



BARGOOSE

Dr Simon P Hughes and Partners

Newsletter No 58 - Spring 2020



healthwatch

Central Bedfordshire



Healthwatch was created by the Health and Social Care Act, 2012. We are part of a network of local Healthwatch which helps to ensure that the views and feedback from patients and carers are an integral part of the design and delivery of local services.

Healthwatch Central Bedfordshire (HWCB) is the local consumer champion promoting choice and influencing the provision of high quality health, social care and wellbeing services for all across Central Bedfordshire.

We are:

Independent - you can speak to us in confidence.

The voice of local people - we will listen to you and respond.

Professional - we can speak on your behalf to help improve and drive up the quality of health and social care services and where appropriate put you in touch with other professional services that can help.

We want to hear from you, please share your experience by contacting us at:-

Healthwatch Central Bedfordshire

Capability House, Wrest Park, Silsoe MK45 4HR
T. 0300 303 8554

E. info@healthwatch-centralbedfordshire.org.uk
www.healthwatch-centralbedfordshire.org.uk

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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

Just Ask - touring Central Bedfordshire with information and advice. Joined by providers of health & social care services such as Carers in Bedfordshire, Diabetes Education, Age UK and Macmillan Cancer Support.

Young Healthwatch - supporting young people under 25yrs to have their voice heard. Work on projects and activities. E.g. Period Poverty; LGBTQ+ 'It's Not a Phase'; First Aid.

Enter & View - local Healthwatch representatives carry out these visits to health and social services to find out how they are being run and make recommendations where there are areas for improvement.

As the first NHS Foundation Trust in Bedfordshire, Hertfordshire and Buckinghamshire - and the best hospital in the East of England (CGC 2009) - our top priority is to offer the best possible patient experience - putting the patient first every time.

As the first hospital in England to be selected by the Health Foundation for our work on improving patient safety - an area in which we continue to excel - the L&D continues to be an agent for change by involving patients and FT members in re-designing and improving our services.

During 2009-10 we continued to reduce our MRSA and C.diff infections helping us to retain our reputation as one of the safest hospitals in the country.

The L&D's reputation attracts top clinicians and specialists, together with some of the most experienced and caring nursing staff.

Conveniently located at Junction 11 of the M1 motorway, we also have excellent air, rail and bus links.



For the period 8 October 2019 - 7th March 2020 lost appointments when patients DID NOT ATTEND

The missed appointments equate to 65 hours lost during the period shown.

We are fully aware that sudden changes in circumstances (ie not able to get someone to bring you to the Surgery, car problems, traffic etc) can make it impossible for you to reach the Surgery for your appointment time.

If this happens please telephone the Surgery as soon as possible as we ARE OFTEN able to re-arrange things so we can still



8 Very Good Fruits for a Diabetes-Friendly Diet

Forbidden fruit? Not if you make the right choices. These favourites are low-carb, low-GI, and good for your diabetes diet plan.

When you're looking for a diabetes-friendly treat that can help keep your blood sugar within a healthy range, look no farther than the produce drawer of your refrigerator or the fruit basket on your kitchen table.

Fiber - which can also be found in some of the best vegetables for diabetes, as well as whole grains can further benefit your health because it promotes feelings of fullness, curbing unhealthy cravings and overeating, research shows. Healthy weight maintenance can increase your insulin sensitivity and help in your diabetes management.

While some forms of fruit, like juice, can be bad for diabetes, whole fruits like berries, citrus, apricots, and even apples can be helpful for your A1C and overall health, fighting inflammation, normalizing your blood pressure etc. But as with any food in your diabetes diet, you have to be careful about counting carbohydrates and tracking what you eat. Portion size is key.

Consume fruit in its whole, natural form, and avoid syrups or any processed fruits with added sugar, which have the tendency to spike your blood sugar. If you're using the glycemic index (GI) or glycemic load - measures of how foods affect your blood sugar levels - to make dietary decisions, most whole fruits are a good choice because they tend to lie low on these rankings.

When you have diabetes, these steps will help keep your blood sugar within a healthy range, thereby lowering your risk of certain diabetes complications, including diabetic retinopathy, or nerve damage; kidney disease; eyesight issues like glaucoma or cataracts; and serious life-threatening illnesses like heart disease and stroke.

The next time you are tempted by something sweet, consider reaching for one of the following naturally sweet and juicy treats, courtesy of Mother Nature - you can whip one into a diabetes-friendly smoothie or keep it simple and wash and eat it whole.

1. Berries for Refreshing, Disease-Fighting Antioxidants
2. Tart Cherries to Help Fight Inflammation
3. Sweet, Juicy Peaches for Metabolism-Boosting Potassium
4. Apricots for a Scrumptious, Fibre Rich treat
5. Apples for a Quick Fibrous and Vitamin C Rich Snack
6. Oranges for a Juicy, Refreshing Source of Vitamin C
7. Pears for Easy Snacking, Plus Vitamin K and Fibre
8. Zesty Green Kiwi for Potassium, Fibre, and Vitamin C



APPOINTMENT ROTA

The appointment rota is agreed at a meeting on the first Monday 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.

THE KEECH PALLIATIVE CARE CENTRE

The **Palliative Care Centre** is part of Keech Hospice Care. It costs around £900,000 a year to run, most of the funding coming from the local community. It offers care and support to both the patient and their family.

These are examples of the services provided

- ◆ Help for patients to manage their pain and symptoms
- ◆ Provision of transfusions and infusions in a homely environment, surrounded by nurses the patients get to know well.
- ◆ Help with patients' mobility through gentle exercise classes, occupational therapy and physiotherapy.
- ◆ Care extended to the patient's family and friends, offering emotional, spiritual and practical support.
- ◆ Patients and their families benefit from support therapies like reflexology, massage, reiki and aromatherapy.

Some of last year's achievements

2,110 patients attended the Care Centre

838 complementary – therapy sessions were held

466 music and art sessions were held

198 patients received much needed practical help from the dedicated social workers who also ran a drop – in carers' group.

Information provided by Keech Hospice Care who welcome all support for their valuable work. Contact letmehelp@keech.org.uk or visit www.keech.org.uk/donate



Non-Urgent Patient Transport

New telephone number for non-urgent patient transport service for bookings and queries

0345 605 1208

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.

SLEEP APNOEA

A sleep disorder that can leave people gasping for breath at night could be linked to the amount of fat on their tongues, a study suggests.

When sleep apnoea patients lost weight, it was the reduction in tongue fat that lay behind the resulting improvements, researchers said.

Larger and fatter tongues are more common among obese patients.

But the Pennsylvania team said other people with fatty tongues may also be at risk of the sleep disorder.

The researchers now plan to work out which low-fat diets are particularly good at slimming down the tongue.

Tongue tied

"You talk, eat and breathe with your tongue - so why is fat deposited there?" said study author Dr Richard Schwab, of Perelman School of Medicine, Philadelphia.

"It's not clear why - it could be genetic or environmental - but the less fat there is, the less likely the tongue is to collapse during sleep."

Sleep apnoea is a common disorder that can cause loud snoring, noisy breathing and jerky movements when asleep.

It can also cause sleepiness during the day, which can affect quality of life.

The most common type is obstructive sleep apnoea, in which the upper airway gets partly or completely blocked during sleep.

Those who are overweight or who have a large neck or tonsils are more likely to have the condition.

How to help sleep apnoea

- ⇒ *Try to lose weight if you are overweight*
- ⇒ *Sleep on your side - try a special pillow to help*
- ⇒ *Give up smoking*
- ⇒ *Do not drink too much alcohol, especially before bed*
- ⇒ *Don't take sleeping pills unless recommended*

Source: [NHS UK](#)

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

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

Pharmacy2U is not your local pharmacy and has nothing to do with your local Surgery

You may receive a leaflet from the above company asking you to register with them to have your repeat Prescriptions delivered to your door for free. It will list the Surgeries that are Local to you saying that they use the NHS Electronic Prescription Service.

This in no way means that the Surgery would be willing and happy for you to use the Service. There is a disclaimer of sorts in small print on the leaflet.

It also says "We're here to help, so you can email or call our pharmacists if you have any questions. We can tell you how each medicine works, what it is for and **possibly** how to reduce any problems or side effects.

Why go to that bother, inside every box that your drugs are supplied in is a comprehensive leaflet explaining all the above and the pharmacist will always answer any question you have. Also on the sticker on the outside of the box there will be instructions relevant to 'how you and when you should take them'.

On their web-site they offer telephone Consultations for certain conditions, there is a charge for this.

Online and telephone consultations are being used more widely in the NHS and will be used by our own GP's in the future . Which would you prefer, talking to a GP who you have never met, having the confidence to know that you have exactly described your problem and accepting the charge and drugs you are prescribed - or speaking with the right professional at the Surgery who will have all your history in front of them and if they are concerned will ask to see you.

At the moment a family member has had an haematology problem and has had to go to the L&D every

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HEALTH WALKS

The one hour health walks around Barton are still going after fifteen years. The main benefits of walking with the group are that you can get some exercise as well as the company of interesting people. The group meets in the Oak public house car park fortnightly at 11.00 am every Thursday fortnight. It's still very popular and everyone is welcome.

For information contact David Gilkison, Tel Number: 01582 518907, email address: d.gilkison@ntlworld.com

We are part of a nationwide group: "Walking for Health (WfH) is part of the Ramblers, and is supported through funding from the players of People's Postcode Lottery and Macmillan Cancer Support"

We are a friendly group and after our walk some of us go into the Royal Oak for a coffee.

Forget Me Not

A group to support carers and people with memory problems or Dementia

1:30pm - 3:30pm - At The Rufus Centre

6th April - Q & A with Respite at Home Volunteers

11th May - Movement and Dance with Imagination Arts

8th June - Introduction to Bedfordshire Wellbeing Service with East London

The sessions provide vital support because not only are loved ones looked after by devoted volunteers, but carers can spend time sharing their experiences and supporting one

another whilst facing the intensely challenging process of caring for somebody with Dementia or memory problems. It is also possible for carers to come along without their loved one



Organised by Flitwick Town Council

Come Along and Join Us

**Yesterday she thought
I was her sister.
Today I am her friend.
Tomorrow she may
actually identify me
as her daughter, or she
may call me her mom.
I gladly accept any role,
for it doesn't change the
heart of our relationship.
After all, unconditional
love is expressed in
infinite ways.**

-Dementia Daughter

FB/ @DementiaAwarenessEveryDay

Written by a Dementia Daughter, do not think

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Carers

CARERS IN BEDFORDSHIRE
A charity run
for carers by carers
Registered Charity
No. 1122027

JUGGLING CARING & LIFE CONFERENCE

- COST CUTTING IDEAS
- WALKING FOR WELLBEING
- FUNDING LONG-TERM CARE
- MEET THE NEW CEO

Find us @CarersInBeds

Spring edition of Carers Magazine now available,

A NEW HEALTHCARE TEAM TO HELP **YOU**

Care Navigators

Our Reception team are specially trained Care Navigators to know about the care and services available to you at the surgery and in the surrounding area. They will listen to you to understand your needs so they can offer you an appointment with

Clinical

Clinical Pharmacists are experts in medicines and can help people stay as well as possible. They support those with long-term conditions like asthma, diabetes and high blood pressure or anyone taking multiple medicines to make sure their medication is working. They work with GPs, Local pharmacies and

Physiotherapists

Physiotherapists in general practice are experts in musculoskeletal conditions. They are able to assess, diagnose and treat a range of complex muscle and joint conditions preventing the need for referrals to hospital. They can arrange swift

Social Prescribing Link

Social prescribing involves helping people to improve their health and well being by connecting them to activities in the community. Link workers connect those feeling lonely, overwhelmed or in need of help to a range of local support, from

THE CURRENT TEAM

Healthcare Assistants

Healthcare assistants work under the guidance of a nurse or another healthcare professional. They help with routine health checks and provide patients with

General Practice

Nurses in general undertake a wide range of roles and are involved in almost every aspect of a patient's care, assessing, screening and treating people of all ages. In addition to providing traditional aspects of nursing care such as wound care, immunisations and administration of medicines they run health checks

Minor Illness Nurses

Undergo further training which allows them to see more complex problems.

General Practitioner

GPs oversee all aspects of patient care. They meet regularly with other members of the practice team to plan joint approaches to co-ordinate a patient's care. All

FUTURE:

Over the next five years other healthcare professionals will become available.