

LLWYNHENDY HEALTH CENTRE NEWSLETTER



March 2019

New Daffodil Standards

Marie Curie and The Royal College of General Practitioners (RCGP) have, as a new partnership, launched the Daffodil Standards - a set of eight quality improvement statements designed to support primary care teams in delivering care to patients living with an advanced, serious illness, or at the end of their lives, and their loved ones.

Llwynhendy Health Centre will now be able to display a 'daffodil mark' as a sign of our commitment to offering excellent end of life care and support for people with advanced serious illness.

The Daffodil Standards will help the whole practice team to identify areas for improvement using a tested framework to build on the good care we provide. The standards fall back on the fundamental values of general practice being hubs within 'compassionate communities'. GPs recognise how important their role is and how rewarding they find this part of their work.

Marie Curie is the UK's leading charity for people with any terminal illness. The charity helps people living with a terminal illness and their families make the most of the time they have together by delivering expert hands-on-care, emotional support, research and guidance.

If you are in need of support, or have any questions about any aspect of terminal illness, call the Marie Curie's Information & Support Line free on 0800 090 2309 or visit www.mariecurie.org.uk/help



Cervical Screening

Llwynhendy Health Centre continues to try to raise awareness and remind our patients about the importance of attending for their cervical screening.



Cervical Screening is at a 10 year low, according to Jo's Cervical Cancer Trust. The charity says it's concerned that if this number keeps increasing, that more lives will be lost and that it is particularly worried about women aged between 25 and 29. 1 in 10 women in the UK say that they have never attended for cervical screening.

If you have had a letter please make an appointment with the receptionist. **Don't miss this opportunity for screening; it could save your life.**

For further information please visit:

<http://www.cervicalscreeningwales.wales.nhs.uk/>

Stop Smoking Day – 13th March 2019

Stop Smoking Day encourages you to 'take the leap' and give up smoking.

Stop Smoking Day is celebrated as an awareness program all over the world. The main objective of the day is to spread awareness about the harmful health effects of tobacco consumption through cigarette and other modes. The utmost intention of the program is to help smokers to get rid of their habit of smoking.

Stop Smoking Wales is a specialist health service that provides sessions for smokers who want help to give up.

Help Me Quit - Free NHS help, that's right for you. The best choice you can make to help you quit smoking.

Click: www.helpmequit.wales

Call: 0800 085 2219

Text: HMQ to 80818

Health & Well-being

Education Programmes for Patients (EPP) deliver **FREE** Health and well-being courses for adults. The Health and Well-being courses are developed by Healthcare Professionals and patients living with long term health conditions, demonstrating a high level of proactive self-management. Peer led facilitation makes these courses highly effective with significant evidence of behaviour change. Evaluation shows that participants' leave with the confidence to manage their health and well-being whilst living with health challenges. The service enables patients to live their life to the full. The courses range from 45 minutes to an 8 week course once a week in community locations. Sessions are facilitated by two trained people who have experience of living with a long term condition or who are affected by caring for someone.

Courses cover a range of topics. From health eating, pacing and activity levels, managing low mood, solving day to day problems, making decisions, planning for the future body image. Courses such as '5 way to well-being', 'Introduction to Looking after me', 'Diabetes self management', 'Introduction to Pain Management', 'Cancer Thriving & Surviving', 'Foodwise', 'COPD + Exercise' and much more.

For more information on the courses available or to sign up for a course please contact EPP Cymru on: 01554 899035 or email: Eppcymru.hyweldda@wales.nhs.uk



Pneumo Injection - Appointments Available

If you are 65 or over you are eligible for a type of pneumo jab known as the pneumococcal polysaccharide vaccine (PPV). This one-off vaccination is very effective at protecting you against serious forms of pneumococcal infection. It's a simple and safe vaccine that can prevent pneumococcal infections.

Pneumococcal infections are easily spread by close or prolonged contact with someone who has the infection.

The pneumococcal bacteria are present in tiny droplets that are expelled when an infected person breathes, coughs or sneezes. If you breathe in these droplets, you may also be infected. You can also become infected by touching any droplets that might have landed on a surface such as a table, and then transferring them to your face.

Once the bacteria have entered your body – usually through your nose or throat – they can either lie dormant

(which means they do not cause you any harm, but they could still be passed onto someone else), or they can multiply and cause health problems such as pneumonia.

If you would like to have the pneumo injection please speak to our reception team who can make an appointment for you.

Look to the experts when it comes to Eye care

Opticians across West Wales are behind a campaign to help stop people heading straight to A&E when they have sudden eye problems. The **Choose Wise if You Hurt Your Eyes** initiative is highlighting the free expert eye advice and treatment available on our high streets. The Welsh Government drive encourages people to visit opticians to access acute eye care rather than going to a GP or hospital.



New eye symptoms can be associated with vision threatening disease and unless detected then treated early may lead to permanent damage. Symptoms requiring urgent assessment include sudden onset of a red or uncomfortable eye, a foreign body in eye, sight problems that start quickly, seeing flashes or new floaters in vision.

Optometrists will provide an expert examination and advice on eye problems that need urgent attention and will advise on the best way to treat them. There is no charge for the appointment and the optometrist will see you within 24 hours and many optometry practices are open on Saturdays.

Research has revealed that patients are often unaware of the full range of healthcare services available to them and end up visiting and emergency department or calling 999 for an ambulance when actually an optometrist could be the best place for them to go.

The nationwide Choose Well campaign aims at helping members of the public decide where to go to get the best and most appropriate medical attention when they are unwell. This in turn should allow busy NHS services to help the people who need them most. Things like a simple eye injury picked up during a sports match or specks of dust or debris that have got in eyes while gardening or DIY could all be checked at the opticians.

This campaign is being supported by the Welsh Government, Optometry Wales, the RNIB, Public Health Wales, Community Pharmacy Wales, Health Boards and other health organisations.