

Health Impacts of Climate Change



We are striving to achieve the Silver Award for The Green Impact for Health Toolkit, playing our part in improving patient and public health by tackling climate change.

The NHS has committed to shifting to greener health service delivery in order to provide high quality care for all, now and for future generations. In the future, the NHS will need to respond to health emergencies that climate change brings.

Climate change affects many determinants of health (clean air, safe drinking water, sufficient food and secure shelter). Changes in our climate could have a huge impact on our society's health and our ability to provide quality healthcare. We must therefore learn to **adapt** and increase our **resilience**, as individuals and as a community!

Reducing emissions of greenhouse gases through better transport, food, and energy-use choices can result in improved health and healthcare, and is something you can do to help now.

If you would like to play your part... reach out to your local government and push for a more sustainable future and improved patient and public health.

Tips on staying warm as it gets colder

As the weather gets colder, we wanted to give you some simple tips to keep warm at home, especially as the cost of living increases.

- 1) Layer up. Put on another jumper to keep your core warm or wrap up in a blanket.
- 2) Keep the cold out. Closing doors, using curtains, sealing gaps between floors and skirting boards and covering your letter box, can help stop the draughts from coming in.
- 3) Use a hot water bottle to keep warm in bed.
- 4) Move around. If you are able, being active will warm your body and pump blood around.
- 5) Have warming food and drinks. Foods high in protein will keep increase your body temperature. Avoid alcohol as it will only temporarily make you feel warm and will eventually decrease your core body temperature.
- 6) If you are 65 years or over, or in an at-risk group and you feel unwell, call your local pharmacy, your GP, or call 111.
- 7) Why not go and find a 'warm space' out in your community. Here is a link to the local warm spaces in and around Portishead: <https://map.n-somerset.gov.uk/publiclivingrooms.html>



Check in on your vulnerable neighbours and relatives as it gets colder!

CQC Rating: GOOD

If you have any feedback about the content or ideas for future issues, please speak to reception. If you would like to receive a copy by e-mail please e-mail us at reception.harbourside@nhs.net



Please visit our website: www.harboursidefmp.nhs.uk

NHS What do you think of our practice?

- ★ "Without doubt the nicest, friendliest, and most professional team I have ever encountered in the health service. I registered recently, and the reception staff were charming and treated me with respect and humour".
- ★ "I am very happy with any doctor or nurse I've seen at the surgery and found them to really listen to my needs and advise accordingly. They are also brilliant with my children".
- ★ This is the NHS practice you thought no longer existed! From the initial admin staff to the Doctors and associated medical personnel, everyone was not only extremely efficient but unfailingly kind and helpful.

Practice News

- We are really excited to welcome Alex and Nic, our newest medical secretaries who joined our administration team in February and August, respectively. We are also delighted to welcome Natalie who joined our prescribing team in June. Natalie is our newest Clinical Pharmacist.
- We are also pleased to announce that Dr Kelly has recently joined our GP team on a permanent basis. He will be working on a Tuesday and Thursday with us.
- Some of you may have already met Joleene, our Health and Wellbeing Coach who started with us in March. Maria joined our prescribing team in March as our prescribing clerk.
- In reception, Kelly joined our team in February.
- Dr Bradley gave birth to a beautiful baby girl in April this year and Kirstin, our Primary Care Network Manager, gave birth to a gorgeous baby boy in August.

Please visit our website: www.harboursidefmp.nhs.uk



THANK YOU

- ♦ We would like to say a huge thanks to some of the students (Tess, Elin, Hannah, Jun Hao, Santiago, and Izzy) who have been helping us over the summer.
- ♦ Our team are always excited to play a part in shaping and teaching the next generation of primary care clinicians and nurses. We regularly have GP registrars, student GPs, physicians associates and student nurses from UWE, the University of Bristol and University of Sussex, so it's possible that the next time you visit us, you may see one of these students in with our regular clinicians. You will always be asked if it is okay that they sit in on your consultation.

Our staff continue to work very hard to deliver excellent care to all of our patients. Please be mindful to treat all of our staff with compassion and respect.



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Check your immunisation and screening eligibility

We are working on making sure nobody misses out on screenings and immunisations they are eligible for.

Screening helps us identify if you have an increased risk of a particular condition, and could help us offer you early treatment, as well as help you make informed decisions.

Vaccines are the most effective way to prevent infectious diseases. Check if you are due a vaccine and help protect people in your community.

Age	Routine Immunisations
Eight weeks	<ul style="list-style-type: none"> Diphtheria, tetanus, pertussis (whooping cough), polio, Haemophilus influenzae type b (Hib) and hepatitis B Meningococcal group B (MenB) Rotavirus gastroenteritis
Twelve weeks	<ul style="list-style-type: none"> Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B Pneumococcal (13 serotypes) Rotavirus
Sixteen weeks	<ul style="list-style-type: none"> Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B MenB
One year	<ul style="list-style-type: none"> Hib and MenC Pneumococcal Measles, mumps and rubella (German measles) MenB
Eligible paediatric groups	<ul style="list-style-type: none"> Influenza (each year from September)
3 years and 4 months	<ul style="list-style-type: none"> Diphtheria, tetanus, pertussis and polio Measles, mumps and rubella
12-13 years	<ul style="list-style-type: none"> Cancers and genital warts caused by specific human papillomavirus (HPV) types
14 years old	<ul style="list-style-type: none"> Tetanus, diphtheria and polio Meningococcal groups A, C, W and Y
65 years and older	<ul style="list-style-type: none"> Pneumococcal (23 serotypes)
50 years and older	<ul style="list-style-type: none"> Influenza (each year from September) Covid 19 (from September)
70 – 79 years	<ul style="list-style-type: none"> Shingles

Routine Screening Schedule

DIABETIC EYE SCREENING →	Women/men with diabetes from age 12, once every year.
CERVICAL SCREENING →	Women aged 24 – 49, every 3 years, and aged 50 – 64, every 5 years.
BREAST SCREENING →	Women aged 50-71, every 3 years.
BOWEL CANCER SCREENING →	Women/men aged 60-74, every 2 years.
ABDOMINAL AORTIC ANEURYSM SCREENING →	Men aged 65.

Note: People who are registered with a GP as female will receive an invitation. People with a cervix who are registered as male should tell their GP as they are also eligible.

Antenatal and Newborn Screening Schedule

Free NHS Health Check People with no pre-existing condition aged 40 – 74 are eligible every 5 years.	INFECTIOUS DISEASES IN PREGNANCY SCREENING →	All pregnant women.
<p><i>If you've missed any of these vaccines, please talk to reception about booking a catch-up jab.</i></p> <p><i>If you're not sure if you are eligible for a screening check, get in touch and we can help.</i></p>	FETAL ANOMALY SCREENING →	All pregnant women, between 10 and 20 weeks of pregnancy.
	SICKLE CELL AND THALASSAEMIA SCREENING →	All pregnant women.
	NEWBORN AND INFANT PHYSICAL EXAMINATION SCREENING →	Newborn babies within 72 hours of birth, and again between 6 to 8 weeks.
	NEWBORN BLOOD SPOT SCREENING →	All babies up to (but not including) their first birthday.
	NEWBORN HEARING SCREENING →	All babies, ideally within the first 4 to 5 weeks, up to 3 months.

You said, we did...

Based on our Patient Survey and the Friends and Family Test, you gave us some suggestions on how we could improve our practice. Here's what we've done so far:

- You said you wanted more male GPs** - We now have a new male GP (Dr. Kelly) who started in September and works 2 days a week.
- You said you wanted information on health checks, routine immunisations, and screenings** - We have created posters & included these in this newsletter, so you can clearly find the information you need.
- You said you wanted more face to face appointments** - We have increased our face to face appointments so that each clinician has 6 face to face appointments in the morning and 6 in the afternoon. You can ask us at any time if you would like a face to face appointment.

Popular misconceptions

Face-to-face appointments

You weren't sure if we are offering face to face appointments... **WE ARE!** We have not stopped offering face to face appointments to our patients. You can ask for a face to face appointment at anytime. You can also ask for a video consultation appointment too.

When are we open?

Here's a reminder of when are open...

Monday to Friday, 8am to 6:30pm

Please visit our website: www.harboursidefmp.nhs.uk