



BARGOOSE

Dr Simon P Hughes and Partners

Newsletter No 54 - Summer 2019



The Patient Participation Group would like to invite patients of the Practice to a

HEALTH EVENING

Come and meet our own doctors, practice staff, and a visiting speaker, whose topic will be a problem that is increasingly impinging on Family Life

Dementia in the family? Recognition and Actions

This will be followed by our doctors who will be answering questions put forward by patients

Please put these questions in the suggestion box.

THURSDAY 26 SEPTEMBER

The Surgery
Hexton Road
Barton-Le-Clay
MK45 4TA



www.bartongroupsurgeries.co.uk

Health Centre
Gooseberry Hill
Luton
LU3 2LB



Lorraine Kelly is praised for showing breast on TV to raise awareness for cancer: ‘This is something all women should know’

Women are advised to start checking their breasts in their 20s. A lump definitely isn’t the only thing to watch out for, but if you don’t know what else you need to be aware of, here’s a very simple guide:

Change in breast size or shape - Boobs are wonderful things that come in all shapes and sizes. But if yours starts to change outside your menstrual window or pregnancy, then it might be a warning sign. Keep checking them so you know what they look like regularly and are able to chart any changes.

An inverted nipple - Some people are born with inverted nipples...but if yours suddenly starts to go inwards or changes shape in any way, it might be worth having it checked.

Redness, rashes or skin sores - We all get rashes from time to time but if you develop one anywhere on the boob or around the nipple that won’t go away, visit your GP.

Nipple discharge - If liquid comes out of your nipple without squeezing it, get it checked.

Indentation - A dent of any size isn’t normal.

Swelling under the armpit or collarbone - Often you can get swelling under the armpit around your period but if it doesn’t go away when your period does, get it checked.

Change in skin texture - If the skin around your nipples become dimply or start to resemble orange peel, get it checked out.

Constant pain - Boobs can feel sore but they shouldn’t ache all the time.

A growing vein - Normally, you can’t see veins on your breasts so if one does become ap-

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.

sary or Reception.

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

Summer 2019 | carersinbeds.org.uk

Carers

CARERS IN BEDFORDSHIRE
A charity run for carers by carers
Registered Charity No. 1135507

IT'S CARERS WEEK!

- GETTING CARERS CONNECTED
- 'SANDWICH' CARERS
- HAVE YOUR SAY

Find us @CarersInBeds

The current issue of the magazine is well worth a read and includes articles on Carer wellbeing at Carers in Bedfordshire. This covers their Counselling Service and Relaxation Therapy and many other topics.

Well worth a read.

If you do not receive a copy contact them:-

Tel: 0300 111 1919

Contact @carersinbeds.org.uk

Are you a Carer for somebody elderly, disabled or with Dementia?

An easy way to find out about aids that may help is to visit the web site Easylinkuk.co.uk. Amongst other things it gives guidance on:-

- ⇒ [Daily Living Aids](#)
- ⇒ [Dementia Care](#)
- ⇒ [Epilepsy](#)
- ⇒ [Falls](#)
- ⇒ [Hearing Loss](#)
- ⇒ [Help Call](#)
- ⇒ [Wandering](#)

Something I came across was a door, window security device. It measures 50mm x 60mm, very light and you fix it with just double sided tape. Then pair it to your mobile phone and you can have it active or not. In active mode if the door or window is opened it sends an alarm to your mobile.

If the person you are caring for is likely to wander it gives you added security as you know that if you are in the garden etc and the door is opened you will know immediately and can take necessary action. They are battery powered. Ed



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



Giving blood is something that comes with a lot of rules.

But there are also a lot of myths and half-truths that people believe.

The number of men giving blood has dropped by 24.8% over the past five years, and the number of women giving blood has dropped by 6%, according to NHS Blood and Transplant (NHSBT).

They're asking for more donors - and the chances are you're eligible.

So what actually are the rules around giving blood?

There's no ban on veggies giving blood

Myths around blood donation are something NHSBT is used to dealing with - and a few years ago a survey was commissioned to find out what misconceptions people had.

It found that 3% of the more than 2,000 adults they asked thought being vegetarian could stop people from donating.

The concern comes down to iron - a key component in blood - and a worry that vegetarian diets contain less of it.

If your blood is low in iron, you won't be allowed to donate for your own safety.

But as long as you follow a well-balanced diet you should get enough iron in your body.

If you've got tattoos and piercings, you're not automatically banned

You can still give blood if you get a tattoo or a piercing, contrary to what 20% of people surveyed by NHSBT believed.

There is a rule though: you have to wait four months from the date of your tattoo or piercing before donating.

And if you give blood between four months to a year after having a tattoo or piercing, staff at the donation centre might have a few extra safety checks to do.

Don't worry, there isn't a limited amount of blood in your body

The average adult has around 10 pints of blood in their body.

Making a donation uses about one pint, and your body works quickly to replace all the fluids and cells that have been lost. The blood you've donated is usually replenished within 24 hours.

Your body is incredible, it can make around 2m new red blood cells every second, according to NHSBT.

If you've been sick, you might need to wait a while

You should be completely recovered from any infection for at least 14 days before giving blood, and if you've taken antibiotics you'll have to wait seven days after finishing your medication before donating.

If you're on specific medical treatment, check with [your local blood donation centre](#) to see if you're eligible to give blood.

Disruption at the L&D – updated 16th July



During this period of disruption within the L&D site we appreciate car parking has become extremely difficult. We strongly encourage patients and visitors to use alternative transport (bus, walking or getting dropped off) and leave additional time if you need to park your car on site.

We advise leaving an additional 30 minutes to ensure you are not rushing to your appointment.

Please be advised – pedestrian access to the hospital is currently via the Main Entrance ONLY.

Work in St Mary's car park

Since 29th April – the existing entrance to St Mary's car park will be closed and the temporary entrance will be used instead. This temporary entrance is located next to the existing car park exit and can be accessed from Dunstable Road.

This work is required to support the creation of the two new operating theatres.

We will advise when the existing entrance will be



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

APPOINTMENT ROTA

The appointment rota is agreed at a meeting on the first Thursday of the preceding month. It is then manually loaded on the following Tuesday.

The earliest routine appointments will therefore be available for booking from late afternoon on that Tuesday

LEARN CPR

You Can Do It

Remainder of 2019 Dates

**CALLING ALL PARENTS,
FAMILIES and CARERS**

**Do you know what to do if your
baby or child collapsed?
Or Choked?**



Bedford Hospital NHS Trust Resuscitation Department are offering training for parents/families/carers on the dates shown below, no need to book, just turn up and learn!

Training will take place in the Resuscitation Training Room, next to the Education Centre, opposite the Emergency Department.

Sessions start at:- 9.00, 9.45, 10.30, 11.15, 13.00, 13.45 and 14.30 and last for 45 minutes



SEPTEMBER 24th

OCTOBER 28th

NOVEMBER 14th

DECEMBER 15th



Lions Message in a Bottle
The *long-life* bottle, found in the fridge

What is Message in a Bottle?

The Lions Message in a Bottle is a simple idea that encourages people to keep their basic personal and medical details in a common place where they can easily be found in an emergency.

How does it work

The information is kept in a bottle. The bottle is kept in the fridge, where the emergency services will expect to find in the event of being called to your home.

What is the cost?

It's FREE! All costs are paid for by local Lions who have received generous donations from the public and businesses.

Where can I get a bottle?

Health Centres, Doctor's Surgeries, Chemists who should have supplies.

If you have problems getting one contact:-



What is Lions Message in a Bottle?

A simple idea that encourages people to keep their personal and medical details in a common place where these can easily be found in an emergency.

You will know there is a bottle in the fridge by the two labels, one is fixed on the inside of the front door or the main entrance and the other is on the door of their fridge.

Remember - Always Check the fridge!



The Disability Resource Centre



Know we are here for you

The Disability Resource Centre provides free services for people with disabilities or long-term health conditions, older people & carers. We are trusted by thousands of people every year across Bedfordshire and Luton.

Please book an appointment for one-to-one advice:
01582 470900
drcbeds.org.uk/appointment

See our website for details of the many different ways we can help you. Also see us in local libraries and other venues near you.

01582 470900

Advice

Whatever your question, we provide impartial, expert advice.

We can help you with benefits, carers, holidays, transport, jobs, blue-badge form filling & sport.

Information can be provided by phone, email, post or one-to-one.

Equipment

We sell many useful everyday items to help you live a more independent life.

We can advise on kitchen aids, wheelchairs, walking aids, beds, stairlifts and riser-recliners.

We offer short-term wheelchair hire at reasonable rates.

www.drcbeds.org.uk

Poynters House, Poynters Road, Dunstable, Bedfordshire, LU5 4TP
The Disability Resource Centre. Registered Charity No. 1041712