

Staff Update

The practice welcomed **Dr Chukwunoso Ofodile** and **Dr Mona Goda** to the practice in August 2023 as our new registrars. They will be with us on a six month placement so will be with us until February 2024. Please see an introduction from Dr Chuks below:



"Hi, you can call me Chuks. I am delighted to be of great service to the environs of Dereham as one of the new Registrars. I enjoy an easy going lifestyle, which enables me to love my job in caring for my patients. I am a football fanatic with the blues (Chelsea FC) being my favourite team. I recently returned from a short trip to Ulster, where I trekked through the Dark Hedges which featured in the Game of Thrones, I walked down the slope to the Giant's Causeway to see the magnificent black basalt columns sticking out of the sea appreciating the wonders of nature. I am really looking forward to meeting the team at Theatre Royal Surgery and having a pleasant experience during my stay."

Sadly we did say goodbye to **Matt Cushion** who was a Healthcare Assistant with the practice but we are pleased to welcome **Tori Short** to the nursing team. We are sure that you will see her friendly face around and we look forward to having her on the team.



The Money Course - Christians Against Poverty

Christians against poverty run a free to attend Money Course which is a series of four workshops full of tips for budgeting and prioritising what you spend money on. The next course will be held at Dereham Baptist Church and will start Thursday 05 October 09.30-11.30.

- To book a place email catherineweatherill@capuk.org or phone 01362 695221 •

Alzheimer's Society Dementia Directory

Living with dementia can be overwhelming, but you are not alone. The Alzheimer's Society can lend a listening ear on the phone and visits in person to give practical tips and advice and provide opportunities to connect with others. You can use their Dementia Directory to find local support services for both people with dementia and their carers.



Dementia Directory

- <https://www.alzheimers.org.uk/find-support-near-you> •

Flu Clinics



We are now booking our annual flu clinics for flu vaccinations. Appointments for patients over 65 will be held in the clinics running on Saturday 23 September, Saturday 07 October, Saturday 21 October and Saturday 18 November 2023. If you are aged under 65 but in one of the at risk groups clinics are running on Saturday 07 October and Saturday 18 November 2023.

To book, please contact the reception team on 01362 852800, option 2.

Keep Warm and Well this Winter

Cold weather can cause some health problems or make them worse, especially if you are over 65 or have a long term health condition. Making sure you and your home are ready in advance for the winter can keep some of these issues at bay.



For advice on how to keep yourself and others around you safe this winter, visit:

- <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well> •

For a Met Office certified checklist on keeping your home and garden safe, to keep yourself healthy and safe, during winter visit:

- <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/your-home/protecting-your-property-from-winter-weather> •

For those aged over 65, or with a long-term health condition, Age UK provide a Warm Homes Scheme. For more information visit:

- <https://www.ageuk.org.uk/services/in-your-area/warm-homes/> •



Norfolk and Waveney Shared Care Record

The recently launched Shared Care Record is helping to improve your experiences of health and care services across Norfolk and Waveney. To find out how and what this means for you, visit:

- <https://improvinglivesnw.org.uk/our-work/healthier-communities/digital/shared-care-record/> •

Meet the Extended Practice Team

Did you know that you do not always need to see the GP?

The general practice team is here to help you, we have a wide range of healthcare professionals working at the practice and in the wider community to help you get the right care when you need it. So who can help you?...



Clinical Pharmacists; review your medications, agree and make changes to your prescription, advise about medicines and possible side effects.

Pharmacy Technicians; show you how to use your medicines, support Clinical Pharmacists to review your existing medication, advise you on lifestyle choices

Mental Health Nurse Practitioners; carry out mental health assessments, provide advice and support to manage your condition, support you to access appropriate mental health services and community resources.

Care Coordinators; prepare you for upcoming conversations about your health and care, monitor your health and care needs and respond to any changes, support you to understand and manage your care

Health and Wellbeing Coaches; provide coaching support to help you manage your condition, work with you to identify your health and wellbeing goals, signpost you to helpful resources and peer support groups

Social Prescribers; support you to manage your health and wellbeing, give you time to focus on what matters to you, help you to access support services and activities

Nurses; provide vaccinations and injections, support you with long term conditions such as diabetes and asthma/COPD, provide family planning and sexual health advice

Healthcare Assistants; carry out healthchecks, provide healthy living advice such as stopping smoking and weight loss, tend to dressings and stitch removal

First Contact Physiotherapists; diagnose and treat muscular and joint conditions, advise on how to manage your condition, refer you on to specialist services.

Minor Illness Nurses; see any age from 2 months onwards, excluding pregnancy related issues or baby feeding/growth issues, can see minor illness (self-limiting condition which has not improved after self-care/seeking pharmacy advice) including:

- *new onset ENT issues, eye infection
- *chest infections and exacerbations of asthma/COPD,
- *hayfever or allergies,
- *skin problems (eczema/psoriasis/rashes/moles),
- * simple MSK issues including suspected arthritis/gout,
- *new/recurrent UTIs,
- *new bowel and breast problems

Norfolk and Waveney Wellbeing Talking Therapies

Talking therapies can help you work out how to heal with negative thoughts and feelings and make positive changes. They can help people who are feeling distressed by difficult events in their lives as well as people with mental health problems.



Talking about your thoughts and feelings can help you deal with times when you feel troubled about something. If you turn a worry over and over in your mind, the worry can grow. But talking about it can help you work out what is really bothering you and explore what can be done about it.

Sometimes it is helpful to talk things through with a friend or family member but for when they cannot help and you need to talk to a professional, you can contact the Norfolk and Waveney Wellbeing Service.

Self refer via;

- wellbeingnands.co.uk/norfolk/get-support/register-with-our-services/ or phone 0300 123 1503 •

We Can Do This

Do you need support reaching a healthy weight?

More than two thirds of adults in Norfolk are classed as overweight or obese. Being obese can impact on your physical and mental health.



The National Institute for Health and Care Excellence (NICE) has found strong evidence you could also be a greater risk of developing one or more long term health conditions including; diabetes, hypertension, developing certain types of cancers, worse symptoms and impact of Coronavirus (Covid-19).

There are weight management services commissioned in Norfolk including Slimming World and Your Health Norfolk.

Slimming World offers free weekly in person group support sessions over 12 weeks to help you make gradual changes towards a healthy lifestyle.

Your Health Norfolk offers free in person group support nutrition sessions and exercise and nutrition sessions (held by a qualified nutritionist).

There are other options if you are not eligible for the above services. For further information or to self-refer please visit;

- www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/ready-to-change/how-to-lose-weight/begin-your-weight-loss-journey/weight-management •

Theatre Royal Surgery, 27 Theatre Street, Dereham, Norfolk. NR19 2EN
Telephone 01362 852800 www.theatresurgery.com
Open 8am to 6pm Monday to Friday