



## **WINDRUSH PATIENTS' NEWSLETTER FOR January – February 2024**

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

In this edition:

- Antibiotics are not always the answer;
- Helping our Ambulance Service in the winter months;
- What to do if you have a fall:
- Girls and Ladies – this is really important ....
- Welcome to our new GP;
- Wasted medication;
- It's time to sort out 24 for 24!

### **Have you got a cold? NB - Antibiotics are not always the answer ...**

A key message from the NHS is that no amount of anti-biotics will get rid of your cold. The best way to treat colds, coughs or sore throats is plenty of fluids and rest.

Why don't antibiotics work? They treat infection by killing bacteria, but now the bacteria are fighting back. Our medicines are becoming less effective - which means more deaths and more complications for people receiving treatment in hospitals.

So it's up to us not to take medicines that we don't need.

Antibiotics don't help most colds or coughs get better.

And we make things worse when we don't take antibiotics exactly as prescribed (for example missing a dose).

So please NEVER save antibiotics for future use and NEVER give them to someone else.

### **How to help our Ambulance Service in the winter months;**

South Central Ambulance have suggested various ways in which we can help them to help us this winter.

- Use NHS 111 for advice on the best service for your needs;
- Only use 999 and hospital Emergency Departments for life-threatening conditions;

- if possible, make your own way to hospital or to an urgent treatment centre (Witney Hospital). Arriving by ambulance does not mean you get seen any quicker.
- check in regularly with elderly or vulnerable family members, friends and neighbours - particularly if we have very cold weather;
- Make sure you order and collect your repeat prescriptions in plenty of time so that you don't run out of vital medication - which could lead to you becoming very unwell.

### **What to do if you have a fall:**

Stay calm: if you haven't hurt yourself and you feel strong enough, get up slowly; roll onto your hands and knees and grab hold of something solid to help you up;

Find something soft to kneel on to protect your knees.

Hold onto the solid thing with both hands and use it to help you get up.

Bend one leg and put your foot firmly on the ground; carefully push yourself up - take your time.

Remain supported with your head forward until you are sure you have got your balance well. Carefully ease yourself to be standing.

Take time to recover; phone someone to tell them what has happened.

Unable to get up or you are injured? try and get someone's help - calling out or using your mobile phone if it is within reach; call a friend for help or ring 999.

While you are waiting for help try and keep yourself warm using anything within reach to cover yourself;

Try and change your position regularly while you wait for assistance.

But Best of all .... don't fall over!

### **Girls and Ladies .... in 2024 this is really important:**

### **Gents and Boys – show this to the girls/ladies in your life ....**

Here is a really, really serious task for all girls and ladies in your family.

Is it time for you to go for a cervical screening health check?

This checks the health of your cervix and helps to find any abnormal changes before they can turn into cancer.

It is not a test for cancer - it is a test to help prevent cancer.

The screening checks a sample of cells from your cervix for certain types of human papillomavirus (HPV). These types of HPV can cause abnormal changes to the cells in your cervix and are called "high risk" types of HPV. If they are found during screening, the sample of cells is also checked for abnormal cell changes. If abnormal cells are found, they can be treated so that they do not get a chance to turn into cervical cancer.

All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening. You will get a letter in the post inviting you to make an appointment. How often you are invited depends on your age:-

- if you are under 25 you will be invited up to six months before you turn 25;
- if you are 25 to 49 you will be invited every three years;
- if you are between 50 and 64 you will be invited every five years;
- if you are 65 or older you will only be invited if a previous test was abnormal.
- if you are 65 or older and have never been for cervical screening, or have not had cervical screening since the age of 50, you can ask your GP for a test.
- NB: you will not need to go for cervical screening if you have had a total hysterectomy to remove all of your womb and cervix.

So come on girls; if you are not up to date with your screening make this *your* New Year's Resolution. To book contact the Practice or go to <https://www.nhs.uk/conditions/cervical-screening/how-to-book/>

**Welcome to our new GP:** the good news is that Dr Tanya Cherian, who was one of our GP Registrars, has now joined the Practice as a new salaried GP. Another pair of qualified hands is more than welcome!

### **Wasted Medication**

Wasting our medication is a real worry from both a safety and a financial point of view. Medication that has left the Practice cannot be re-used so it all has to be destroyed at a cost to the NHS as well as the cost of the drug in the first place.

We strip the medication out and recycle the box and the leaflet. Controlled drugs have to have to be destroyed in a special container and authorised by a specific authority; this is more cost to us. And so please ...

- If you see medicines stack up for a loved one or at home, please can you check that the medicines they are taking are still in date;
- please check the bags while you are by the dispensary and return anything you don't need as these can be re-used;
- please only order what you need; if you have gathered too much, cancel the item until you need it again;
- if you have your medication delivered, check it at the door and return anything you don't need straight to the driver at the time.

Some of us think that it is good to get medicines as they are “free”; but they are still a huge cost to the NHS.

**Forget New Year Resolutions! 24 for 24 is here instead!** Your New Year resolution is probably already broken! So why not set yourself 24 things to do in 2024? Here are some of ours ...

1. Clear out the cupboard under the stairs ..
2. Tell our Windrush Patient neighbour about these bulletins ...
3. Join in the Park Run on Saturday mornings ...
4. Phone my friend in Dorset ...
5. And there are more!!! .....

Over to you!