

NEWS - - - - - NHS Dentists in Glossop - - - - - NEWS

As many patients know, access to NHS dental services in Glossop has been difficult for some time. We have recently learned that plans are afoot to increase NHS dental services in Glossop. Currently, a dentist is available at the George Street Clinic but there is a two year waiting list for new patients. The dentist is to move to a new NHS dental practice, planned to open in April on Kershaw Street in Whitfield. Initially it will have one dentist but with the intention to recruit more as the practice develops.



**GLOSSOP AND HADFIELD
PATIENT PARTICIPATION GROUP**

**NEWSLETTER
WINTER 2020**



ALL the STAFF and PPG members at MANOR HOUSE SURGERIES wish all our patients a healthy and peaceful 2020

Scarlet Fever

Scarlet fever is an infection that causes a blotchy, pink red rash. It is most common in young children but can affect people of any age and recently there has been an increase in reported cases.

The symptoms of scarlet fever can include a sore throat, headache, high temperature, swollen glands, red face and a white or red tongue as well as a rash on the body.

Scarlet fever is very contagious. It is spread in the tiny droplets found in an infected persons breath, coughs and sneezes. You can be infected if the droplets get into your mouth, nose or eyes - either by close contact with an infected person or by touching something that has droplets on it.

To help stop the infection spreading you should keep your child away from school or nursery until at least 24 hours after starting treatment with antibiotics and avoid sharing cups, towels and toys etc.

Fortunately scarlet fever can be treated with antibiotics, isn't usually serious and once you have had it you are unlikely to get it again.



The PPG is looking to increase its membership. We have levels of membership to suit everyone so if you are interested, please contact us. Our email address is manorhouseppg@hotmail.co.uk or we have a box in each Surgery where you can leave your details and a member of the PPG will contact you.

NEW YEAR RESOLUTIONS

– just made to be broken? Some thoughts and ideas



Eat Healthily

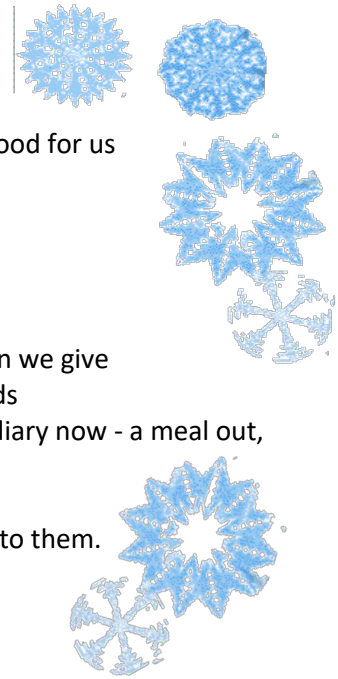
- Fruit, vegetables, nuts & seeds, fish
- Get a good breakfast – porridge and muesli
- Eat less meat
- Cut down on take-aways – processed foods all the time make us depressed
- Have the odd treat as well

Exercise

- Swim, walk, dance, cycle, move
- Any movement that makes us breath faster is good for us

It's a New Year so let's **Try something new**

- Join a group
- Learn a new skill or subject
- Go back to school!
- Volunteer – It's true - we get back so much more than we give
- Listen to music, join a choir, be with family and friends
- Choose your favourite thing to do and put it in your diary now - a meal out, a trip to the cinema or pub.
- Plan a holiday
- Decide where you can make a few changes and stick to them.





COPD

Or..... given it's full title

Chronic Obstructive Pulmonary Disease

It's now an umbrella term used for progressive lung disease, including Emphysema, chronic lung disease and bronchitis.

It causes the small airways in the lungs not to work fully and can be caused by smoking, even years ago, and a genetic susceptibility.

It affects everyone differently, maybe starting with a cough and a bit short of breath on exertion. Now's the time to check things out with your Doctor.

There are easy tests to check how much air intake and lung capacity you have and there are medications and inhalers that will make a difference.

You may have mucus that you cough up and it is important to get to know the usual colour of the mucus, (usually white/ pale yellow), whereas if it is green or darker, it will probably indicate you have an infection and could need to see your Doctor.

You could be susceptible to more than normal, amounts of cold and chest infections, again see your Doctor. It may be you need Antibiotics and medication, but they work.

Each year, you will be checked, by the COPD Nurse, at the Surgery and it's good to have that revision. It doesn't take long and gives you confidence, that all is as well with you., as it can be.

Over the years COPD may get worse and you may find you get more breathless, more chest infections, as there is no known total cure. One big thing you can do to help yourselves, is have your winter Flu Jab.

Five ways to stay healthy this winter

It may be cold outside, but winter needn't be the unhealthiest time of year for you and your family.

Here are five ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

➤ **Banish winter tiredness**

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles.

Try these tips:

- get outdoors in natural daylight as much as possible
- get a good night's sleep – go to bed and wake up at the same time every day
- de-stress with exercise or meditation – stress has been shown to make you feel tired

➤ **Eat more fruit and veg**

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.

➤ **Drink more milk**

Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of: protein; vitamins A and B12 and calcium, which helps keep our bones strong. Choose semi-skimmed, 1% or skimmed milk – rather than full-fat – and low-fat yoghurts.

➤ **Try new activities for the whole family**

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity – maybe ice skating, or taking a winter walk on the beach or through the park.

➤ **Have a hearty breakfast**

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre.

From NHS Website – “Healthy Body” <https://www.nhs.uk/live-well/healthy-body/five-ways-to-stay-healthy-this-winter/>

The Manor House Glossop and Hadfield Newsletter is compiled and produced by the **Patient Participation Group (PPG)**. If you have any suggestions for inclusion in our next newsletter please contact us on

manorhouseppg@hotmail.co.uk