



Boultham Park Medical Practice

Newsletter

Summer Edition 2022

Editorial

Welcome to this Summer 2022 edition of the Boultham Park Medical Practice newsletter which we encourage you to read as it contains useful information, some of which you may not be aware of. You are welcome to take a copy home with you. However, an electronic copy is also available on the Boultham Park Medical Centre webpage for you to download.

As many of you are aware, we have been enjoying an unusually warm and dry summer although not every day has been a sunny one. Consequently, I'm sure most of you have been drinking extra fluids to ensure you are well hydrated! However, there are some who forget how important it is to stay hydrated and even think it's not so important when it is not sunny. In addition to feeling thirsty, other common symptoms of dehydration are:

- Dark yellow and strong-smelling pee
- Peeing little, and fewer than 4 times a day
- Feeling dizzy, confused or lightheaded
- Feeling tired
- A dry mouth, lips and eyes

In general, it is suggested that women get a total of about 2.7 litres , (11 cups), of fluid and men get about 3.7 litres (16 cups) each day. This can include tea and coffee. For one of my relatives, I have ensured they have drunk two litre bottles of water (with a hint of lime cordial added) each day. They just get refilled each day so I know that they have been drunk. Check out more information on pages 8 and 9.

Keep Hydrated – drink lots of water!

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Recovery College

Sharing the journey together



Lincolnshire Partnership
NHS Foundation Trust

Would you like to learn more about mental health, health, recovery, and wellbeing?

The **Lincolnshire Recovery College** provides FREE educational courses for anyone in Lincolnshire who is over 16.

Personal recovery is where people seek to improve their own mental health, health and wellbeing and discover ways to live the life that they want to alongside any health and wellbeing challenges that they may face.

We offer a range of courses designed to help you to learn about health, recovery, and wellbeing, inspire you to live well, learn new skills, and provide strategies and ideas to promote self-management and instil hope.

All our courses have been designed together by people with expertise in the area, whether that is from their own personal lived experience or as a healthcare professional or educator.

Recently we have worked together to design and create a course where people can learn to look after their emotional health and wellbeing during and after a cancer diagnosis: titled **Cancer - How are you feeling?**



The course aims to help you to:

- Be aware of your emotions and find ways to help yourself
- Explore and discover tools and techniques to look after your feelings
- Be an active participant in your cancer experience by learning to assert yourself to ask questions with confidence
- Understand where you can access help that is available

We deliver our courses over MS Teams; we are happy to offer telephone support with accessing / setting up MS Teams. All courses are live and interactive and not pre-recorded. You can sit back and listen or join in using the chat and microphone function.

We will be resuming some of our face-to-face courses from September 2022 onwards in various locations across Lincolnshire.



Find out more at www.lpft.nhs.uk/recovery-college or scan the QR code

Contact us by email lpft.recovery.college@nhs.net or telephone 01522 518500 (Monday – Friday 09.00 - 2.30pm)

hope | control | opportunity



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Social Prescribing

Not all health needs require a health professional. Lots of factors can combine to create health problems but need the root cause to be treated rather than the symptoms they cause. Social isolation, poor housing, financial issues, personal relationship problems can all manifest themselves into health problems but doctors often aren't the solution and are often poorly placed to help. This is where Social Prescribing can help.

Social Prescribing can often help the following :

- Anyone over the age of 18
- A person who has given their consent to the referral
- A person who is actively willing to engage in self-care/self-help activities
- A person who has been identified as requiring a non-clinical service
- Someone who is classed as having mild-moderate frailty
- Someone who is struggling in one way or another to manage some of their social issues
- Someone whose medical needs are managed or stable, including their physical and mental health, but who have other social needs and would benefit from support.

We do have a Social Prescriber who works in the surgery on a fortnightly basis. Please ask at reception if you feel an appointment may be of benefit to you or alternatively visit their website at : www.voluntarycentreservices.org.uk/social-prescribing

Steps to Change

steps2change is a free NHS service providing a range of talking therapies for problems like depression and anxiety. If you feel that your daily life is being affected by stress, anxiety or depression, then we are here to help. **steps2change** provides talking therapies for people 16 years and older experiencing problems with anxiety, depression, stress, and offers help with issues like bereavement or the impact of a traumatic event.

If you feel that you would like to access talking therapies you don't need to make an appointment with your GP or healthcare professional. You can self-refer to our service by either:

- Completing an online self-referral : <https://www.lpft.nhs.uk/steps2change/home>
- Filling in a self-referral form and emailing back to SPA - lincs.spa@nhs.net
- Calling our Single Point of Access on 0303 123 4000 to request a form

If you are under the age of 16 please visit our CAMHS website or telephone 01522 309777 to speak to Healthy Minds.

Please note that steps2change Lincolnshire is for mild to moderate mental health problems and cannot provide an urgent/emergency service. If you feel you are at risk of harming yourself, or someone else please contact your GP, attend the nearest A&E department or call 999 as a matter of urgency.



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PPG News

The PPG is currently looking for new members to support the existing team. We do urgently require someone to take on the role of Secretary to help the Chairperson with organising and the recording of minutes from our quarterly meetings. If you are interested in joining us then please let Neil Hewson know via the Reception. He will let us know of your intentions. The PPG is run entirely voluntarily and meets every three months. In essence, the PPG acts like a 'voice' for the patients providing feedback to the Practice staff.

The key aims of the Boultham Park PPG are:

1. Create and improve two-way communication between patients, the Practice and the community it serves.
2. To bring a sense of partnership between Practice and patients.
3. Provide an avenue for patients' input in the way facilities and services are planned and executed, to add humanity to, and influence those services.
4. Provide constructive two-way feedback on patient and community needs, concerns and interests.
5. Support the Practice in good health promotions, preventative medicine and health literacy
6. Collect patient opinions and experiences to help the practice to evaluate its services.
7. Communicate to the practice community and/or the wider community information about the practice.
8. Liaise with the Optimus group of practices to share and develop best practice and/or resources.

We are also looking towards providing a member of the PPG on certain days during surgery times starting in September so that any patient who wishes to speak with the PPG may do so. Currently it is intended that the PPG Member will be sat between the doors of the main entrance. So say 'hello' if you get chance.



If the PPG is not for you – there is always the Patient Reference Group – see the webpage for details or speak to Neil Hewson.



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Musculoskeletal Survey




Tell Us Your Views

We are improving and re-designing the Musculoskeletal (MSK) pathway for hip and knee services in Lincolnshire

The 1st July marked the transition from NHS Lincolnshire's Clinical Commissioning Group (CCG) to the new NHS Lincolnshire Integrated Care Board (ICB) for the county, as part of statutory changes which have been introduced across the NHS in England. The Board of NHS Lincolnshire's ICB, which is being established to improve health and care for local people across the county, held its first meeting in public on 1st July 2022.

The ICB will also play an important statutory role in the local health and care system, with its board comprising not only those from within the organisation, but also featuring representatives from local NHS trusts, primary care, local authorities, voluntary organisations and community providers. For more information use this link: <https://lincolnshire.icb.nhs.uk>

Community Diagnostic Centres




Have you recently attended a diagnostic appointment in Lincolnshire? The ICB are currently exploring how future diagnostic services could be delivered across Lincolnshire and are seeking your views and experiences. In particular, they want to gather feedback on your experiences of the service you received and what changes you would like to see in the future.

Please complete this survey and share your experiences by clicking this link: [Complete the Survey](#)

If you would like either of these surveys in an alternative format, or would like help in completing the forms, please email the Engagement Team at lccg.involveus@nhs.net

Experience of Care Engagement



Have you or someone you cared for recently used NHS services? We would like to hear from patients and groups from all communities, towns and villages across Lincolnshire to help us understand your experiences in using NHS services

You are invited to complete the survey:

On-line: [On-line Survey Link](#)

By telephone: **07814 226996**

Emailing your feedback to: lccg.involveus@nhs.net



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As a member of the Armed Forces Community in Lincolnshire during the last five years we would like to invite you to take part in a study exploring your experiences of using maternity services and the support you have had before and throughout pregnancy, after birth and up to school age. During the Focus Group, you will be asked to answer some questions about your experiences and

perceptions of care, support, and access to services throughout your maternity journey. You will not be asked anything too personal, and it will feel like a conversation. If you'd like to join us, please email the Military Maternity Voices Lead: Susanna.Dachtler@nhs.net or LincsMVP@gmail.com

COVID and FLU Vaccinations

Lincolnshire COVID pop-up vaccination clinics

For further details please visit:

[Coronavirus \(Covid-19\) vaccinations in Lincolnshire - Lincolnshire ICB](#)

Booster Vaccinations

If you're eligible, you can pre-book your COVID-19 booster appointment. Book or manage a booster dose of the coronavirus (COVID-19) vaccine at:

<http://ow.ly/LtuE50GLero>

Flu Vaccines

Many adults, most children and all pregnant women are eligible for a free flu vaccine. Find out who is eligible and where you can get the flu vaccine at:

www.nhs.uk/wintervaccinations

Remember that this information is from the Lincolnshire ICB. Information regarding Boultham Park Medical Practice Flu Vaccine programme will be displayed later.



Keeping your Mind Active



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Taking Care in the Heat

Most of us welcome the warmer weather, however when it is too hot for too long there are health risks.

- We need every single person to take responsibility of their health in this hot weather and to take steps to keep themselves well – this means drinking water, staying in the shade, and doing what they can to stay cool.
- Look out for any elderly or vulnerable neighbours in your community. Older people over the age of 75, babies and young children are at a greater risk of harm from the high temperatures
- Please use NHS services wisely – if life is not at threat please don't call 999, there are better ways to get the right care. There are a wide variety available including self-care, your local pharmacy, your GP practice, visit <http://111.nhs.uk>, calling 111 and your local Urgent Treatment Centre.

If you or someone else feels unwell with a high temperature during hot weather, it may be heat exhaustion or heatstroke. Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

Check for signs of heat exhaustion which include:

- a headache
- dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- fast breathing or pulse
- a high temperature of 38C or above
- being very thirsty



The symptoms are often the same in adults and children, although children may become floppy and sleepy. If someone is showing signs of heat exhaustion, they need to be cooled down.

Follow these 4 steps:

1. Move them to a cool place.
2. Get them to lie down and raise their feet slightly.
3. Get them to drink plenty of water. Sports or rehydration drinks are OK.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too.

Stay with them until they're better. They should start to cool down and feel better within 30 minutes.



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Call 999 if:

You or someone else have signs of heatstroke including:

- fast breathing or shortness of breath
- a fit (seizure)
- loss of consciousness
- not responsive

Heatstroke can be very serious if not treated quickly.

Put the person in the if they lose consciousness while you're waiting for help.

Contact 111 if:

You or someone else have signs of heatstroke including:

- feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
- not sweating even while feeling too hot
- a high temperature of 40C or above
- feeling confused

You can call 111 or [get help from 111 online](#).

Preventing heat exhaustion and heatstroke

There's a high risk of heat exhaustion or heatstroke during hot weather or exercise.

To help prevent heat exhaustion or heatstroke:

- drink plenty of cold drinks, especially when exercising
- take cool baths or showers
- wear light-coloured, loose clothing
- sprinkle water over skin or clothes
- avoid the sun between 11am and 3pm
- avoid excess alcohol
- avoid extreme exercise



This will also prevent dehydration and help your body keep itself cool.

Keep an eye on children, the elderly and people with long-term health conditions (like diabetes or heart problems) because they're more at risk of heat exhaustion or heat stroke.