



Welcome

We share a monthly patient newsletter to keep you up to date with what is happening here at Westongrove, and to raise awareness of health and well-being issues.

Please send any feedback or things you would like to see to: Westongrove.Patientnewsletter@nhs.net

HELLO
JUNE!



Opening Times

In accordance with NHS England's Enhanced Access standards, our doors are open 08:00-18:30, with phone lines available 08:00-13:00 and 14.00 – 18:30.

We also offer appointments in extended hours up to 8pm on week days and Saturday mornings 8am – 12noon.

Find out more:

 westongrove.co.uk
 @westongrovepartnership

Whooping Cough - Understanding & Prevention

What is Whooping cough?

Whooping cough is caused by the 'pertussis' bacteria (bug) and is spread by coughing and sneezing. The symptoms often start like a cold, progressing to outbursts of coughing which can sometimes cause vomiting or choking.

Symptoms and Duration

The cough sometimes has a characteristic 'whoop' sound. The cough can last for 2 to 3 months or more, making babies and young children very ill.

Preventative Measures

The most effective way to prevent whooping cough is to be fully vaccinated but here are some key recommendations to safeguard your household:

- If there is a baby under one year who is not fully vaccinated in your household, and you are concerned they may have symptoms of whooping cough, seek prompt advice from the baby's GP.
- Anyone in your household who is pregnant should be vaccinated with a pertussis-containing vaccine. Pregnant women are offered their whooping cough vaccine between weeks 20 and 32 of their pregnancy, normally at the time of their mid-pregnancy scan (around 20 weeks) but can have it as early as 16 weeks. You need to have the vaccine in every pregnancy.
- Ensure all babies and children under 10 years in your household are fully up to date with their vaccines – you can check this with your GP surgery if you are not sure.
- To find out more visit: nhs.uk/conditions/whooping-cough/

Importance of Vaccination

Vaccine uptake levels in pregnant women, babies and young children have fallen in recent years across England. Vaccination in pregnancy is key to passively protecting babies before they can be directly protected by the infant vaccine programme.

Timely Vaccination

It is important that babies are vaccinated when they become eligible for infant doses and that those who miss vaccination are caught up at the earliest opportunity.

Team Spotlight

We have a diverse and **multi-skilled team** of 129 clinical and non-clinical members that care for just under **33,000 patients** and ensure the smooth running of our three sites.



This month, we'd like to introduce Aron, our Health and Well-being Coach.

Aron helps patients with long-term conditions (mental & physical) to make positive lifestyle changes through a series of coaching sessions. This involves supporting them on their journey of long-term behavioural change.

He's passionate about nutrition and physical activity and has recently completed projects looking at pre-diabetic patients and how he can help them, and the Xpert weight management group.

His role is pivotal in increasing self-management and disease prevention in patients.

Cancer Corner

Our 'Spotlight on Cancer' theme for July is Sarcoma.

Sarcomas are rare cancers that develop in the supporting tissues of the body. These tissues include bone, cartilage, tendons, fat, and muscle, which play crucial roles in the structure and function of the body.

Symptoms to look out for include:

- pain
- swelling
- a lump that is getting bigger



If you are concerned about a new or enlarging lump then contact us to make a GP appointment.

Stay Safe In The Sun: Heat Safety Tips

As temperatures rise, it's important to protect yourself from the sun and heat. Here are some essential tips to stay cool and healthy this summer:

- **Stay Hydrated:** Drink plenty of water and avoid excessive caffeine and alcohol.
- **Protect Your Skin:** Use a broad-spectrum sunscreen with at least SPF 30.
- Reapply every two hours and wear protective clothing.
- **Seek Shade:** Limit time in direct sunlight, especially from 10 a.m. to 4 p.m.
- Take breaks in the shade or indoors.
- **Exercise Wisely:** Avoid strenuous activities during peak heat.
- Exercise early in the morning or late in the evening.
- **Recognise Heat Illness Signs:** Watch for dizziness, headache, nausea, and rapid heartbeat.
- Move to a cooler place and hydrate if symptoms occur.
- **Check on Vulnerable Individuals:** Ensure children, the elderly, and pets are not left in hot environments. Check on neighbours and family members who may need assistance.

Managing Hayfever: Tips for Relief

Hayfever season is in full swing and many of us will be experiencing symptoms like sneezing, itchy eyes, and a runny nose.

Here are some tips to help manage hayfever and find relief:

1. Monitor Pollen Levels

Check daily pollen forecasts and try to stay indoors when counts are high.

2. Keep Windows Closed

Keep windows and doors shut to prevent pollen from entering your home.

3. Shower and Change Clothes

After spending time outdoors, shower and change clothes to remove pollen.

4. Use Medication

Antihistamines and nasal sprays can help alleviate symptoms. Consult your pharmacist for recommendations.

5. Wear Sunglasses

Protect your eyes from pollen by wearing sunglasses when outside.

6. Avoid Outdoor Activities

Limit activities like mowing the lawn or gardening, which can stir up pollen.

Basic Life Support Training For All WGP Staff

Our paramedics offer regular training sessions for all of our staff in basic life support training. This essential training equips our team with the skills and knowledge needed to handle emergency situations effectively, ensuring the safety and well-being of our patients.

The training sessions covered crucial lifesaving techniques, including CPR, the use of automated external defibrillators (AEDs), and managing choking incidents. By keeping our skills sharp and up-to-date, we are better prepared to respond swiftly and efficiently in critical moments.



Find out more: [Nhs.uk/app](https://www.nhs.uk/app)

Millions of people are using the **NHS App** to manage their health the easy way. Find out how you can securely view your health records in the NHS App.

