



This Issue

We continue our aim to keep you informed of the services at Ivy Grove and to give you important insights into General Practice.

Physical Activity

We all know of the health benefits from physical activity, but here Dr Smith tells us how it really can be thought of as the 'Magic Pill'.

Winter Top Tips

Part 18 of our series of articles on making the most of GP services focuses on top tips for getting through winter.

Dr Horton

A personal message from Dr Horton who left Ivy Grove this summer.

Coffee Mornings

Come along to one of our regular monthly coffee mornings for help and support.

Self-Care Week

November 18th to 24th is self-care week – make sure you check our website at ivy.gs/selfcare for resources that will help you to look after yourself.

Your Feedback

Your feedback is very important to us – feel free to write to us with your comments or questions. Our address is shown on the back page of this newsletter.



VISIT US ONLINE AT IVY.GS

in this issue

Physical Activity, the 'Magic Pill' P.1

Dr Horton P.2

Coffee Mornings P.3

Self-Care Week November 18-24 P.4

Physical Activity, the 'Magic Pill'

by Dr Smith

We all know it's good for us to be physically active. But do you know just how good it is for you? Regular physical activity can reduce the risk of developing some of health problems that you might expect, such as heart disease and raised blood pressure. But it can have many more benefits than that. Regular physical activity can reduce your risk of:

- ▶ Type 2 Diabetes by 40%
- ▶ Cardiovascular Disease by 35%
- ▶ Falls, depression and dementia by 30%
- ▶ Joint and Back Pain by 25%
- ▶ Bowel and Breast cancer by 20%

It is hard to explain just how significant these numbers are! The impact of this is far more significant than most preventative medications we can give you. It really is the 'Magic Pill'! However, even if you are physically active, research has also shown that sitting for long periods of time also increases your risk of obesity, type 2 diabetes, and some cancers. The problem is, a lot of us don't know where to start, feel we don't have time, or just feel that being physically active is just 'not for me'. So what can you do? Essentially sit less, and move more.

There are 3 main important principles to this which I tell my patients about.

- 1. 'Something is better than nothing'** - i.e. even if you can't yet meet the guidelines (see below), people who currently do very little physical activity will benefit even if they just do a small amount extra.
- 2. 'Quality matters more than quantity'** - on an almost daily basis, a patient will tell me that they always do their '10,000 steps', or they walk the dog 5 times per day, or that they are on their feet all day at work. All these things are great.

However, the type of physical activity which gives the most benefit is smaller amounts of higher intensity activity.

3. Sit less - Now I admit, as a GP, I can be guilty of sitting down for hours on end in front of my computer. Trying to build in small moments to get up and out of the chair as often as possible is the way to tackle this one - e.g. every 30mins walk across the room.

So what could you do? The guidelines recommend you will get the maximum benefit by doing either 75 minutes per week (about 10 minutes per day, so not a lot!) of 'Vigorous' intensity activity, or 150 minutes (about 20 minutes per day) of 'Moderate' intensity activity.

**10 MINUTES VIGOROUS
INTENSITY ACTIVITY A DAY
IS NOT A LOT**

Vigorous is defined as breathing quickly, struggling to speak, and probably getting quite sweaty. Moderate is defined as breathing a little heavily, but still able to talk fairly normally. But remember point 1. Even if you can't reach these targets yet, doing *something* will give you some benefit.

In addition to this, some of this activity should focus on muscle strengthening. This can mean things like lifting some weights with your arms (tins of baked beans are very good for this), or doing some digging in the garden. You can achieve this physical activity any way you want. You can do 20 minutes per day of moderate activity, all in one go. You can break this up into 2x 10 minute sessions, 4x 5 minute sessions, 20x 1 minute sessions and so on.
(contd. p4)





Top Tips for Winter

(or Make the Most of Your GP, Part 18)

Get a flu jab if eligible

You're eligible if you are over 65, or have heart, lung, liver or kidney problems, stroke or diabetes, or are pregnant.

We don't need to see you with a cold

The best thing for cold and flu is to go home, rest, take paracetamol and plenty of fluids.

Winter vomiting bug

Prevent spread by not coming to the doctors, avoid school or work for 72 hours after getting better.

Stock up medicine cabinet

Get cold remedies, painkillers, antiseptic cream, plasters – every home should have a medicine cabinet to turn to.

Get your meds on time

Make sure you order early, don't order more than you need, and use our online service.

Your pharmacist will help

They offer advice on minor illness and over the counter remedies for most conditions.

Call earlier rather than later

This helps us to plan our day better for the benefit of all.

Call 111 if we are closed

Walk-in and urgent care centres are also available, but only go to A+E with medical emergencies.

Keep yourself warm

Keep your main living room warm at 18-21°C and wrap up when going out.

Keep healthy with a good diet

Have regular hot meals and drinks and keep in touch with friends and family.

Check the weather forecast

Watch roads and pavements in icy weather and attend Minor Injuries Unit if injured.

Visit our website ivy.gs/winter

A message from Dr Justine Horton

Dr Horton left Ivy Grove this summer

Here we present her personal message to patients

Dear Patients,

It is with great sadness that I am writing to you. After 19 years at Ivy Grove Surgery, the time has come for me to move to new pastures. I would love to have spoken to each and every one of you and bid you farewell more personally.

19 years was time enough to see some of the bumps and babies I met at the start of my time here grow and produce the next generation. I have seen the circle of life first hand, held new life and held the hand of some drawing their final breath.

It has been an incredible experience and honour to be allowed to enter into your world, an intimate world with the opportunity to hear your stories and help find solutions; to support you to make the best of what were sometimes difficult situations.

I look back on these interactions knowing that your lives were changed in part because you let me

into them. My heart is full because I know that, by your willingness to let me into your world, you helped me become a better doctor, a better person and a better listener than when I started out. It was in your moments of vulnerability that I learned about the humanistic aspect of medicine. Medical school taught me the facts; you taught me how to utilise them to heal and help. All of these have helped shape me as a human being and the doctor I have become.

"I WISH YOU AND YOUR FAMILIES WELL FOR THE FUTURE"

As I prepare to start my new chapter, I will take these experiences with me and reflect upon them. I will be forever humbled and grateful to you for letting me into your world.

I feel a huge loyalty to you all. I wish you and your families well for the future. I feel honoured to have known you, cared for you, smiled with you and

sometimes, on occasion, wept with you.

To be a part of your journey has been a privilege and I am eternally grateful to you for trusting and believing in me. I wish you all health and happiness on your journey.

The team at Ivy Grove Surgery are committed to you and to each other and I know that I leave your care in good hands.

With my very best wishes and heartfelt appreciation,

Justine Horton

CHRISTMAS HOLIDAYS

We will be closed on Wednesday December 25th (Christmas Day), Thursday December 26th (Boxing Day) and Wednesday January 1st (New Year's Day).

Throughout the two week festive period, the number of appointments available to book routinely will be reduced as we expect more patients will require same day appointments.

If you need medical attention or advice when we are closed, please ring NHS 111 on 111, or see our website at ivy.gs.

Check our website for latest news on appointments and order your prescription online at ivy.gs/online.



**CHURCH FARM
COFFEE
MORNING**

Church Farm Coffee

Mornings are facilitated by Care Coordinators, Micheala & Alison who are employed by Derbyshire Community Health Services NHS Foundation Trust and are based in GP practices in the Amber Valley Area: Ivy Grove Surgery, Jessop Medical Practice, Ripley Medical Centre, and Crich Medical Practice.

We hold a monthly Coffee Morning at Church Farm Primary Care Centre. The Coffee Morning is to help support socially isolated patients, build friendships in a safe environment and with us on hand to support and

signpost onto appropriate services.

Support to name but a few....

COFFEE MORNINGS ARE HELD ON THE SECOND THURSDAY OF EACH MONTH

The Coffee Mornings are held on the second Thursday of each month and we arrange representatives from different services and agencies to come long and chat about their service for example:- Live Life Better Derbyshire, Healthwatch, Alzheimer's Society, Amber Valley Community Voluntary Services, Derbyshire Carers Association, Fire Service, Sight

It is a very informal morning, we have Dominos', cards, Scrabble and a few card making items which people can use on the day or take away. Free tea, coffee, biscuits and cake are always available.

This has very quickly become a 'hub' for patients to come and find out information about the local area and the services and organisations that are available for them.

Please feel free to come along for help and support.

*Micheala Kirkman,
Care co-ordinator*



NEWS SNIPPETS

Free Help to Live Life Better

Whether you want to feel fitter, lose weight or quit smoking there is help available to the people of Derbyshire to Live Life Better.

Whatever your goal, you'll be amazed how a little extra support and advice can make a big difference.

All the friendly staff at Live Life Better Derbyshire are fully trained and know how difficult it can be to make changes. That's why they can be with you every step of the way offering support and advice.

With New Year coming, take the first steps to a happy, healthy future for you and your family by visiting lifelifebetterderbyshire.org.uk or ringing 0800 085 2299.

GPs now ordering more tests

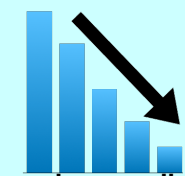
GPs are now ordering 3 times more diagnostic tests than they were 15 years ago, according to a BMJ study. All these extra tests cost in excess of £2.8billion a year, and increases the workload pressures in General Practice. As of 2015/16 it was estimated that GPs spent an average 1.5 to 2 hours each day reviewing results.

We should make it clear to patients that we don't order tests needlessly, but are responding to increased demand and expectation, and increased need for reassurance and the fact that we can now test for a wider variety of conditions.

This month's newsletter

We've not written a newsletter for some time due to issues at work. Do you read this newsletter; do you want us to still publish it? What sort of articles do you like to read? Let us know as it would be good to get some feedback on how we are doing. ivy.gs/contact

GP numbers will fall 7,000 short within 5 years says think tanks



It's been a while since we reported on the wider context of the GP workforce, but given the election promises that will undoubtedly be made regarding GPs and the NHS, it would be worth reminding patients why things remain difficult.

In March 2019, the Health Foundation, the King's Fund and Nuffield Trust released a report stating that, despite increasing the number of GP trainees, there will be a projected gap of 7,000 full-time GPs by 2024 if current trends continue. They further stated that 'unless action is taken, shortages of this scale represent a fundamental threat to the

sustainability of primary care in England.'

The report outlines a series of policy recommendations, focusing on nursing and general practice, where the problems are 'particularly severe'.

Given that the then health secretary, Jeremy Hunt, had pledged 5,000 new GPs by 2020, and that Labour and UKIP pledged 8,000 new GPs, that the Lib Dems said they would stump up enough funding for 38,000 new GPs, and more recently, Labour stating they will increase GP trainee places from 3,500 to 5,000, it's very clear to us that all parties are giving us quite meaningless figures without coming up with any real plan of action on how to fix the crisis. Let's watch this space!



SELF-CARE WEEK

Given all the emphasis we make here at Ivy Grove Surgery on self-care and looking after yourself, you might think we are just here to put you off from seeing us.

Nothing could be further from the truth! We encourage all patients to be more self-care aware as it is often quicker, easier, simple and also considerate to other users of the NHS. Everything we do is in line with national initiatives on prompting patients to think about self-care when it comes to your own health.

Use our website resources at ivy.gs/help, ivy.gs/symptoms, ivy.gs/selfcare and pick up the booklet on being self-care aware.

Ivy Grove News

'Dirty Cajun Rice' Recipe from 'Pinch of Nom'

Servings 4; Prep time 10 mins; Cooking time 30 mins; Calories 369 kcal per portion

Ingredients

- | | |
|----------------------------|-----------------------------|
| 200g rice | 1 bunch spring onions |
| 400g minced beef (<5% fat) | 1 beef stock pot |
| 4 bacon medallions | 200ml boiling water |
| ½ red pepper | 2 tsp Cajun seasoning |
| ½ green pepper | 1 bay leaf |
| ½ yellow pepper | 1 dash Worcestershire sauce |
| ½ onion | Low calorie cooking spray |
| 1 medium carrot | 1 chicken stock cube |
| 6 mushrooms | |

Method

1. Cook the rice to packet instructions adding bay leaf and chicken stock cube to water prior to cooking. Set aside once cooked
2. Fry the beef, bacon and onions until brown
3. Add Cajun seasoning and Worcestershire sauce and stir
4. Add carrots, mushrooms, peppers and stock pot dissolved in 200ml water and cook until peppers start to soften
5. Add cooked rice and spring onions and stir until all rice is coated
6. Taste and add more Cajun seasoning if not spicy enough!

You can use whatever veg you have left in the fridge for this recipe rather than sticking to the veg in this recipe. It tastes great with courgette, baby corn and peas!

Discovered by Dr Greer

All credits to PINCHOFNOM.COM <https://pinchofnom.com/recipes/cajun-dirty-rice/> #pinchofnom

Should you have any comments, complaints or compliments about the service you have received from the practice please ask to speak to our practice manager, Mrs. Charmagne Stephenson or write to us at the address below.

Contributions and letters to the newsletter are very welcome. Please address correspondence to the address below.

Written and edited by Dr M. Wong unless otherwise stated.

ivy.gs/contact



ivy grove
surgery

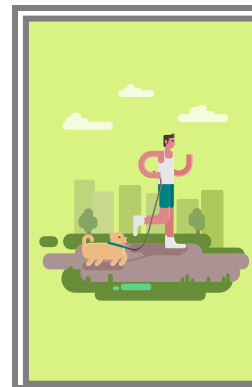
Ivy Grove Surgery
Steeple Drive
Ripley
Derbyshire
DE5 3TH
01773 514130

ivygrove.org.uk
ivy.gs/contact

Physical Activity, the 'Magic Pill' Continued from page 1

Don't like wearing Lycra and going to the gym? Neither do I. A good way to try to fit this in is to try to build it into your current daily routine. Do walk down the road every morning to get a newspaper, or down a corridor every day at work? If so, just walk faster! Going up the stairs? Go faster! Watching your favourite TV program? During the adverts, stand up and do some star jumps! Doing the school run? Leave the car at home and walk (quickly). Are you currently sitting in our waiting room reading this? Why not stand up and walk around?

Obviously, it is fantastic to do some dedicated exercise such as running, power walking, swimming, or aerobics classes. But with a little creativity, you can actually fit most of your physical activity into your daily life. Even if you already have a health problem, or if you are older or feel that you are frail, most people can still benefit from some amount of physical activity. You may of course just need to adapt these principles to fit in with your own situation, and be sensible with it. Build up gradually.



For more detailed information, including specific guidelines for children and older adults, please visit nhs.uk/live-well/exercise. Thanks for reading, and keep moving.

Dr Smith

A very Merry Christmas to all our Patients

We wish all our patients the very best for the festive season and all good wishes and health for the New Year. We hope that 2020 brings a better NHS and with it, good news for General Practice, and for you, our patients. Keep well and enjoy yourselves!

MEDICATION

Please remember to hand in your repeat prescriptions well in time. Patients are welcome to use our online service, details available at ivy.gs/online.

GET HELP

If you need medical help, go to our website help landing page at ivy.gs/help.

MAILING LIST

If you want to join our mailing list and get this newsletter sent out to you electronically in PDF format whenever it is published, please visit our newsletter page ivy.gs/newsletter.

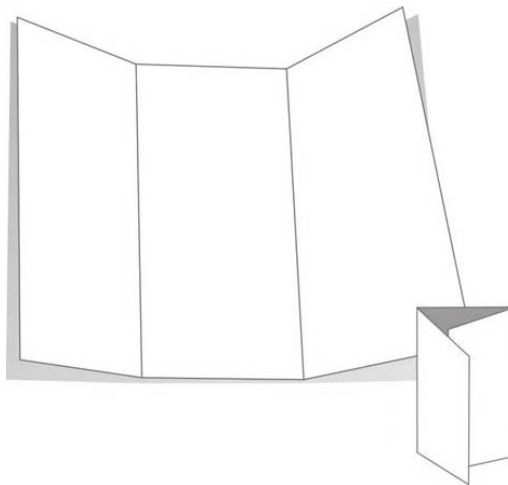
We would love to hear your comments about our newsletter and also any articles you could contribute, so feel free to write at any time. Our address is above.

PROMOTION POSTER 1

DO NOT THROW YOUR NEWSLETTER AWAY !

IMPORTANT INFO LEAFLET(S) INCLUDED !

▶ Please detach this sheet and the sheets that follow and fold as shown below to make your own tri-fold information leaflets



▶ You will end up with leaflet(s) which you can keep for future reference and for advice and information:

Physical Activity Infographic Get the right help for your condition

▶ You can search for, and download more useful information leaflets from our website at ivy.gs/dl