

Autumn 2018 Newsletter

Welcome to your HMG
Autumn 2018 Newsletter
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Flu Clinic



Hello / Goodbye



Carers Northumberland



Chat Health



Northumberland
Recovery Programme



Non NHS Services

Hello / Goodbye :

In August we wished Dr George Moss all the very best as he left the practice to continue his training but we welcome GPR Dr Helen Berry to the practice. We also said farewell to Dr Jo Shaw and welcomed Dr Stephanie Siddle and also Dr Mark Crick.

2018 FLU CLINIC

Flu vaccinations will be given by pre-booked appointments at the surgery.

There are various appointments bookable during September, October and November to allow times that are convenient for our patients.

Booking appointments

Flu Vaccinations – all vaccinations will be given by booked appointment – no need to sit and wait

The arrangements for flu vaccinations this year have changed. This is for reasons beyond our control, including the development of different vaccines for different age groups.

We have an over 65 flu clinic on Saturday 22nd September which will be pre-booked appointments.

We also have pre- bookable appointments for both under 65's and over 65's patients on various week days during October and November.

Please contact the surgery to book your flu appointment as soon as possible. If ringing the surgery please ring after 2pm when phone lines are less busy.

Patients entitled to a flu vaccination:

All those aged 65 and over
Pregnant women
Registered Carers

Those aged 6 months or older with the following conditions:

Chest problems
Chronic heart disease
Diabetes
Chronic kidney disease
Chronic neurological disease
Immunosuppressed or spleen problems

Eligible Under 18 year olds will be given the nasal vaccination – we currently do not have a date of availability for the nasal flu. We will contact this group of patients by letter when the vaccine is available.



Carers Northumberland

You may look after a husband, wife, partner, child, parent, another relative or a neighbour or friend. You probably don't stop to think about yourself while you're so busy every day. You are not alone. There are an estimated 35,500 carers living in Northumberland.

Carers Northumberland is a charity dedicated to improving the lives of carers by responding to the needs of carers, informing carers of their rights and entitlements, supporting carers to access help for the person they care for, reducing the social isolation that so many carers feel and empowering carers to have a voice. Carers Northumberland hold support groups in areas across Northumberland, a group is held in Hexham at the Adapt Building, Burn Lane.

Want to know more? Contact our information line on: **01670 320025** or visit **www.carersnorthumberland.org.uk/**

Nearly a quarter of 14-year-old girls in UK 'self-harming', charity reports

"Fifth of 14-year-old girls [actually 22%] in UK 'self-harm'", reported BBC News. The alarming headline is prompted by the publication of the 7th edition of the Good Childhood Report, produced by UK charity The Children's Society. This annual report aims to find out how children in the UK feel about their lives and the things that make them happy and unhappy. Specifically, the report looks at:

- trends in children's self-reported happiness over time, and whether this differs between genders
- how they feel about family, friends and their appearance
- the relationship between children's happiness and mental health, and how these may lead to behaviours such as self-harm

What evidence did the report look at?

This latest report used findings from an ongoing research programme with 65,000 children and young people, which began in 2005.

It took answers from a questionnaire sent to children aged 10-17, in which they were asked how they felt about:

- relationships with their family and friends
- their home, money and things they own
- their health and the way they look
- their school, future and how much choice they have in life
- the way they use their time

The researchers also considered data from the following 3 ongoing studies.

The British Household Panel Survey (BHPS) and Understanding Society study, The Millennium Cohort Study and The Office for National Statistics (ONS) 'Measuring National Well-being'

What were the main findings?

General happiness

Over the period from 1995 to 2016, children's happiness with family, schoolwork and school was shown to increase. However, for friends and life as a whole, an increase between 1995 and 2009 was followed by a decrease in happiness between 2009 and 2016. The researchers suggest that these trends are unlikely to be linked to a particular political or cultural effect (such as the 2008 recession). But the findings might tell us we need to offer extra support to children at this later life stage.

Self-harming

Girls (22%) were more than twice as likely as boys (9%) to self-harm. Rates of self-harm were also higher in children who were attracted to the same gender or to both genders (46%), and in children from lower-income households. It's worth mentioning that the report used the term "self-harming" to describe a wide range of behaviours, including drug and alcohol abuse, as well as physical self-harming.

What were the report's recommendations?

The Good Childhood Report 2018 provides several policy recommendations to help improve the lives of children across the UK. The report has specific recommendations to be considered in schools, for children in care, and for children who face multiple challenges in life. One of the main recommendations is to ask children themselves how they feel about their lives, rather than rely on observations and assumptions made by adults. Also, the report suggests we shouldn't just look for mental health issues when identifying children in need of support, but also consider their general happiness.

Getting help and Helping others

It's important for anyone who self-harms to see their GP. They can treat any physical injury and recommend further assessment, if necessary.

Your GP is likely to ask you about your feelings in some detail. They'll want to establish why you self-harm, what triggers it, and how you feel afterwards. Your GP may ask you some questions to see if you have an underlying condition, such as depression, anxiety or borderline personality disorder. If the way you self-harm follows a particular pattern of behaviour, such as an eating disorder, you may be asked additional questions about this. Your height, weight and blood pressure may also be checked, and you may be asked about any drinking or drug-taking habits. It's important to be honest with your GP about your symptoms and your feelings. If you don't know why you self-harm, tell your GP this.

If you're concerned that a child you care for may be self-harming, make an appointment with them to see your GP.

If necessary they can refer your child to their local child and adolescent mental health service (CAMHS) for specialist help.

Find out more information about CAMHS.

If you are worried about any aspect of your child's mental health, you can call the free parents' helpline run by the charity YoungMinds on 0808 802 5544 for advice. The YoungMinds website also has mental health support and advice for your child.

For full article please visit :www.nhs.uk/news/mental-health/nearly-quarter-14-year-old-girls-uk-self-harming-charity-reports/

Your local Healthwatch are available to help make health and social care better for people in Northumberland sharing your views with those with the power to make changes. Their website holds a wide amount of information whether you want to register with a new GP practice or dentist, find out where your nearest urgent care centre is or need support from a local support group or national organisation, they can help you find the services you need.

Please get in touch with your experiences of GPs, hospitals, dentists, care homes or other healthcare service. Every comment matters so please leave yours via the website or you can pick up a feedback form in the surgery. If you would like to receive news and updates from Healthwatch Northumberland please leave your contact details (Name, e-mail and telephone) with a member of staff or visit healthwatchnorthumberland.co.uk/ to register online.

Chat Health

A new text messaging service is encouraging young people across Northumberland to discuss their health concerns in confidence. Aimed at 11-19 year olds, Chat Health allows young people to text their school nurse, in confidence, for advice and support. The service deals with all kinds of issues including, mental health, bullying, self-harm, alcohol and drugs, relationships, healthy eating and smoking.

When you talk to your school nurse you talk 'in confidence' which this means the school nurse will not talk about what you have said to other people or to your school. However, if the school nurse is concerned about your safety, for example, if you say something that makes your school nurse think that you or someone else is in danger, the school nurse will have to tell somebody else. The school nurse will talk to you if they need to do this.

Chat Health is already being used by a number of NHS trusts across the country, and its development involved the police, NSPCC and the Royal College of Nursing along with young people.



Those aged between 11-19 years who would like to discuss concerns with a school nurse can text the Chat Health service on: **07507 332 258**

For more information please visit:

www.northumbria.nhs.uk/our-services/childrens-services/school-nursing-service/



Northumberland Recovery partnership are beginning a programme for women only on a Monday afternoon at Hexham Abbey. If you are a woman or have a female friend or family member who has an issue with drugs or alcohol you may like to attend. The programme is on a referral basis only due to the nature of the programme.

SMART (Self-Management and Recovery Training) sessions are held at Chad House, Hexham on Fridays 10:15—12 Midday. This group welcomes all those who are struggling with their alcohol and substance misuse issues. The session focuses on using different tools and interventions based on cognitive behaviour to take control of your substance misuse and change the way you think about your addiction.

if you would like to attend either of these sessions please contact

Claire Battista on 07841 776172 or 01670 351239 for more information.

Non-NHS Services

The NHS provides most healthcare to most people free of charge however some services provided are not covered under our contract with the NHS and therefore include charges. Prescription charges have existed since 1951 and there are a number of other services for which involve a fee. Examples as follow:

Medicals for pre-employment, sports and driving requirements (HGV, PSV etc.)

Insurance claim forms

Prescriptions for taking medication abroad

Private sick notes

Vaccination certificates

Please note that GPs are not obliged to do any of the above work, it will always take second place to their clinical work. Please note you will be asked to pay before any of the above is completed.

How are charges decided? The British Medical Association recommends that GPs tell patients in advance if they will be charged. It is up to the individual practice to decide how much to charge.

For more information about charges, visit the British Medical Association website at www.bma.org.uk

What is covered by the NHS and what is not?

The Government's contract with GPs covers medical services to NHS patients, including the provision of ongoing medical treatment. In recent years, however, more and more organisations have been involving doctors in a whole range of non-medical work. Sometimes the only reason that GPs are asked is because they are in a position of trust in the community, or because an insurance company or employer wants to ensure that information provided to them is true and accurate.

Do GP's have to complete Non-NHS work for their patients?

With certain limited exceptions, for example a GP confirming that one of their patients is not fit for jury service, GPs do not have to carry out non-NHS work on behalf of their patients.

Why does it sometimes take my GP a long time to complete my form?

Time spent completing forms and preparing reports takes the GP away from the medical care of his or her patients. Most GPs have a very heavy workload and paperwork takes up an increasing amount of their time.

I only need the doctor's signature - what is the problem?

When a doctor signs a certificate or completes a report, it is a condition of remaining on the Medical Register that they only sign what they know to be true. In order to complete even the simplest of forms, therefore, the doctor might have to check the patient's **entire** medical record. Carelessness or an inaccurate report can have serious consequences for the doctor with the General Medical Council or even the Police. It is important to understand that many GPs are not employed by the NHS; they are self-employed and they have to cover their costs – staff, buildings, heating, lighting etc. – in the same way as any small business. The NHS covers these costs for NHS work, but for non-NHS work, the fees charged by GPs contribute towards their costs.

What can I do to help?

If you have several forms requiring completion, present them all at once and ask your GP if he or she is prepared to complete them all at once as a 'job lot' at a reduced price.

Do not expect your GP to process forms overnight. You should expect the form(s) to take upto 4 weeks for the GP to complete and return

Please be aware that the GP's DO NOT sign Passport Applications

If you have a preference as to whom your accountable GP should be, the practice will make reasonable efforts to accommodate this request.