

# Nutgrove Villa Surgery

The latest news and information from your local surgery  
[www.nutgrovovillasurgery.nhs.uk](http://www.nutgrovovillasurgery.nhs.uk)

## July 2021

### CQC outcome

Nutgrove Villa has recently had their CQC visit and we are really pleased to inform you all that the surgery has received '**Good**' in all areas.

If you wish to view our full report please visit:  
<https://www.cqc.org.uk/location/1-549291550>



Nutgrove Villa Surgery

CQC overall rating

**Good** ●

30 June 2021

### Autism & Mental Health

Last week a number of staff attended Autism and Mental Health training that was provided by Mersey care.



Please watch the below video which gives a great sense of the sensory difficulties experienced by people on the spectrum : <https://www.youtube.com/watch?v=plPNhooUUuc>.

Please see the link to the "Amazing Things Happen" video,– this is great for children and young people : <https://www.youtube.com/watch?v=RbwRrVw-CRo>

## ***Veteran Friendly GP Practice***



**Armed Forces veteran  
friendly accredited  
GP practice**



*In June we were accredited an Armed forced Veteran friendly GP Practice, which we are all really proud of. Staff underwent specialist training to become an accredited GP Practice.*

# Remote digital self-management

## Brand New Digital Self-Management App Now Available at Nutgrove Villa Surgery

A brand new online app has landed at Nutgrove Villa Surgery, and is available (for free) for all patients who are currently diagnosed with: **COPD, Asthma, Diabetes** and **Cardiovascular** Conditions.



*The apps were designed by leading Doctors & Nurses, which allow for the most up-to-date information and education to be accessed from the comfort of your own home. The apps are designed to improve your self-care, targeting: Self-management, educational videos, medication diary, inhaler instruction, rehabilitation tiles and many, many more!*

*The apps have been shown to improve your inhaler technique, improve control, reduce flare ups and to keep you as well as you can be, putting you back in control.*

*These apps are available for all patients diagnosed with:*

- *Chronic Obstructive Pulmonary Disease*
- *Asthma*
- *Diabetes (Type 1 and 2)*
- *Heart Disease*

*All these amazing features are now available at Nutgrove Villa Surgery!*

*If you would like to receive FREE access, please contact:*

**Email -**        [Joshua.mcveigh@nhs.net](mailto:Joshua.mcveigh@nhs.net)

**Phone -**        **07523 190312**

## Mental Health

1 in 5 children and young people suffer from mental health problems in any given year. Kooth is a site aiming to provide children and young people a safe space to explore their concerns and seek professional support anonymously.

Having something to focus on can help your mental health. If you know someone aged 16/17 years old and looking to expand their boundaries, the NCS programme could be the perfect experience for them.

Meeting new people, learning new skills and finding their passion. Head to the NCS website to learn more.

<https://www.kooth.com>

<https://wearencs.com/what-is-ncs>

## Patient participation

The global pandemic has changed the way that we operate our patient participation group (PPG), but we'd love to hear from patients who'd like to be involved. If you haven't previously thought about joining our Patient Participation Group, now is the time. Patient Participation Groups help to shape general practice for the benefit of our patients. PPGs aren't designed to deal with individual issues, but to help and support our patients and their needs.

<https://napp.org.uk/for-patients/>

<https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2016/09/ppg-introduction.pdf>

## Hot Weather & Sun advice

If you're caring for an older adult, it is better to be prepared for hot weather as high temperatures can be dangerous to their health. The heat can affect anyone, but some people are at greater risk of serious harm, especially those over 75. Always provide sun cream, hydration and ensure older adults have access to shade when enjoying the hot weather. For more information on staying safe in the sun, take a look at this helpful page. To keep informed about high temperatures, whether you're a health professional or concerned about your wellbeing, or that of someone else, you might want to sign up for the Met office Heat-Health Alert service.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-cool-in-a-heatwave/>

<https://www.nidirect.gov.uk/articles/protection-sun>

<https://www.metoffice.gov.uk/public/weather/heat-health/?tab=heatHealth&season=normal>.

## Carers

Liam Clarke who is Surgeries Carers lead has been contacting our registered carers this month, to invite them for a carers health check. If you haven't been contacted and you look after someone, please contact the surgery to speak with Liam who will be able to give you more information as to what is on offer to carers in the area. We will also make sure this information is noted on your medical records so you will be contacted each year for an annual review and offered the Flu vaccine.

## Sarcoma Awareness Month

It's Sarcoma Awareness Month. About 5,300 people a year are diagnosed with sarcoma. These uncommon cancers can affect any part of the body, on the inside or the outside. People can survive sarcoma if the cancer is diagnosed early. Sarcomas are a type of cancer, usually found by a patient when a lump appears on the leg, arm or trunk.

If you've experienced new or growing lumps, they could be a sign of cancer. If you're concerned about a lump, please book an appointment with one of our GP's.

<https://www.nhs.uk/conditions/soft-tissue-sarcoma/>

<https://www.cancerresearchuk.org/about-cancer/soft-tissue-sarcoma/getting-diagnosed/seeing-your-gp>

<https://www.cancerresearchuk.org/about-cancer/soft-tissue-sarcoma/living-with/resources-books>

## Medication Reviews

All patients on repeat prescriptions need to have their medication reviewed regularly. The purpose of the review is to check that you are still taking the most appropriate medication for your condition and that your condition is being effectively controlled. It is also a good opportunity to adjust your prescription if required, removing unnecessary items or making changes if you aren't getting on well with the current medicine.

You can find out when you are due for a review by checking the printed prescription sheet that is attached to your medication when you collect it from the pharmacist.

If you are overdue for your medication review you may be contacted by the pharmacist or the surgery.



## Health Information week

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We all need health information that we can trust, whether for our mental or physical health. To celebrate Health Information Week, here are some websites we recommend for trusted advice.

NHS: <https://www.nhs.uk>

Public Health England: <https://www.gov.uk/government/organisations/public-health-england>

Cancer Research: <https://www.cancerresearchuk.org>

Change 4 Life: <https://www.nhs.uk/change4life>

Mind: <https://www.mind.org.uk>

## Cervical screening awareness

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Around a quarter of cervical cancers are diagnosed through cervical screening. If you've not had a cervical screening in the last three years and you're eligible, why not book yours today? Cervical cancer survival rates are higher the earlier cancer is diagnosed. If you're suffering from symptoms like unusual bleeding, pain/discomfort during sex or in your pelvis or lower back, or unpleasant discharge, please book an appointment to see your GP.

<https://www.cancerresearchuk.org/health-profession/cervical-cancer/screening-and-diagnosis-statistics#heading-Zero>

<https://www.nhs.uk/conditions/cervical-cancer/symptoms>

