm - 3pm St Augustine's Church Oakwood Avenue Dunstable			
	Stotfold Music 4 Memory Weekly 2.15pm - 3.45pm The Salvation Army Hall 10 Church Road, Stotfold	Potton Music 4 Memory Weekly 2pm - 3.45pm The Pavilion, Mill Lane, Potton			

Please note: The notice board in the Surgery is updated as we receive more notifications from TIBBS DEMENTIA FOUNDATION

They are continuing to run the Cognitive Stimulation Activity group and carers group formerly delivered by Alzheimer's Society and Carers in Beds and this takes place fortnightly on a Tuesday afternoon at St Nicholas Church. The groups support people with dementia through a range of cognitively stimulating activities led by a team of experienced volunteers. The carers group is an opportunity for those with caring responsibilities to come together to share experience, exchange ideas, develop understanding and gather information. They are also running a Music 4 Memory group in Ampthill at Parkside Community Hall every Tuesday morning from 11.30am- 1pm. This is a community music group, led by a music therapist to help people affected by dementia and their family carer find new ways of expression through music, dance, song and poetry. The sessions are very relaxed, fun and welcoming and an opportunity to meet new people and build new networks. For all our groups they do ask for a small donation per participant to help cover costs, if affordable, but we can always waive this necessary. People can self refer and don't need to have a formal diagnosis, but cognitive impairment and/or memory changes.

If anyone is interested, they should email Tibbs on: contact@tibbsdementia.co.uk or call on 01234 210993.



[Path to Recovery \(P2R\) Central Bedfordshire - East London ...](https://www.elft.nhs.uk/services/path-recovery-p2r-...)

[https://www.elft.nhs.uk > services > path-recovery-p2r-...](https://www.elft.nhs.uk/services/path-recovery-p2r-...)

Path 2 Recovery is a free, confidential NHS service to help you to make the changes to your drug or alcohol use that you want to make.

P2R is a one-stop service that provides drug and alcohol advice, treatment and support to adults whose lives are affected, support can include the whole family. We provide an integrated service with a range of expertise available in one place.

We will not judge you. We will treat you with respect. We will support you to make the life changes that you want to make.

Address: 67 High Street North, Dunstable, Bedfordshire LU6

Opening hours: Monday - Friday 09:00 - 17:00

Email address: elt-tr.p2rdunstable@nhs.net

Telephone number: 0333 332 4019



Inhalers cannot be recycled from home and you shouldn't throw them in the bin either. All used inhalers should be returned to your nearest pharmacy for them to dispose of safely. Inhalers are thermally treated to destroy the greenhouse gases.

This environmentally safe disposal route is available at all pharmacies and is paid for by NHS England. Unfortunately, we do not have the facility to accept returned used inhalers at the surgery.

Heatwave



Tips for coping in hot weather

- look out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying health conditions and those who live alone are particularly at risk
- close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- if going outdoors, use cool spaces considerately, keep your distance in line with social distancing guidelines
- drink plenty of fluids and avoid excess alcohol
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- try to keep out of the sun between 11am to 3pm
- walk in the shade, apply sunscreen regularly and wear a wide brimmed hat, if you have to go out in the heat
- avoid exercising in the hottest parts of the day
- make sure you take water with you if you are travelling

if you are going into open water to cool down, take care and follow local safety advice

Online Ordering of Medication



Did you know you can order your medication using the SystemOne login that you already have for booking appointments.

This system allows you to see your repeat medication on the same system that the Doctor uses. All you need to do is tick the items you want to order when they are due. No need to write or type out lists of medications.

If the item you want isn't on the screen, you can still put in a request using this system or add any additional notes you may wish your GP to see.

If you have a login but are unsure how to use the system for ordering medication, speak to Dispensary or Reception.

If you don't have a login yet, and would like one, please speak to Reception and they can set up a password for you.

The benefit of ordering on line is that YOU the patient are in control and there is less room for error.



Please remember that we need a minimum of 2 working days for any prescription requests to be pro-



Phone conversations a problem?

Relay UK is the answer.

realyuk.bt.com

Relay UK brings relay services for deaf, hard-of-hearing, and speech-impaired people right up to date with the latest app technology. You don't need any special kit – just download the app from the App Store, Google Play or the Microsoft Store onto your smartphone, tablet, or computer

Easy-to-use relay service

Relay UK helps deaf, speech-impaired, and hearing people talk to each other over the phone using the relay service.

Just download a simple app

You can use the Relay UK app with your mobile, tablet or PC. Or just use Relay UK via your Minicom or Uniphone.

You're ready to go

All you pay are your normal call charges. You pay nothing to use the service itself. Conversations are easy to manage and relaxed. For fluent communication with anyone, anywhere, use Relay UK.

Relay UK app

Download the Relay UK app to enjoy fast, natural conversations with anyone you want to talk to.

Choose your device

By simply downloading the app and linking it to your phone number, you can use the relay service on your smartphone, tablet or PC.

Textphone

You can still make calls with your textphone, same as you've ever done. So there's no need to worry about changing it.

Connect

Relay UK helps you communicate in English over the phone: hearing, deaf, or speech impaired.

Relay Assistant

Use the confidential relay service and a Relay Assistant will speak, or type what you're saying to the other person.

Type direct

You can type directly to the other person if they're also using the app or a textphone, so there's no need for the Relay Assistant.

Now it's your chance to help yourself and others to get healthier



We are looking to recruit Volunteer Health Walk Leaders to lead short health walks in and around Barton-le-Clay

**If you are interested contact: Mike Fayers
Wellbeing Walks Bedford**

Tel: 01234 832619 : Email: mikef@bedsrcc.org.uk

Silsoe Walking Group

Meets every Monday at 10:00 between number 34 and 36 Ampthill Road (opposite 13 and 15 Ampthill Road)

All welcome regardless how fast or slow you walk.

Walking to Wellbeing

If you like the thought of making new friends while getting fresh air and exercise, then you may like to know that we are looking to relaunch the short walks in and around Barton-le-Clay.

'Wellbeing Walks' are aimed at those people who might not be able to walk long distances or at speed, so if you haven't walked much recently these might just be ideal for you. They are also a social occasion, often finishing at a local 'watering hole' for a cuppa and a chat.

Walking is one of the safest forms of exercise for people of all ages. It's a simple and effective way to become fitter and healthier, and helps with weight control and balance, while strengthening your bones and reducing your chances of heart disease – and if this isn't enough it also reduces stress and anxiety and helps you sleep better.

The walks are free and led by trained leaders, and most routes are between 60 and 90 minutes. All walks have back-markers, who encourage people to walk at their own pace, safe in the knowledge that they won't get left behind!

If you would like more information – and especially if you would like to be trained as a walk leader – please get in touch with Mike Fayers on 01234 832619 or at mikef@bedsrcc.org.uk

Managing your medicines

Certain medicines can affect your balance. Let your GP know if you ever feel unsteady after taking medication you may need to change the dose or look at alternatives. If you take several medicines, your GP should review them regularly in case you no longer need them or the dose needs to be changed.

Osteoporosis

Osteoporosis is a condition which causes bones to become fragile and break more easily. Vitamin D is needed, and sunshine is the major source for most people. Extra vitamin D is recommended for certain groups of the population, including people aged 65 and over. If you think you could be at risk of not getting enough vitamin D, particularly if you are housebound or cover your skin for cultural reasons, raise this with your doctor. Always speak to

Help from the Surgery

You must tell your GP if you've had a fall or start feeling unsteady, even if you feel fine otherwise. There could be many reasons for this and, equally, many different ways to help you feel confident again.

The main article is by Miriam Coffie, with additions by the Ambulance Service Trust and Carers in Bedfordshire.

Doctors in the Practice

Dr Avanti Sulakshana Senior Partner : Dr Chandra Gurram Partner
Dr Kate Randall Partner : Dr Anu Narayanan Partner
Dr Saleh Ahmed Partner : Dr Aamenah Hawash Partner
Dr Valerie Adaba Salaried GP : Dr Sayj Registrar : Dr Vijn Registrar

We also have a Nursing Team, Dispensary, Admin Team, and Reception Team, in all we are a total of 47.

In addition, we belong to Hillton PCN which is made up of three practices ourselves, Houghton Close Surgery Ampthill, and Greensands Surgery Ampthill. To find out more about PCN's go to <https://www.england.nhs.uk/> and type Primary Care Networks into the search bar.

As a PCN we employ staff and we share 2 Paramedics, 2 Physiotherapists and 2 Clinical Pharmacists. The PCN also employ a Care-coordinator and a Social Prescriber.

Ask your Doctor a question

If you visit the Practice web-site www.bartongroupsurgeries.co.uk you will find loads of helpful advice reference ordering Medicines, making an appointment etc. A very useful tool is a section where you can 'ask a Doctor a question'. By entering your details you will be able to send your GP an email in which you can ask for advice, information relevant to yourself or for someone you are a registered carer for.

You will always receive a reply from the Practice and they endeavour to do this within 3 working days.

Would you like a PDF copy of the Bargoose Newsletter e-mailed to you?

There are different topics covered each issue with up to date information. Would be particularly useful for Carers etc. Also there are many changes happening re NHS England and as things develop this will get extensive coverage in the Bargoose.

To receive a copy please apply by email to: barton.letters@nhs.net

Diet and diverticular disease

Information for patients
Sheffield Dietetics



PROUD TO MAKE A DIFFERENCE
SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Diverticular disease and diverticulitis are related digestive conditions that affect the large bowel.

As we get older the chance of developing the above increases. If you are diagnosed with any form of the above then you will need help and guidance from your GP.

You will be made aware of the type you have, the GP will explain this to you.

You may be advised to change to either a high or low Fibre diet, the GP will explain why and give you advice re diet.

Also you can get a copy of the booklet shown here. Go to the website of the Sheffield Teaching Hospitals and you can download the 16page booklet.

It has lots of advice about the amount of fibre in every day foods so you can choose to eat what is applicable to what the GP has advised you to do.

CALL US ON 01234 210993
OR EMAIL ALISON.SHAW@TIBBSDEMENTIA.CO.UK

Tibbs Dementia Foundation

MUSIC 4 MEMORY

DO YOU KNOW SOMEONE LIVING WITH OR CARING FOR A PERSON WITH DEMENTIA OR MEMORY LOSS?
LED BY A QUALIFIED MUSIC THERAPIST, WE RUN A FUN, WEEKLY MUSIC GROUP

MUSIC CAN HELP AT ANY STAGE
SO JOIN US FOR SOME WELL-KNOWN MUSIC MAKING AND SINGING!

TUESDAY 11.30-1PM
Parkside Community Hall, Ampthill MK452HX

FIRST SESSION IS FREE, NO EXPERIENCE IS NECESSARY AND THERE'S NO NEED TO BOOK!

COST: £5 PER PERSON (SUGGESTED DONATION)

Tibbs Dementia Foundation is proud to be awarded The Queen's Award for Voluntary Service

"A caring, vibrant community built by dedicated volunteers and staff supporting people in their work with dementia"

Parkside Community Hall
Woburn Street
Ampthill
MK45 2HX

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Carers

the magazine for carers

- International Women's Day
- Black Carers Forum
- Alleviating Stress
- Physical Health
- Technology Can Help

Carers in bedfordshire

If you do not receive a copy contact them:-

Tel: 0300 111 1919

Contact @carersinbeds.org.uk

www.carersinbeds.org.uk