

# NEWSLINK

## Riverside Patients Participation Group

June/July 2023

New Series 2

### NHS HEALTH CHECKS

The NHS Health Check is a check-up for adults without pre-existing conditions aged 40 to 74. You will be invited every five years for this health check (after you are 75 it will be annually).

It can help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes.

If you're over 65, you will also be told the signs and symptoms of dementia to look out for.

A blood test will be done as part of the health check and the results can show your chances of getting heart disease, stroke, kidney disease and diabetes. After your health check you will receive personalised advice to reduce your risk.

You will receive an invitation to come to the Surgery for your health check, but don't worry if you have not been invited yet – you will be over the next 5 years.

In its first 5 years, the NHS Health Check is estimated to have prevented 2,500 heart attacks or strokes. This is the result of people receiving treatment after their Health Check.

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To get regular updates from the Surgery go to [www.riversidepractice.com](http://www.riversidepractice.com) OR Facebook: The Riverside Practice – March. This also includes information from the Cambridgeshire/ Peterborough NHS Foundation Trust



As the temperatures continue to rise, here are some suggestions on keeping well in the heat from the NHS:

- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down.
- Keep your home cool by closing windows and curtains in rooms that face the sun.
- Keep out of the sun at the hottest time of the day, between 11am and 3pm.
- Drink plenty of fluids and limit your alcohol intake.
- Have cold food and drinks.
- If you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade and apply sunscreen.

***Finally, check on family, friends and neighbours who may be at higher risk of becoming unwell, and if you are at higher risk, ask them to do the same for you!***

For more advice: [nhs.uk/live-well/seasonal-health/how-to-cope-in-hot-weather/](https://www.nhs.uk/live-well/seasonal-health/how-to-cope-in-hot-weather/)

## JUST A REMINDER

We are pleased to report that the number of missed appointments for May 23 was down again, even with more appointments being available.

While this is good news and means professional time is being better used, please remember if you do need to cancel an appointment then choose option 2 on the phone and give your name and time of the appointment. This means more appointment slots are available for those who need them.

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## FUNDRAISING

Over the years the Patients Group has purchased or contributed to the purchase of items to improve our patient experience at Riverside. Most recently it was the upgrade of the waiting area with all 'wipe down' furniture.

A need has now been identified for more 24-hour ambulatory blood pressure monitors. These are monitors that you take home and are recommended for people who get more tense than usual in medical settings and might not even realise it. So, your blood pressure can be raised even if you don't feel stressed. The cost of these monitors is about £1,500.

Over the next few months, the PPG will be holding various events to contribute towards this cost. If you have any suggestions please let us know! If you wish to make a donation then cheques made payable to: THE RIVERSIDE PATIENTS ASSOCIATION can be left at Reception.

## WANT TO STOP SMOKING?

No one needs telling that smoking is bad for your health (not to mention bank balance) but giving up is another matter. If you've tried stopping or always thought it would be too hard then the Stop Smoking service is for you. People who get help to stop are three times more likely to stop for good.

Stop Smoking Cessation Clinics are held every Friday morning at the Surgery, this clinic is free to anyone who wants to stop smoking.

In our recent survey, one patient wrote 'I really appreciated the help of the stop smoking clinic and have now been able to stop smoking. The staff were so helpful and understanding.'

Just contact Reception and book in for an appointment.

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### Staff training days coming up:

Thursday 20 July 2023  
Wednesday 16 August 2023

The Surgery will be closed on each of these afternoons.

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All patients registered with the Riverside Practice are part of the Patients Group. You are welcome to meetings on the last Monday of each month at 4:30.

Dates coming up are:

**26 June 2023**

**31 July 2023**

**25 September 2023.**

If you would like more information, please contact the Chair of the Patients Group, Jacqui Drewery on 01354 652413 / email

[jacquidrewery@outlook.com](mailto:jacquidrewery@outlook.com)

