

December 2022

WIN

Primary Care Network

Welcome to the patient newsletter from Warrington Innovation Primary Care Network, also known as “WIN”. We support your GP Practice in its mission to provide you with the best possible care.

We provide a quarterly patient newsletter, this is our Christmas edition 2022, which will provide you with useful information about your NHS and how to stay well.

We wish you a merry Christmas and a happy new year!



Don't let the thought of cancer play on your mind

Most people who go for tests find out it's not cancer. Finding out sooner is always better. **Contact your GP practice.**

NHS

Clear on cancer Help us help you

The advertisement features a photograph of a woman sitting on a bench, looking thoughtful. The text is in a clean, sans-serif font, with the NHS logo in its characteristic blue and white colors. The 'Clear on cancer' logo is a purple square with white text.

How to stay well this winter

Winter conditions can be bad for your health, especially for those over 65 or who have long-term conditions such as asthma, COPD, diabetes and heart or kidney disease. The cold and damp conditions can aggravate existing conditions and make us more vulnerable to respiratory illnesses.

However, there are ways to keep well this winter and enjoy that turkey or nut roast!

- Ensure to get your COVID-19 booster and Flu vaccination (if you are over 50, pregnant, have a weakened immune system or long-term condition).
- Keeping warm can prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Heat your house to a temperature that is comfortable for you; this should be around 18C.
- Wrap up warm when you go outside; wear a scarf around your mouth to protect you from the cold air and reduce the risk of chest infections.
- Wash your hands with soap and water as this removes dirt, viruses, bacteria and stops them from spreading.

COVID-19

How to prevent yourself from getting COVID-19:

- Wear a face covering
- Wash your hands with soap and water
- Keep rooms well-ventilated when socialising with others
- Limit the number of people you are in contact with and avoid crowded areas
- Get vaccinated against Covid-19

How to avoid passing Covid-19 on to others:

- Stay at home if you can, and reduce the number of people you come in contact with
- Ask friends and family to do your shopping for you or order online
- Wear a face covering when around others and inform them so they can protect themselves

Cost of living

If you are worried about increased living costs, support is available. The below websites have advice and support on subjects such as:

- Reviewing your benefits
- Food support
- Financial support
- Help with energy bills
- Childcare support

www.warrington.gov.uk/cost-living-support and <https://helpforhouseholds.campaign.gov.uk>

The logo for Citizens Advice, featuring the words "citizens advice" in white lowercase letters inside a dark blue speech bubble shape.

**citizens
advice**

Citizens advice can also provide advice on the above subjects and can be found at:
58 Sankey Street, Warrington, WA11SB and are open MON-FRI 9am-3pm or contact 0300
3309 091 MON-FRI 10am-1pm

Group A Streptococcal infections in children

Scarlet fever is usually a mild illness but it is highly infectious. This year we have seen an increase in the number of cases compared to previous years. Group A streptococci is a type of bacterium that can cause scarlet fever, and although rare, it can enter the bloodstream and cause an illness called Group A Strep (iGAS). This can cause other respiratory and skin infections, such as strep throat and impetigo.

Symptoms of Scarlet fever include:



- Sore throat, painful swollen glands
- Headache and fever (temperature of 38C or above)
- Fine, pinkish or red rash with a sandpaper feel, on darker skin this is harder to see but will still have the sandpaper feel. The rash often begins on the body that spread to the neck arms and legs over 1-2 days. The rash is not itchy.

If your child also has a runny nose with their tonsillitis, it makes a diagnosis of scarlet fever/ Group A strep less likely.

As a parent or carer, you should trust your own judgement and if you feel your child is seriously unwell, contact 111 or your GP Practice. Signs of when to seek help include:

- Your child is getting worse
- Your child is eating a lot less than normal
- Your baby has had a dry nappy for 12 hours or more and is showing signs of dehydration
- If your baby is under 3 months old and has a temperature of 38C or more or your child is older than 3 months and has a temperature of 39C or higher.
- Your child is very tired or irritable
- Your baby feels hotter than normal when you touch their back or chest and feel sweaty.

If you or your child has scarlet fever stay away from work, school or nursery for 24 hours after the 1st dose of antibiotics.

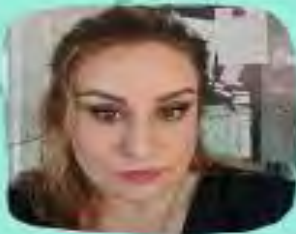
Christmas opening hours:

Your GP practice remains open from 8:00am-18:30pm on the 28th, 29th & 30th December.

Practices will be closed on bank holidays.

NHS 111 is available if you require medical help.

Mental Health Practitioner



Nic Postlethwaite



Rebecca Sargeant

What can a Mental Health Practitioner do for me?

- Carry out a mental health assessment.
- Provide advice and support to help you manage your condition.
- Support you to access appropriate mental health services and community resources depending on your need.
- Provide adequately timed appointments to listen to your problems and concerns.
- Provide you with tools and techniques to help you to manage your symptoms.
- Mental Health Practitioners can review your mental health after 4 weeks of starting medication.
- Initiate medication and monitor its effects.

How do I make an appointment to see a Mental Health Practitioner?



Speak to one of the reception team to book you an appointment

Appointments do not have to be face-to-face, they can be a telephone appointment if you prefer

