



LEDBURY HEALTH PARTNERSHIP  
PATIENT PARTICIPATION GROUP

# Ledbury Health

The newsletter of Ledbury Health Partnership  
Patient Participation Group

Autumn 2024

## PPG News

### *PPG information folder*

The PPG has developed an information folder which will be provided to patients of LHP. The folder will be given to new patients with a leaflet about the surgery and how it operates and about the PPG. Personalised health information can be added to the folder as appropriate, for instance about health conditions following a diagnosis, and sources of information and support. The folder will be held by the patient as a personal record. This resource could be useful for carers, ambulance services etc. in an emergency.

### *Meeting*

The PPG met on 4<sup>th</sup> September and heard two excellent presentations, firstly from Peter Williams about **LEAF**, a Ledbury charity dedicated to supporting the well-being of people in Ledbury and the surrounding areas. Its focus is on those in need, improving people's welfare and allowing all to flourish. It has 3 main strands:

- Physical health
- Emotional and mental health
- Spiritual health

For more information go to [www.leafledbury.com](http://www.leafledbury.com).

We also heard from Simone Thompson from Healthwatch which is engaging with Herefordshire's communities to hear their views about the county. Through "10,000 Stories" Healthwatch is asking people what works well in Herefordshire and what one thing needs to change. Your views, opinions and stories will help shape the future for communities and individuals. Healthwatch is working with a number of different agencies to bring about change to the county, ensuring that people are part of the solution and that the power lies at the grass roots.

Changes are planned by 2033 when a community paradigm will be achieved. Simone described how Healthwatch wants Herefordshire to have thriving communities, with opportunities for all and to be healthy.

### *Next Meeting*

**Our next meeting will be on Wednesday, 27th November at 6.00pm at the Methodist Church on online via Zoom. To register for the zoom link please email [ledburyheathppg@gmail.com](mailto:ledburyheathppg@gmail.com)**

**Please use the same email address for any queries, or if would like to be added to our mailing list.**

## Surgery News

### Diabetic Clinics

The new clinics for people diagnosed with diabetes are proving very successful. These consultations are run as group sessions to allow patients to review their diabetes progress and management plans and spend more time with their healthcare team and discuss things that matter to them. As well as connecting with their healthcare team, they meet other people living with diabetes who can support each other and share ideas on managing diabetes.

People who attend group consultations benefit from having more time with their clinicians and learning from other patients. They report feeling less alone in managing their diabetes, and inspired to sustain healthy lifestyle changes. Research shows that people who attend group consultations achieve greater improvement in their weight management, blood pressure and blood sugar control, compared with those who attend traditional 1:1 appointments. 85% of patients report that they would recommend group consultations to their family or friends.

Personal information: Each patient attending group consultations will be asked to sign an agreement which prohibits them from sharing information about any group member with anyone outside of the group.

### New GP

Dr Tolu Kazeem started work at the Practice on 1<sup>st</sup> October. He is taking over Dr Emily Marlowe's list. Dr Marlowe is reducing her sessions to three a week and is becoming a Retainer GP. This is a national scheme aimed at doctors who are considering leaving or have left general practice. The scheme helps both the retained GP and the practice employing them by offering financial support in recognition of the fact that this role is different to a 'regular' part-time, salaried GP post, offering greater flexibility and educational support.

### 'Flu and COVID vaccinations

If you are eligible for 'flu and/or COVID vaccinations but have not yet had a appointment, please contact the surgery as

there will be more clinics in November and December.



### Are you, or a male relative or friend dealing with prostate cancer?

Herefordshire Prostate Cancer Support Group (HPCSG) understands what you/they are going through and knows that talking, sharing and giving feedback is vital, and co-ordinating and improving communications with hospitals and GPs also needs to happen.

As well as providing support, HPCSG are for people to help with the organisation of meetings.

For more information, including dates, times and venues of meetings, telephone Peter on 07768382334 or email [enquiries@herefordshirepcsg.co.uk](mailto:enquiries@herefordshirepcsg.co.uk) or fill out the enquiry form online via [herefordshirepcsg.co.uk](http://herefordshirepcsg.co.uk)

**DEMENTIA MATTERS**  
**HEREfordshire**

### Memory Cafés

Memory Cafés are designed for people with memory concerns and their carers and families to meet others with similar issues. Every Café involves fun quizzes, activities and occasional guest speakers, with professional support, information and advice available. No booking is necessary – just turn up!

Ledbury Memory Café is held in the Community Hall, Lawnside Road on the first Friday of every month from 10.30 – 12.00 noon. £2.50 per couple.

For more information phone 01432 804480 or email [charlotte.banks@dementiamattershere.org.uk](mailto:charlotte.banks@dementiamattershere.org.uk)



## Women's Health

### *Healthwatch Menopause survey*

Menopause symptoms can have a significant impact on women at work. Research by the Chartered Institute of Personnel and Development found that two thirds (67%) of working women between the ages of 40 and 60 said that menopausal symptoms have had a negative impact on them at work. Herefordshire Healthwatch is consulting individuals and businesses about menopause to improve services and information. Please complete their survey:

<https://www.smartsurvey.co.uk/s/84EQP6> or text Mary Simpson on 07925 882537 or email [mary@healthwatchherefordshire.co.uk](mailto:mary@healthwatchherefordshire.co.uk)

### *How to make cervical screening work for you*

Cervical screening, previously known as a smear test, saves over 4,000 lives every year in the UK. Cervical screening checks the health of the cervix and helps prevent cervical cancer. However, nearly a third of eligible women in England did not come forward for screening in 2023. New research shows many women put off going for cervical screening due to physical discomfort, embarrassment and a belief they don't need to attend as they aren't currently sexually active, so it's important to know what support is available and what adjustments you can request.

If you feel anxious about the screening, ask for an appointment just to talk about what happens first. You can ask for adjustments to be made to help you such as booking the first appointment of the day to avoid waiting for a long time, being seen by a trusted doctor or female health professional or having a chaperone with you; wearing a skirt or dress if you are worried about removing your clothes, as you can keep these on during the test. Health professionals will always cover you with a modesty sheet. Health

professionals will use a speculum to see your cervix; these come in different sizes. Talk to your health professional about which size suits you best.

### *New RSV vaccine now available to protect newborn babies from severe respiratory illness*

All women who are 28 weeks pregnant or more are being encouraged to have the new, free, respiratory syncytial virus (RSV) vaccine to protect their babies from RSV. This very common viral illness affects the airways and lungs and can be serious for young babies and older adults. Symptoms of RSV include a cough, sore throat, sneezing and a runny or blocked nose. It can also cause pneumonia and other life-threatening conditions in severe cases. Dr Will Taylor, Medical Director for NHS H & W says: "Getting the single dose vaccine during pregnancy reduces the risk of your child developing severe RSV lung disease by 70% in the first six months of life, when your baby is most at risk. The vaccine is safe for pregnant women to have from week 28 of pregnancy to maximise protection for the baby, but women can still get the vaccine up until they give birth."

If you are currently pregnant you can get the RSV vaccine by contacting your midwife or GP practice. RSV accounts for approximately 20,000 hospitalisations in children under 1 each year and is responsible for 20 to 30 infant deaths each year in the UK. The new vaccine offers huge opportunities to prevent severe illness in those most vulnerable to RSV, helping to protect lives and ease winter pressures for the NHS.

There are other vaccines that are vital during pregnancy such as the whooping cough (pertussis), flu and Covid-19 vaccines. All these vaccines are safe and help to protect babies by passing immunity to them during pregnancy. Midwives or GP practices can provide a full list of recommended vaccines prior to and during pregnancy. The RSV vaccination is available all year-round but as cases peak every winter around December, it's important that those eligible take up the offer as soon as possible. Older adults aged 75 – 79 are also eligible for the RSV vaccine and will be contacted by their GP practice.

# SWAP TO STOP



## ARE YOU A SMOKER WANTING SUPPORT TO QUIT SMOKING?

OUR STOP SMOKING SERVICE OFFERS FREE MOTIVATIONAL SUPPORT TO HELP YOU QUIT SMOKING. ALONGSIDE ACCESS TO:

- FREE VAPE KITS
- NICOTINE REPLACEMENT THERAPY
- GROUP SUPPORT SESSIONS
- 1-1 APPOINTMENTS

FOR MORE INFORMATION AND TO SPEAK TO A SPECIALIST ADVISOR PLEASE CONTACT US ON:

**01432 383567**  
HLTS@HEREFORDSHIRE.GOV.UK

TALK COMMUNITY



## Evening and Weekend appointments

Can't get to surgery during the day?

Evening and weekend appointments are currently available at ten locations throughout Herefordshire.

Teams of General Practice Healthcare professionals are based at each of the hubs, including GPs, Practice Nurses and Health Care Assistants.

Thanks to Herefordshire's joined up patient record system, they have access to your medical information, so ensuring your continuity of care.



For more information or to book an appointment, ask your usual GP surgery reception team.

For details of the locations of evening and weekend surgeries, visit our webpage or scan the QR code opposite.



[herefordshiregeneralpractice.co.uk/for-patients/enhancedaccess](http://herefordshiregeneralpractice.co.uk/for-patients/enhancedaccess)



Healthwatch Herefordshire is your health and social care champion.



**healthwatch**

Tell us your experience of health or social care services.

#ShareForBetterCare

As an independent statutory organisation we have the power to make sure NHS leaders and other decision makers listen to your feedback to improve standards of care. Every area in England has a local Healthwatch. The Department of Health and Social Care fund our work, giving money to local councils to commission an effective Healthwatch service.

Sign up to receive the Healthwatch Bulletin and keep abreast of local health and social welfare news: Tel: 01432 277044

[info@healthwatchherefordshire.co.uk](mailto:info@healthwatchherefordshire.co.uk)

[www.healthwatchherefordshire.co.uk](http://www.healthwatchherefordshire.co.uk)

## Herefordshire Mind Peer Support Groups

### Autism:

A 6 week group for autistic people to share experiences and to learn tips and tricks from each other in a non-judgemental space.

Self-diagnosis, seeking a diagnosis and professional diagnosed are all welcome.

The group is ran by an Ellie who is autistic and supported by autistic volunteers.

Dates: Wednesdays 6-8pm: 30th October, 6th November, 13th November, 20th November, 27th November, 4th December

### Mindfulness:

8 week course exploring Mindfulness Based Stress Reduction: Thursdays 6-8pm: 31st October, 7th November, 14th November, 21st November, 28th November, 5th December, 12th December, 19th December

Covering different practices; body scans, sitting meditations. No previous experience required.

Booking essential.

All groups take place at Heffernan House, Widemarsh Street and are FREE

### Anxiety:

6 weeks of group:

Tuesday's 2-4pm: 29th October, 5th November, 12th November, 19th November, 26th November, 3rd December.

A group for anyone experiencing anxiety to be around others who understand. It is a safe space to share experiences and learn tips. Booking is essential.

### Friendly Fridays:

8 week group: Friday's 5-7pm  
1st November, 8th November, 15th November, 22nd November, 29th November, 6th December, 13th December, 20th December

Bring your own crafts, come have a friendly chat and enjoy a cuppa. Email on the day if you are attending.

### Monday Men's:

A men's group to get together over a cup of tea and chat or do activities. No pressure to attend every week!

Monday's 11:30-1:30:  
28th October, 4th November, 11th November, 18th November, 25th November, 2nd December, 9th December, 16th December

To book-Email: [Ellie-mae.davies-bufton@Herefordshire-mind.org.uk](mailto:Ellie-mae.davies-bufton@Herefordshire-mind.org.uk)