

KEEPING YOU IN THE PICTURE

FROM AVON VALLEY PRACTICE TEAM – SUMMER 2017

Avon Valley Practice – Nurse Practitioners
Helping you and your family to receive the right healthcare at the right time



Cathy

Alison

Lynne

The creation of our Nurse Practitioner team not only enables us to increase access to the best care possible through more appointments, it also helps expand the range of services we offer.

Nurse Practitioners are advanced nurses who undertake extensive additional training to diagnose and treat many common ailments; focussed on enhancing a patient's quality of life. Working closely with the GPs, they specialise in areas such as same day care and the management of long term conditions. Plus, they can issue prescriptions.

We are pleased to announce the arrival of an additional member to our Practice staff, growing our Nurse Practitioner team to three. Sister Lynne Flynn joined us in July, having worked for many years in a similar role at another surgery. Our team now comprises:

- Sister Lynne Flynn** - specialises in same day care
- Sister Alison O'Donnell** - is in training to specialise in same day care
- Sister Cathy Richards** - specialises in long term conditions, including – diabetes, heart disease and COPD in addition to administering injections into joints

Having a broader range of clinical expertise provides further scope to develop the way in which we offer appointments. From now on all same day appointments are initially with a Nurse Practitioner, making it possible for GPs to provide more routine consultations.

Patients from Military Families

Centrally located within easy reach of local garrison towns, the Practice is proud to include many families from military backgrounds amongst our members. Please let us know if this applies to you to ensure we can provide the continuity of services you require, especially when you've just moved into the area.

Our New 24-Hour BP Machine Has Arrived

We've done it! Having saved up the money donated from book sales, we've recently been able to purchase a new 24-hour BP machine for use across the Practice. Our new equipment will go into use shortly when it will make a real difference to waiting times for these appointments. Thank you to everyone who contributed and if you have any ideas about what we could save for next, please let us know.

When a STROKE Strikes – Act F.A.S.T.

A stroke is a medical emergency that requires immediate medical attention. If you see any signs of a stroke **YOU MUST CALL 999**. Remember:

FACE	has it fallen to one side?	ARMS	can they raise them?
SPEECH	is it slurred?	TIME	if you notice any of these signs DIAL 999

For further information, please go to: www.nhs.uk/actfast

Our health is the most important thing we possess

Let's look after it! The sooner you speak to us about your medical concerns, the sooner we can help.
Detecting conditions early makes them more treatable.

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For Young People

No Worries – Confidential Sexual Health Services for Young People

Avon Valley Practice provides drop-in consultations for young people aged between 13 and 24 as part of the No Worries programme. Individuals don't need to be registered to be seen and will be offered the first available appointment with either a Nurse Practitioner or a doctor. As with everything we do, it's totally confidential.

The service includes access to contraception, testing and treatment of sexually transmitted infections, support and information about safer sexual relationships. You can find out more on Facebook by searching **@NoWorriesWiltshire** or by visiting <https://m.facebook.com/NoWorriesWiltshire>

Motiv8 - Friendly, Confidential Drugs Advice. Help with Substance Abuse for Young People 17 & Under

Motiv8 provides practical and emotional support to meet the needs of young people experiencing problems with drugs or alcohol. You can contact them via phone, SMS, live chat or e-mail and can also meet a member of the team at a convenient location of your choice. Whichever option's best for you, you can be confident of talking to someone who understands and can help.

Tel: 0800 169 6136
info@dhimotiv8.org.uk.

Protecting our Children Online

Social media is a way of life but it does pose risks to safety, mental health and well-being. **Did you know that social media sites have a minimum legal AGE for user access?**

This enables young people to be protected by The Children's Online Privacy Protection Act (COPPA), which protects personal information for every child under the age of 13.

However, if a false date of birth is used this law cannot protect their personal information from being collected and shared. There is then a real danger that the child could be groomed or bullied. This can have serious consequences for their mental health and personal safety.

Research has shown that children under 13 years of age do not always have the emotional and mental maturity to make wise decisions online. It further indicates that it takes them about 12 years to fully develop the ability to make ethical decisions. Prior to this they are not mature enough to grasp the consequences of their actions on themselves or others. As adults, we have a duty to protect our children and explain the importance of using social media in the appropriate manner.

Kor Joins the Ladies in Pink: Race for Life is all about thousands of women uniting together for one purpose – to raise money to beat cancer. If you've been to one of these special occasions you'll know there's an amazing atmosphere when it's become a tradition to run in pink.

On Sunday 9th July, Kor (Reception) joined the many entrants from our local area to participate in the Salisbury event on behalf of Cancer Research UK. This year Kor achieved her personal best of 37 minutes 10 seconds over the 5k course, raising £270.00 for the charity on a hot, sunny day. Combined, participants in Salisbury raised an incredible £61,000.

There are around 200 different types of cancer and Cancer Research and its many supporters are running, walking and working hard to defeat them all. Ladies of all ages take part and it's a brilliant way for friends, families and schools to keep fit, have fun and contribute towards a life-changing goal. Why not take part yourself and as you'll see there are different types of events to choose from – for inspiration, please visit www.raceforlife.cancerresearch.org

Meanwhile Kor says thank you for your generosity and support.