

WELCOME to issue number 3 of our quarterly patient magazine. We hope you have all had a wonderful Christmas and we wish you all the best for New Year 2025. We've been busy in surgery as always with a big focus on winter pressure prevention, including flu clinics, NHS Health Checks, frailty assessments, medication reviews and lots of work with our respiratory patients to support them to stay well this winter.

Lots more has been happening in the surgery which we love to tell you about so put your feet up and take 5 minutes to read our latest wellness magazine!



Healthier insides.
Fuller wallet.
Deeper sleep.
Boosted energy.
Sharper concentration.
Mindful year-round drinking.



Double your chances of a successful Dry January® challenge with the free Try Dry® app
dryjanuary.org.uk

DR SHARMA'S COLUMN

Welcome to edition 3 of the Wellness Magazine. As you know I write a regular column for patients sharing insights from my work as a GP in the surgery and hopefully providing some hints and tips for patients along the way.

My Highlight for This Edition: Asthma and COPD

Asthma and COPD are long-term respiratory conditions affecting 1,365 of our 16,500 patients—around 8% of our practice population. Winter can be especially challenging for these patients, as the prevalence of viruses and infections increases the risk of exacerbations. However, prevention is key. Here are some essential tips for staying well this winter:

- **Get your flu jab:** If you haven't already, book your flu vaccination. Flu jabs are available at the surgery until 31/03/2025. The process takes just 5 minutes and can help prevent serious illness.
- **Use your inhalers correctly:** Stick to your prescribed regimen. Overusing your SABA inhaler may mask underlying inflammation, increasing the risk of poor control and exacerbations.
- **Stay active:** Improve your fitness gradually, starting with a short daily walk. If it's too cold outside, bundle up or exercise indoors.
- **Avoid colds and flu:** Keep your distance from people who are unwell, wash your hands frequently, and dispose of used tissues immediately.
- **Don't ignore chest infections:** If you develop a chest infection, book an appointment with your GP promptly—don't wait for it to improve on its own.
- **For COPD patients:** If you use your rescue pack, inform us immediately.
- **Schedule follow-ups:** After an asthma or COPD exacerbation, book a review with the nurse to optimise your treatment plan and support your recovery.
- **Attend your annual review:** Make sure to attend when invited for your yearly health check-up.
- **Seek support:** For more help and advice, visit www.asthmaandlung.org.uk.

By taking these steps, you can better manage your condition and reduce the risk of complications this winter.

NEW YEAR, NEW YOU!

FREE NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME

The NHS Digital Weight Management Programme is a free 12-week online diet and lifestyle programme designed to support adults living with obesity who also have diabetes, hypertension, or both. Participants can access the programme using a smartphone tablet, or computer with internet access.

Who is eligible for the programme?

- **Age:** You must be 18 or older.
- **BMI:**
 - A BMI greater than 30 is required.
 - For individuals from Black, Asian, and minority ethnic backgrounds, the threshold is lowered to a BMI of 27.5 due to an increased risk of conditions like Type 2 diabetes at lower BMIs.
- **Medical conditions:** You must have a diagnosis of diabetes, high blood pressure, or both.
- **Access to technology:** You must have a smartphone, tablet, or computer with internet access.

The programme is accessible through a simple referral from the surgery and has already helped thousands of participants reduce their BMI, boost their confidence, and adopt healthier lifestyles.

Next Steps

We will begin contacting eligible patients in January 2025. If you're interested, please respond promptly to ensure you don't miss out.

For more information, contact the surgery, visit <https://www.england.nhs.uk/digital-weight-management/>, or scan the QR code opposite.

If you don't have access to a digital device, please book an appointment with our Health and Wellbeing Coach for advice on moving more and weight management.

NHS DIGITAL WEIGHT MANAGEMENT PROGRAMME



- ✓ Diet advice
- ✓ Lifestyle advice
- ✓ Tailored support
- ✓ Provider of your choice including Slimming World, Liva, MoreLife, Oviva, Second Nature and Xyla Health and Wellbeing
- ✓ Free of charge



Ten Ways to Wellness...

Boost Your Wellness This New Year

It's easy to feel overwhelmed by the constant buzz of diet and fitness trends claiming to transform your health. The truth is, small, consistent changes can make a big difference in your well-being. Here's our simple guide to boosting your wellness this New Year:

- **1. Start Small and Stay Consistent** - Make manageable changes you can maintain. Even a 1% improvement is progress! Set reminders to stand and move more if you sit for long periods.
- **2. Make Simple Swaps** - Swap a morning biscuit for a piece of fruit like an apple or banana. Replace your latte with green tea—decaffeinated options are even better!
- **3. Prioritise Preventative Care** - Attend health reviews, NHS health checks, and immunisations. Prevention is always better than cure.
- **4. Sleep Well** - Aim for 8 hours of sleep per night. Struggling with sleep? Create a relaxing bedtime routine and remove distractions from your bedroom.
- **5. Find Joy in a Hobby** - Pursue a hobby to boost your mood and reduce stress or depression.
- **6. Practice Mindfulness** - Dedicate 5 minutes a day to meditation and gradually increase the time. Online guides can help you get started.
- **7. Keep Up with Health Screenings** - Attend free NHS screenings, such as cervical, bowel, breast, diabetic eye, pregnancy, newborn, and abdominal aortic aneurysm checks.
- **8. Declutter for a Clear Mind** - Decluttering your home can improve focus and reduce stress. Sort items into “trash,” “donate,” and “keep or repair” categories for a more manageable approach.
- **9. Stay Connected** - Spend time with loved ones and friends—they're your support network. Feeling lonely? Book an appointment with our Social Prescribers to explore community connections.
- **10. Practice Self-Love**
 - o **Change Your Self-Talk:** Replace negative thoughts with positive affirmations. Read them aloud in front of a mirror.
 - o **Forgive Yourself:** Embrace imperfection and allow yourself to learn from mistakes.
 - o **Practice Self-Care:** Treat yourself with kindness, both physically and emotionally.



Book an appointment with our friendly Social Prescriber or Health and Wellbeing Coach for tailored 1:1 support, advice and guidance on ways to boost your health and wellbeing.

Tel 01254 369123.

If life gets overwhelming, you can now contact 111 for immediate mental health support. For mental health crisis contact IRS 24/7, Tel 0800-0130-707. Samaritans provide free and confidential assistance to anyone experiencing mental health issues Tel 116 123. For less immediate help email jo@samaritans.org.

NHS Health Check

What is an NHS Health Check?

The NHS Health Check is a free check-up of your overall health.

It can tell you whether you're at higher risk of getting certain health problems, such as:

- heart disease
- diabetes
- kidney disease
- stroke

During the check-up you'll discuss how to reduce your risk of these conditions.

If you're aged over 65, you'll also be told about symptoms of dementia to look out for.

Who is the NHS Health Check for?

The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins to lower cholesterol
- previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years

You should have regular check-ups if you have one of these conditions. Your care team will be able to give you more information about this.

How do I get an NHS Health Check?




If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by your GP or local council every 5 years.

If you think you are eligible but have not been invited, contact the surgery to find out if you're eligible and book. Just 20 minutes can improve your health!



View messages about your care in the NHS App



-  Turn on notifications for the NHS App to get messages from your trusted healthcare providers
-  The NHS App messaging service is a simple and secure way to stay up to date
-  You can also use these services by logging in through the NHS website



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To enable notifications on the NHS App

- Log into the NHS App
- Go to More
- Select Account and Settings
- Select Manage Notifications
- Use the toggle to turn notifications on

This may take up to 24 hours to take effect. If you use the app on multiple devices, you'll need to allow notifications on each device.

Download NHS App

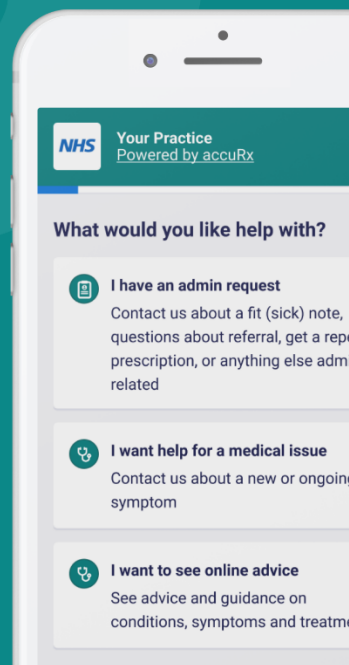


Contact us online

If you need help with a non-urgent medical or admin request, you can now contact us online.

[Submit a new request](#)

www.oswaldmedicalcentre.co.uk



Why Queue?

Save time on the phone! Submit non-urgent queries to the surgery via our website. Request fit notes, order repeat prescriptions, raise a medical query and much more!

Friends of Oswald Medical Centre Patient Participation Group (PPG)



Next Meetings:
Wednesday 15th January 2025 – 2pm
Wednesday 9th April 2025 – 2pm

Purpose of the Group

- To give patients and practice staff the opportunity to meet and discuss topics of mutual interest.
- To provide a means for patients to become more involved and make suggestions about the healthcare services they receive.
- To explore (anonymised) issues from patient complaints and patient surveys, contribute to actions plans and help monitor improvements.
- To contribute feedback to the practice on National Patient Survey results and Friends and Family Test feedback to propose developments or change.
- To support health awareness and patient education and promote responsible and appropriate use of Primary Care Services.

If you would like to join our action group, please call us on 01254 369123 (we need to know numbers!)

We will send you a pack of information to read before you join your first meeting. Some meetings may take place virtually, but venues will be confirmed to participants before each meeting.

Ways to get in touch....

ONLINE CONSULTATION is now available via our website. Patients can use this to contact us about non-urgent matters. See www.oswaldmedicalcentre.co.uk

For non-emergency out of hours help, use NHS 111: Call 111 or visit 111.nhs.uk

For urgent matters and emergencies at any time of the day, including any threat to life or limb, chest pain, suspected stroke, breathing difficulties etc ring 999

Surgery Telephone: 01254 369123

Branches at:

387-391 Blackburn Road, Accrington, BB5 1RP

1A Pritchard Street, Blackburn, BB2 3PF

274 Union Road, Oswaldtwistle, BB5 3JB

