

Patient Update

What's happening at Cricketfield Surgery

We have an additional new GP, Dr Alex McLaren, who has just joined the team. He has recently moved back to the area with his family after working as a GP in the Bristol area for the last few years. He grew up in Shaldon and has previously worked as a locum GP in the local area so he's very familiar with Newton Abbot. As an experienced GP who will have a list of patients to look after we are confident that we will be able to increase our number of appointments available and offer more continuity of care.

Our GPs who look after a list of patients include:

- Dr Juliet Bailey
- Dr Kate Barnett
- Dr Jennifer Gray
- Dr Alex McLaren
- Dr Emma Palmer
- Dr Louise Pealing
- Dr Andrew Venning



They are supported by Dr Derek Greatorex, Dr Katie Henshaw and Dr Sally Kidner to look after our patients. They don't hold a list of patients so will typically see patients who have one off or shorter-term illnesses or need specialist care or treatment for things like Women's Health matters or injections.

In addition to GPs we have a wide range of clinical and non-clinical staff that help our patients get the care they need. This may include self-care advice or signposting to other more appropriate services. Our team includes Advance Nurse Practitioners, Nurses, Trainee Nurse Associates, Healthcare Assistants, Paramedics, Pharmacists and Pharmacy Technicians, Care Coordinators, Social Prescriber, Dietician, Mental Health Occupational Therapist and Advanced Clinical Practitioner for Mental Health.

We also have trainee Doctors, Medical Students and Nursing students working with us throughout the year.

We work with Counsellors Southwest to provide counselling services for our patients and they can see you in the Practice.

From July you will be able to see the Midwife team in our Practice as well.

Remember Self Care

To enable us to meet demand it is really helpful if patients have tried self-care or seeking advice from reliable sources.

There are a few places you can get reliable advice about a health problem you may be worried about (add links):

- NHS Online - <https://111.nhs.uk/>
- Handi App for children's illnesses https://bit.ly/Handi_CFS
- Pharmacies - https://bit.ly/Pharm_CFS

We have also included a Summer Health Supplement with this newsletter to help you stay healthy this Summer.



Scan the QR code to find your nearest pharmacy.



COVID-19 Vaccinations - Spring Booster

The Spring Booster programme is coming to an end. If you are over 75 or are an adult who is immuno suppressed and still need a COVID Vaccination you can call us to book an appointment but we can only open a vial for blocks of 10 appointments. One vial contains 10 doses and once open does not last long before we have to throw it away. We also do not have much left so it may be we are not able to offer you an appointment. Please go online or call 119 if you to find an alternative location to have a COVID vaccination.

For children who are eligible for the vaccine you will also need to call 119 or go online to book. Book, cancel or change a COVID-19 vaccination appointment - NHS - <https://www.nhs.uk/>
It is likely that we will run an Autumn Booster COVID Vaccination program



National Changes to the NHS Contract for GP Practices

From April 1st this year NHS England have included a new element to the contract for GP Practices to comply with. This states that we need to provide equitable access to our services and offer an assessment of need or signposting on first contact with the Practice, whether you contact us by phone, in person or via our online Patient Triage service. We then have 2 working days to carry out the assessment of need and inform our patient of what is recommended for them, this will be an appointment within 2 weeks if clinically needed. This would be either be in person or over the phone dependent on what is most appropriate and availability.

Cricketfield Surgery was already compliant with this contractual change as we have been operating our assessment system for almost 2 years now. It is very successful to help us manage demand fairly and ensure all patients get what is appropriate for them clinically. We have an excellent team taking calls from patients and working through our assessment questionnaire to help ensure the clinician's have the information they need to make an assessment of what is needed.

One recent change is we now have this assessment questionnaire available from our reception if you aren't able to call us or use the online Patient Triage system. You can come in and complete it then return it to the reception and it will be assessed by a Clinician, as if you had called in.

If you have a non-urgent health concern or need a routine follow-up appointment then these will usually be in 4 to 6 weeks time with your regular GP.

Nursing appointments are bookable dependent on what is needed, and again can be done over the telephone, in person at the Practice or via our Online Patient Triage service, or online booking request if one is sent to you.



There are three ways to get in touch with us at this surgery.

Use an online form on our website, call us or visit us.

Your health matters
Help us help you

Running a Marathon

Dr Andrew Venning, one of our GP Partners, is training up for the North Devon Marathon which is held on the 25th of June 2023, fundraising for North Devon Hospice. He would really appreciate it if anyone who wants to donate to the charity and support him, follows the link below:

[Andrew Venning is fundraising for North Devon Hospice \(justgiving.com\)](https://www.justgiving.com/fundraising/andrewvenning)

His training is going really well and he's just done a full practice marathon, running a 26 mile circular route around Dartmouth and Totnes. He's fitter and healthier and highly motivated to complete the full marathon on the 25th of June. Go Andrew!



<https://www.justgiving.com/fundraising/andrewvenning>

Wellbeing Team

The Wellbeing Team are a multi-professional team working across the Templer Care primary care network in Newton Abbot.

They currently consist of a mental health occupational therapist, clinical psychologist, social prescriber and a dietitian and together are excited to be bringing mental and physical wellbeing to our local community!

You can find them over on Social Media -
facebook.com/templerwellbeing
instagram.com/templerwellbeing

Here you will find information, guidance and signposting to help you take ownership of your health, invest in your wellbeing, and make the most of what's available in your area.



Some of you will recognise them or seen them in the surgery, but for those who don't, from L-R we have: Debbie, Bronwen, Kelly-Anne, and Nadine.

We need Patient Ambassadors!

We are looking for Patient Ambassadors for specific cohorts of patients to help us improve our services and help you better understand how we work. For more information please contact us at admin.criciketfield@nhs.net or ask at Reception.

The Ambassadors we are looking for are (we ideally want one for each area, but could have a couple for some areas):

- Young People's (16 to 25) Ambassadors
- Families Ambassadors
- Over 25's Working Population Ambassadors
- Older People's Ambassadors
- Mental Health Ambassadors
- Neurodiversity Ambassadors
- Equality (Protected Characteristics) Ambassadors
- Multiple Long-term Conditions Ambassadors
- Carers Ambassadors
- Veterans Ambassadors



Patient Feedback

As a surgery we always appreciated feedback from our patients. Here's some of the recent feedback we've received.

On time brill every thing went perfect thank you

Polite and courteous receptionist and excellent GP who listened to me and provided excellent care and follow up review.

Always very helpful when needing a Dr and advice from the surgery.

I managed to see the nurse. I had an ECG and I then saw the doctor within minutes. The nurse and the doctor were both very professional and caring

Maria always makes me feel a little calmer ... I have a needle phobia

I feel we have the Best Surgery in town help is always there if we need it my Thanks to you all .

Originated the enquiry via online triage. Appointments made with nurse for blood test and follow up face to face with Doctor to review. Happy with seamless process.

Keep in Tip Top Shape this Summer

- Common summer ailments such as Hayfever can often be easily managed by medications and advice available from a Pharmacy. You can also get sunscreen from a Pharmacy or Supermarket.
- Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.
- Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.
- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.
- For more information visit [GOV.UK: Beat the heat: staying safe in hot weather](https://www.gov.uk/government/campaigns/beat-the-heat).
- You can also get help from the environmental health office at your local council, if you think a hot house is affecting your health or someone else's. They can inspect a rented home for hazards to health, including excess heat.
- [Find your local council \(GOV.UK\)](https://www.gov.uk/government/campaigns/beat-the-heat)

What factor sunscreen (SPF) should I use?

- Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.
- **When buying sunscreen, the label should have:**
 - a sun protection factor (SPF) of at least 30 to protect against UVB
 - at least 4-star UVA protection

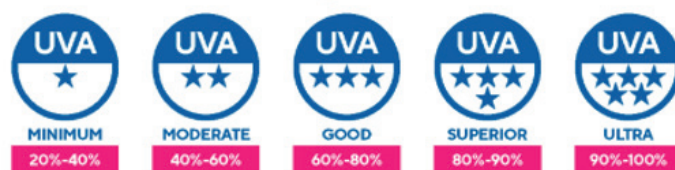
UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

- Make sure the sunscreen is not past its expiry date. Do not spend any longer in the sun than you would without sunscreen.

What are the SPF and star rating?

- The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.
- SPF's are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.
- The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.
- The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations.
- Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

Choosing the right sunscreen and understanding UVA Protection



Sunscreens absorb this percentage of UVA rays compared with UVB

How to apply sunscreen

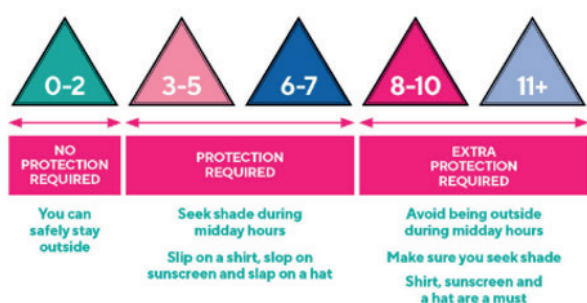
Most people do not apply enough sunscreen.

- As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen if you're covering your entire body.
- If sunscreen is applied too thinly, the amount of protection it gives is reduced.
- If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.
- If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:
 - 30 minutes before going out
 - just before going out
- Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.
- Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.
- This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.
- It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

Swimming and sunscreen

- Water washes sunscreen off, and the cooling effect of the water can make you think you're not getting burned.
- Water also reflects ultraviolet (UV) rays, increasing your exposure.
- Use water-resistant sunscreen if it's likely you'll sweat or have contact with water.
- Sunscreen should be reapplied straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

When the UV index reaches 3 or above sun protection measures should be taken



Stay Safe in the Sun this Summer

Children and sun protection

- Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.
- Children aged under 6 months should be kept out of direct strong sunlight.
- From March to October in the UK, children should:
 - cover up with suitable clothing
 - spend time in the shade, particularly from 11am to 3pm
 - wear at least SPF30 sunscreen
- Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

Protect your eyes in the sun

- A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.
- Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous.
- Avoid looking directly at the sun, as this can cause permanent eye damage.

Clothing and sunglasses

- Wear clothes and sunglasses that provide sun protection, such as:
 - a wide-brimmed hat that shades the face, neck and ears
 - a long-sleeved top
 - trousers or long skirts in close-weave fabrics that do not allow sunlight through
 - sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E

Summer Safety Tips



Stay Hydrated
Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications
Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool
Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing
Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts
Have a list of people to call in case of emergency



Know the Weather Forecast
Plan your days accordingly depending on the weather

How to deal with sunburn

- Sponge sore skin with cool water, then apply soothing aftersun cream or spray, like aloe vera.
- Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.
- Stay out of the sun until all signs of redness have gone.

Sunlight is good for you

- Whilst you do need to take care in the Sun and follow the advice above, sunlight is really good for you.
- Of all the health benefits of sunlight, initiating the process of producing vitamin D in the body may be the best known. When UVB rays hit human skin, they interact with the 7-DHC protein there to produce vitamin D3.
- People can get vitamin D from their diet and supplements, but sunlight is an important source of this essential nutrient.
- Vitamin D is necessary for key biological processes to take place in the body. Its benefits include:
 - supporting healthy bones
 - managing calcium levels
 - reducing inflammation
 - supporting the immune system and glucose metabolism
- Being in the sun generally makes people feel good, and there are many scientific reasons for this effect.
- One of these is that exposure to UVB rays causes human skin to produce beta-endorphins, which are hormones that reduce pain.
- Their other benefits include:
 - promoting a sensation of well-being and improving mood
 - boosting the immune system
 - relieving pain
 - promoting relaxation
 - helping wounds heal
 - helping people feel more alert
 - reducing depression

 **Signs of heatstroke in dogs**

Pets change lives
We change theirs



Excessive panting and dribbling



Collapsing or tiredness



Increased heart rate

Take action



Move them into a cool place and offer water



Wet coat with cool water (not freezing)



Call vet ASAP – even if your dog looks better

Activities

You can still take advantage of the nice weather to get fit and healthy, just avoid exercising during the hottest part of the day 11am to 3pm or find a shaded area to go for a walk such as woodlands.

There are plenty of summer activities that you can do on your own or with friends, or groups you can join.

Useful links;

<https://www.visitsouthdevon.co.uk/whats-on>

https://www.facebook.com/TeignmouthRegatta/?locale=en_GB

<https://museum-newtonabbot.org.uk/visiting/whats-on/>

<https://www.tor-bay-harbour.co.uk/leisure/events/>



Visit South
Devon



Teignmouth
Regatta



Newton Abbot
Museum



Fired for Royalty

Royal Commemoratives from the Torquay and South Devon potteries

EXHIBITION

Newton Abbot Museum

Newton's Place 43 Wolborough Street Newton Abbot TQ12 1JQ

June 10th – July 6th 2023

In celebration of the Coronation of His Majesty King Charles III

NEWTON ABBOT MUSEUM

TPCS
Torquay Pottery Collectors Society

TEIGNMOUTH REGATTA 2023

TBC July 5pm Barham Cup 🏆

- Sat 29th July. 2pm Kayak & Paddleboards 🛶
- Sun 30th July. 10am Fun Run 🏃, 2pm Punt Rowing 🛶
- Mon 31st July. 11am Sandcastles 🏖️ & Treasure Dig 🗺️
6:30pm Quiz 📖
- Tues 1st Aug. 10am Fete 🎪 11am Pavement Artist 🎨
Time TBC Services Challenge 🚚
- Weds 2nd Aug. 2pm Fun Sports 🏆 Time TBC
Teignmouth V Shaldon 🐷
- Thurs 3rd Aug. 10am Fete 🎪 10am Dog Show 🐕
12noon Pig Racing 🐷 6pm Treasure Hunt 🗺️
- Fri 4th Aug. 10am Crab Catching 🦀 3:30pm Junior Raft Race 🚣
6:30pm Adult Raft Race 🚣
- Sat 5th August. Shaldon Water Carnival
- Sun 6th Aug. Time TBC RNLI display 🚢 1:30pm Floaty McFloat Race 🏆 Time TBC RTRC Seine Boat League race 🚣
- Sun 13th Aug 6pm. Presentation of trophies 🏆

MACMILLAN FAMILY

COFFEE MORNING

Tuesday 29th August 2023

The Rec Trust, Marsh Road,
Newton Abbot Tq12 2AR

10.30am-3.30pm

Outside will be full of fun!

COME FOR COFFEE AND CAKE

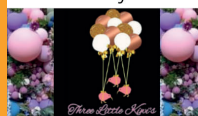
Bouncy castle & Entertainment,
Buisness stalls & Games,
Face Painting & Hair Braiding
And more!!!

WORLD'S BIGGEST COFFEE MORNING

Guest arrivals 11.30am-12.30pm

In the function room !!

Hosted by Three Little Kiwi's! Sponsored by Westomatic & Webb's Masonry



westomatic
make it happen

WEBB'S MASONRY
07740398322

Facebook event - <https://fb.me/e/40Fvb9Pmg>.

email - threelittlekiwi3@gmail.com