



## WINDRUSH PATIENTS' NEWSLETTER FOR November - December 2023

### Welcome to the latest Windrush Patients' Group Newsletter

In this edition:

- Come and learn how to Save a Life!
- Cancer Waiting times;
- Covid symptoms
- Winter is here – but don't feel SAD!
- People at our Practice: what is a GP Registrar?
- The Practice Garden;
- New tests which are advertised in the media
- Your Patient Participation Group.

#### **Important for you ... Your chance to learn how to SAVE A LIFE!**

Would you know what to do if someone collapsed in front of you and you could not find a heartbeat? This could be when you are out and about or even in your own home. CPR is the answer – cardio pulmonary resuscitation – knowing how to press on the patient's chest to keep their heart beating until professional help arrives.

If you are a Windrush Patient then this is a date and time for your diary: Saturday 25th November, starts at 9.30 am until about 12 noon at the Windrush Health Centre in the Waiting Room. Free of charge!

**Please e-mail us if you are hoping to come along so that we have some idea of numbers.**

Witney's very own "Mr CPR" – Dick Tracey – will be demonstrating what we need to know and giving us a chance to practice on training manikins. This is your chance to learn how to save a life – and you never know when you may need it.

#### **Cancer waiting times:**

From the 1<sup>st</sup> October 2023, some changes are being made to the NHS waiting times. In England, the NHS are streamlining ten existing standards into three key waiting time standards with associated targets. The three targets are:

- the 28 day Faster Diagnosis Standard - people should have cancer ruled out or receive a diagnosis within 28 days;
- the 31-day decision to treat to treatment standard under which people with cancer should begin their treatment within a month (31 days) of deciding to treat their cancer.
- The 62-day referral to treatment standard - people with cancer should begin treatment within two months (62 days) of an urgent referral;

Full details about this are at

<https://www.england.nhs.uk/long-read/cancer-waiting-times-review/>

#### **Covid Symptoms:**

Patient Access has some useful advice about what to do if you think you have either Covid-19 or Flu. Regardless of which infection is causing your symptoms, they advise that you should stay at home if you think you have either in order to avoid infecting others. If you have any of the following and symptoms, then you should contact your doctor;

- You are finding it hard to breathe;
- You cough up blood or rust-coloured sputum;
- You have a long-term medical condition, such as diabetes, heart, lung, liver or nervous system condition;
- Your immune system is weakened by illness (such as blood cancer or HIV) or you are having treatment such as chemotherapy or medicine to suppress your immune system;
- You are pregnant;
- Your symptoms are getting worse rather than better

### **As the days get shorter, please don't feel SAD!**

The i newspaper again comes up with some good tips for us. The shorter, colder days can lead to low mood, depression and feelings of isolation. These add up to SAD – Seasonal Affective Disorder.

So if you are feeling that way, then take some of their tips:

- Take Vitamin D; this is a very positive and easy way to help yourself through the long cold days
- Do something you really enjoy every day: make yourself a schedule to include something you enjoy: then do it!
- Reduce your use of social media – especially if it is depressing;
- Invest in a sunrise lamp which gently floods the room with light, helping you to wake up naturally;
- Eat mood-boosting foods – especially fish such as salmon or mackerel, leafy greens and blueberries (not all on the same plate!);
- Resist the urge to hibernate – it's tempting to stay indoors but isolating yourself can make things worse. If you can't get out easily, then plan some phone calls and cheer your friends up too!
- Practice kindness: chatting to your neighbours is good for you and for them.

### **People at our Practice: What is a GP Registrar?**

Doctors training to become GPs are called GP Registrars. They are attached to one of the Doctors at the Practice who is their mentor. The GP Registrar is a fully qualified doctor who is likely to have a lot of experience of hospital medicine. The GP Registrar has a senior GP supervising them at all times, so ensuring that they will provide a high standard of care. In order for the GP registrars to complete their training successfully, they need to be assessed on their consulting skills. This is done by their appointed trainer viewing a video of the GP Registrar's consultations. You may be asked for your permission to have your consultation recorded in this way. If you agree, you will be asked to give your written permission on a consent form available at the reception desk. If the doctor appears to be recording your consultation and you have not signed a consent form, you need to tell him or her immediately.

### **The Practice Garden**

Excellent News! The Royal Horticultural Society has been visiting a wide variety of community activities across the country. As part of this, they came to see our Gardening Team back in July and to assess the work which they have been doing and whether or not it has been successful. To our delight the work our group has been assessed as "A Thriving Group" and awarded a framed certificate in recognition. This is an excellent result, the equivalent of getting over 80% in an exam 😊

So Thank You to the Gardening Team who prefer not to be named but who need to know that we are all Really Grateful for the time, effort and ingenuity which they put into ensuring that the Practice Gardens are nature friendly and thriving! A certificate well-earned.

### **New tests / treatments which are advertised in the media:**

Please note that If a new medication or test is announced in the media, it is unlikely to be available immediately from within Primary Care. If you are interested, then please do not book an appointment. Instead the Practice asks that you go to "Ask a Doctor a Question" on the website and complete the form there.

### **From Your Patients' Participation Group**

Your Patients' Participation Group is here for you. Our Committee meets every six weeks and works to maintain a close contact with you and with the Practice Staff.

For Regular information from us relating to the Practice and to local NHS issues, then please sign up for our regular Patients' bulletins. These are very popular and keep you up-to-date with what's happening and when. To contact us, please either pop a note in the Patients' Post Box in the Information Area (corner of the waiting room) or e-mail us at [patientgroup.wmp@nhs.net](mailto:patientgroup.wmp@nhs.net). We look forward to hearing from you ...