

MONTHLY NEWSLETTER

FEBRUARY 2024 / VOL. 006



TOP NEWS

- Child Mental Health
- BGP Recommends
- World Cancer Day

Armed Forces Veterans Survey

The Royal College of General Practitioners, NHS England and the Office for Veterans' Affairs are working together to increase awareness of veterans' healthcare needs and any challenges that prevent people who've served in the Armed Forces from seeking help from their GP.

If you have served in the Armed Forces and live in England, we would be grateful if you could spare 10 minutes to fill in this online survey: <https://bit.ly/3vRC1vs>

By filling in this survey, you are ensuring that your thoughts and experiences are more likely to be understood and acted upon.

ADVANCE NOTICE:

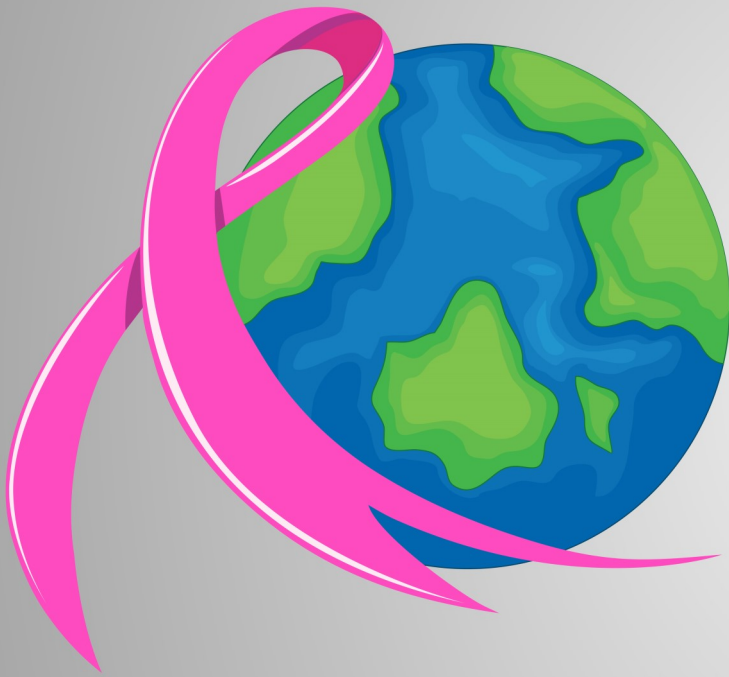
**We have a staff training day taking place on the 12th March 2024.
The practice will be closed from 12:30—18:30.**

YOU SAID

**WE
DID**

You said: It can be difficult to get appointments during the week.

We did: We have opened up some specialised clinics on weekends for cervical smears, foot checks and bloods to try to help with availability. We hope to continue these throughout the year.

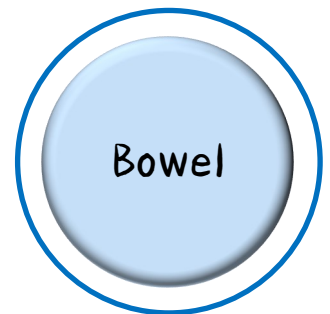
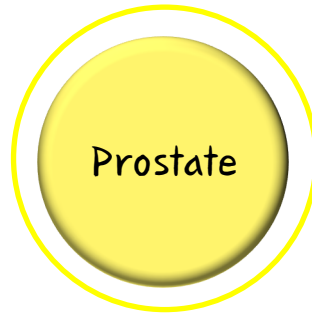
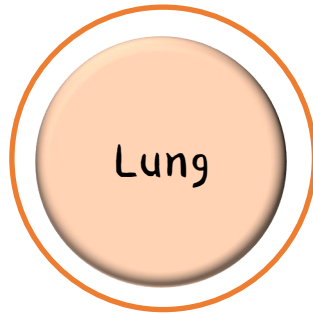


WORLD CANCER DAY

FEBRUARY 4

1 in 2 people will develop some form of cancer during their lifetime.

In the UK, the 4 most common types of cancer are:



Spotting The Signs Of Cancer

Changes to your body's normal processes or unusual, unexplained symptoms can sometimes be an early sign of cancer.

Symptoms that need to be checked by a doctor include:

- a lump that suddenly appears on your body
- unexplained bleeding
- changes to your bowel habits

But in many cases your symptoms will not be related to cancer and will be caused by other, non-cancerous health conditions.

I've noticed something, what should I do?



If you are worried about signs or symptoms of Cancers, speak to your GP. They can help discuss your concerns or worries with you, answer queries, or order tests that might be required.

It is always best to get it checked out, rather than to leave it.

We know it can be nerve-wracking or scary, but all our staff are trained in their roles and want to help.

Where Can I Get Support?

There are lots of different places that offer support and information:

www.macmillan.org.uk

www.lookgoodfeelbetter.co.uk

www.cancerresearchuk.org

www.lymphomaoutloud.org

www.maggies.org

www.mariecurie.org.uk

www.shinecancersupport.org

www.breastcancer.org

www.jostrust.org.uk



Remember To Do:

- *Attend your screenings!*
- *Check yourself regularly.*
- *Inform your GP of any signs or symptoms you are worried about.*
- *Look at prevention e.g. stop smoking, wear sunscreen outside, keep a healthy weight, eat well.*
- *Get your preventative vaccines if you are eligible e.g. HPV.*



Help us
help you

Children's Mental Health Week

5th–11th February 2024

As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy.

Ways to support a child or young person:



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

Signs a child might be struggling:

A large number of children and young people will experience behavioural or emotional problems at some stage. For some, these will resolve with time, while others will need professional support.

It might be difficult to know if there is something upsetting your child, but there are ways to spot when something's wrong. Look out for:

- significant changes in behaviour
- ongoing difficulty sleeping
- withdrawing from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves

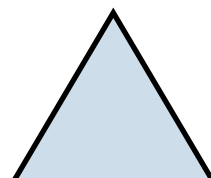
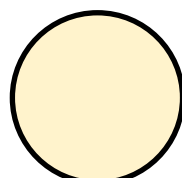


When to get professional help for a child or young person

You know your child better than anyone, so if you're worried, first think if there has been a significant change in their behaviour.

If there has, is it caused by any specific events or changes in their life? Does it only happen at home, school or college, or when they're with others or alone?

If you're worried or unsure, there is lots of support out there (see the support section on this page). MindEd for Families also has information explaining some common behavioural problems in different age groups.



Bartlett Group Recommends..... Pork and Garlic Bread Bake

Ingredients

2 teaspoons dried mixed herbs
25g plain flour
1 pinch ground black pepper
450g pork fillet (tenderloin), cut into chunks
1 teaspoon vegetable oil
1 large onion, chopped
2 celery sticks
1 medium apple, cored and chopped
500ml reduced-salt vegetable or chicken stock
4 teaspoons lower-fat spread
1 garlic clove, crushed
1 baguette, cut to give about 15 slices
20g reduced-fat mature cheddar cheese, grated

Method

1. Sprinkle the dried mixed herbs, pepper and flour onto a plate and mix. Roll the cubes of pork in this mixture. Preheat the oven to 180C (160C fan, gas mark 4).
2. Heat the oil in a flameproof casserole dish. Add the pork, onion, celery and apple, and cook for about 5 minutes, stirring well.
3. Add the stock and bring to the boil. Once bubbling, remove from the heat, cover and cook in the oven for 75 minutes.
4. Once the casserole has been in the oven for about 70 minutes, make the topping. Mix together the low-fat spread and garlic, then spread on the slices of bread.
5. Remove the dish from the oven. Arrange the bread on top of the casserole, spread-side up, and sprinkle over the cheese. Return to the oven, without a lid, to bake for another 10 to 15 minutes until browned.



Use finely grated parmesan instead of cheddar, if you prefer.

6. Once cooked, leave to cool for a few minutes before dividing into bowls. Tuck in and enjoy!

Serve with a portion of your favourite green veg – like broccoli, green beans or spinach – to help towards your 5-A-Day.

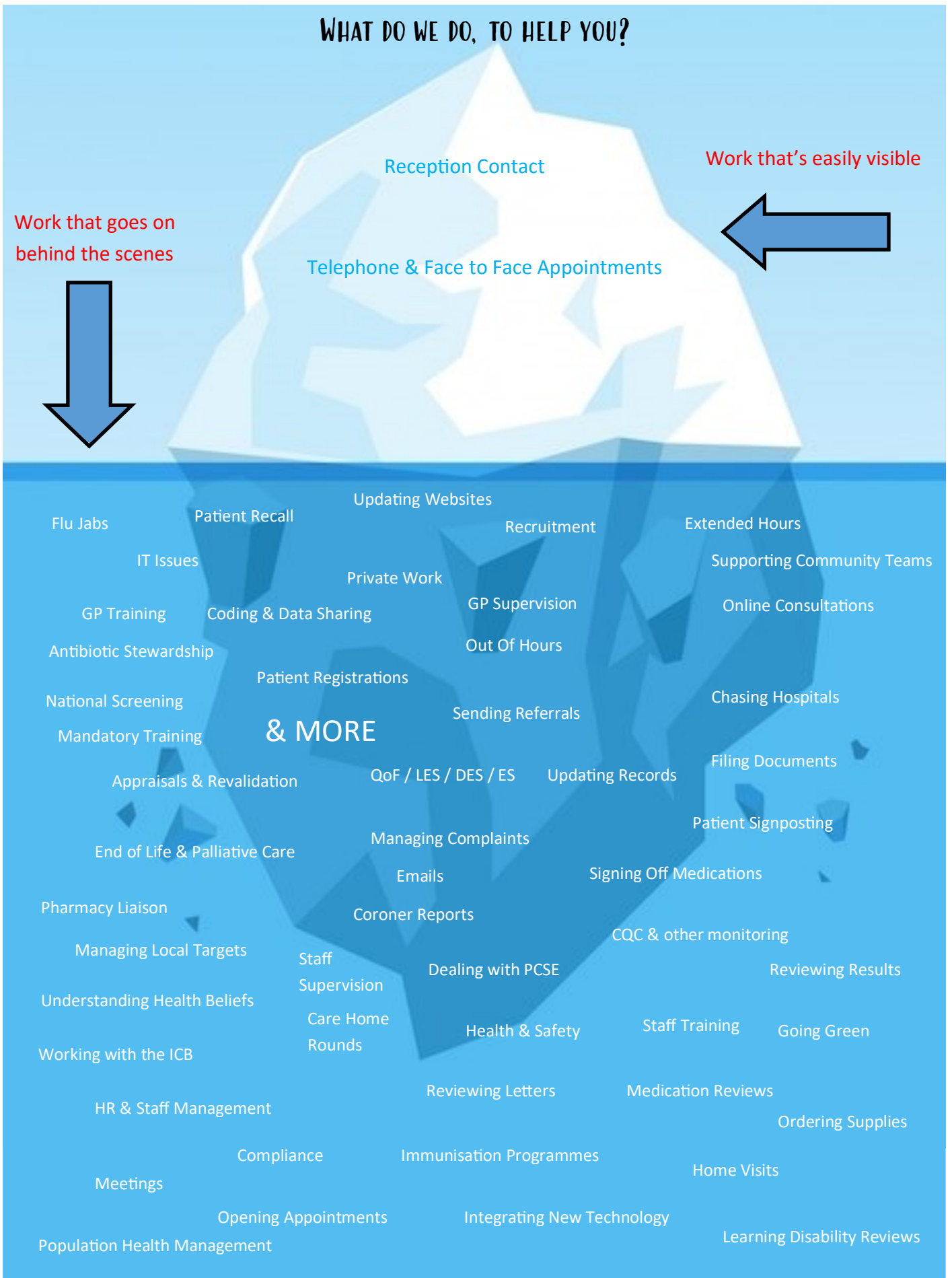
TOP *tips*

With half-term coming up for lots of you, why not try some of these ideas:

1. Take a walk somewhere new. There's lots of lovely local places, and plenty of fresh air is good for us.
2. Try a new meal. Seen something you like the look of but not tried it yet? Why not give it a go, you might surprise yourself!
3. Hold a play date. Meet up with friends or family. Connecting with others is good for our mental health and can help us to feel less alone.

GENERAL PRACTICE

WHAT DO WE DO, TO HELP YOU?



Travel Vaccinations

If you are thinking of going away and think you may need some vaccinations, you can check by booking in for a Travel Vaccination phone call with one of our travel nurses. They will check your record and existing vaccinations and advise what vaccinations they recommend. Please be aware, some vaccines may incur a fee.

Please ensure you leave ample time before your holiday to get your vaccines sorted as we are often booking a month in advance. We advise phoning at least 8 weeks before you are due to travel.

You can book in for this telephone appointment by ringing our reception team.

Did you know, we are also a Nationally Accredited Yellow Fever Vaccination centre?

We are able to offer this vaccination should you require it at our practice.



We're on Facebook!

Why not give us a like or a follow?

We post helpful and up to date information about what's going on in the practice as well as useful links to helpful websites and apps.

You can find us by searching [@BartlettGroupPractice](#)



Practice Stats

Over the month of January (1st—31st) we have had:

17,288 phone calls into the practice

8806 medication requests

254 people did not attend their booked appointment

We also have:

28,368 patients registered with us

17,835 patients using online access

6977 flu vaccines given since flu season started