



Patient/Surgery news

Compiled by your Patient Participation Group

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Hot weather advice

When we experience a prolonged spell of heat, there's an increased risk of serious illness and even death for those who are more vulnerable. Even if you're not at increased vulnerability, it makes sense to take some simple steps to stay well during

hot weather.

When the weather is warmer, sometimes we don't realise just how much we need to drink to remain well hydrated. More vulnerable people become dehydrated more easily and are more susceptible to the more serious side effects of dehydration. If fluid intake is difficult, it may be that eating high-water-content foods can help to address this.

You should aim to drink enough water so that your urine is a clear, pale-yellow colour. Non-alcoholic fluids count towards your daily fluid intake, but you might want to think about the amount of sugar or caffeine in the liquids you're drinking. Dehydration isn't the only factor though, whether you're abroad or in the UK, the sun is strong and it's important to make sure you adequately protect yourself from the sun's harmful effects. While we need sunlight to produce vitamin D, we do need to make sure we don't damage our skin in the process.

Shingles vaccination



Shingles is a painful condition, and the associated rash may be on one side of your body only. It can take up to four weeks for the rash to heal. You may feel unwell before the rash appears and this may continue for a few days. Shingles is a resurgence of the chicken pox virus. You cannot spread shingles, but you should be cautious as people who haven't had chicken pox before can catch chicken pox from you when you have shingles. If you have shingles, you're contagious until the last blister has dried and scabbed over. If you're aged 70 to 79, you're eligible for the shingles vaccination. Shingles is a painful condition in older adults, which can have serious complications. Having the shingles vaccine benefits you in two ways: you're less likely to get shingles and if you do get shingles, you're likely to have a milder, shorter illness.

Good news!

- **Dr Feyi Taiwo** who joined us in December 2022 has now become a partner in the practice, together with Dr Hancock, who now becomes the senior partner.
- We now have a full quota of reception staff, some of whom are also dispensers in our Tillingham surgery. The reception at Maylandsea is now open until 5pm. We welcome Paula, Louise and Kirstie working across both sites. More about them in the next newsletter.
- In the latest patient survey we have scored higher than the national average in every question. Do have a look: <https://gp-patient.co.uk> then type in dengie medical partnership. Huge congratulations to all at the DMP for looking after us so well.



There are more than 23,600 people estimated to be living with dementia across Essex. The Alzheimer's Society is supporting GP surgeries across mid Essex, including the Dengie Medical Partnership, who are working to become dementia friendly.

Chris Nicholls, Alzheimer's Society Dementia Adviser for the Mid Essex GP Project, said: "We need to create a dementia friendly society so that people affected by dementia feel understood and included. Facing dementia, we are always better together and at Alzheimer's Society, we support people through some of the hardest and most frightening times, to improve their lives and help to avoid crisis through practical advice, emotional support, and guidance for the best next step."

Alzheimer's Society's website includes a systems checklist, endorsed by the Royal College of GPs, that can be printed and taken along to a GP appointment to support people in getting a vital diagnosis. Chris added: "Whether you are someone who has, or is waiting for a diagnosis, worried about your memory or that of a loved one, a carer or family member, Alzheimer's Society is here for you. Visit our website for support and information at alzheimers.org.uk or call our dementia support line on **0333 150 3456**."



The Dengie Dcaf is a registered charity supporting people living with dementia, or memory loss and their carers, meeting twice a month in Burnham from 11am to 1pm. Members take part in a wide range of activities at each session including gentle exercise, fun songs, art work and always ending with tea and cake. They also have outings to local gardens, vineyards and every two months enjoy a Dementia friendly screening at the Rio cinema, Burnham. It is run entirely by volunteers and all meetings and events are free. Further details from Karen Butler 07966 843186 and on the facebook page. A warm welcome awaits!



Focus on Karen Eyles Practice Nurse

Karen qualified from Broomfield Hospital in 1996, spending a further four years there on a surgical ward. She then moved into the private sector, working as a Sister, developing a training department and ending up as Deputy Matron. She also completed a Masters Degree in Clinical Governance. Following this she moved to a hospital in Redbridge and then back to Broomfield Hospital as an ENT ward manager. In 2018 she left, intending to draw a line under her nursing career but a chance meeting with Dr Julie in 2022, however, changed all this and she joined the DMP in July of that year. After a long career in hospital work, she enjoys the varied ways of working in a clinical situation and treating the whole person. She has two sons and three grandchildren and in her spare time is training for the Priesthood. She plans to run the "two worlds" side by side.

Your PPG needs you!

- Help us to build on and maintain our "Outstanding" practice!
- Got some useful suggestions? Something you are not happy about?
- **Make your voice heard! Come and join us!**

Simply fill in the online form, or speak to any member of staff www.dengiemedicalpartnership.nhs.uk

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