

NHS Diabetes Prevention Programme

Whilst type 1 diabetes cannot be prevented, type 2 diabetes is largely preventable through lifestyle changes. Around nine out of 10 people with diabetes have type 2 and there are currently two million people in England at high risk of developing type 2 diabetes, which is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke.

As well as the human cost, type 2 diabetes treatment accounts for around 10% of the annual NHS budget.

Healthier You NHS Diabetes Prevention Programme

The **Healthier You** NHS Diabetes Prevention Programme, identifies people at risk of developing type 2 diabetes and refers them onto a nine-month, evidence-based lifestyle change programme.

The **Healthier You** programme is available both as a **face-to-face group service** and as a digital service. When referred into the programme, people are free to choose between the two. People on the face-to-face group service receive personalised support to manage their weight, eat more healthily and be more physically active – which together have been proven to reduce a person's risk of developing type 2 diabetes.

The **digital service** offers similar support but through the use of digital tools such as wearable technologies that monitor levels of exercise, apps where users can access health coaches, online peer support groups and the ability to set and monitor goals electronically.

Research shows the Healthier You NHS Diabetes Prevention Programme has reduced new diagnoses of type 2 diabetes in England, saving thousands of people from the potentially serious consequences of the condition. It cuts the risk of developing type 2 diabetes by more than a third for people completing the programme.

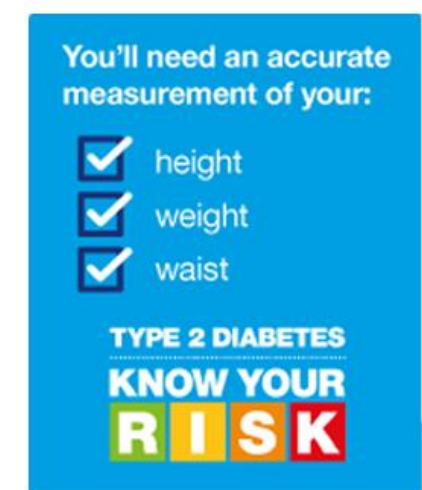
Know your risk of type 2 diabetes

You can get help to make positive changes to your diet, weight and physical activity to significantly reduce your risk of developing type 2 diabetes.

Find out if you're at risk of developing type 2 diabetes by doing any of the following:

- Answering a few simple questions on the 'Know Your Risk' tool at riskscore.diabetes.org.uk
- Taking up the offer of a free NHS Health Check to assess your risk of type 2 diabetes, cardiovascular disease and other conditions such as high blood pressure (available for those aged 40-74)
- Asking your GP Practice to check if you are at risk.

If you are at risk, you may be eligible for referral to the **Healthier You NHS Diabetes Prevention Programme** by your GP Practice.





measles

It's not just a kids problem
and it can be serious.

It's never too late to have your
MMR vaccine. Protect yourself
and those around you from
measles, mumps and rubella.

Call your GP surgery to book
your two doses of MMR vaccine.

immunisation
Helping to protect everyone,
at every age



Measles is a disease that spreads really easily. It can be passed on through coughing, sneezing or being close to somebody who is ill. The virus can stay alive and infect others for up to two hours in the air. Infected people can pass it on from four days before a rash shows, to four days after it comes up.

What to look out for if you think you might have measles

- Really high temperature
- Runny nose and a cough
- Red eyes that water a lot
- Small white spots inside the mouth
- A rash over the whole body - this normally starts on the face and neck, then moves down the body

The MMR Vaccine

The MMR vaccine is free and safe. **Two doses provide life-long 99% protection against catching measles.** It is part of the routine NHS childhood vaccinations to protect against measles, mumps and rubella. The MMR vaccine is given in **two stages**: 1st dose - at 1 year of age. 2nd dose - at 3 years 4 months of age. If you're an adult who has not been vaccinated Vaccination is especially important if you are pregnant or have a vulnerable immune system.

**It's never too late
Think measles!**



We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

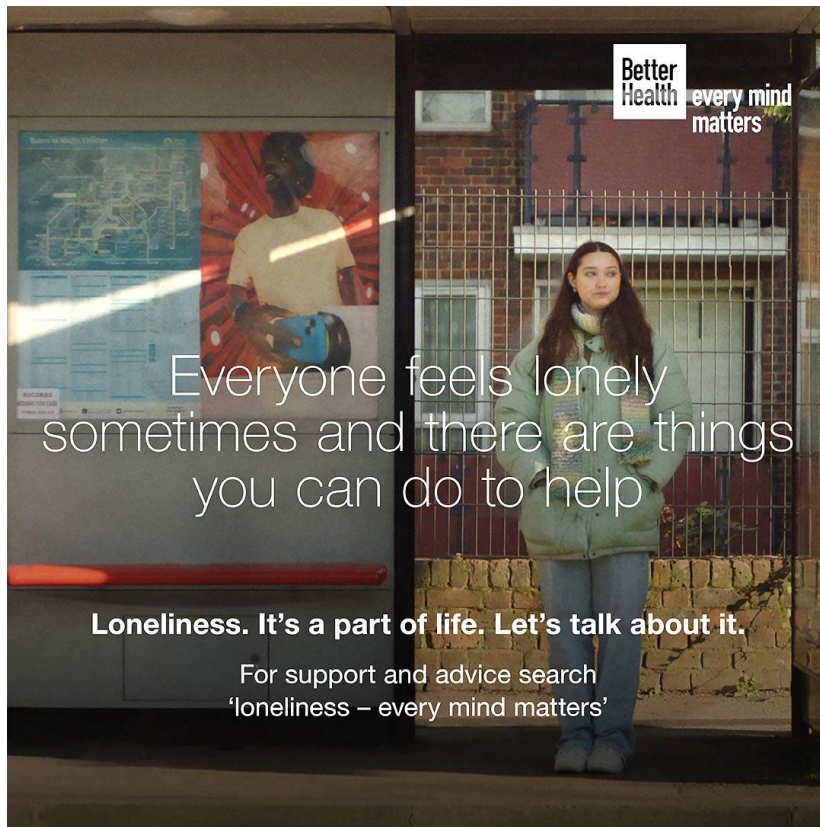
Please contact

Michelle Greene 07941 077350

NEW...On-line registration

If you have had a new baby or know someone who would like to join the Practice, scan the QR code which will take you to the GP registration site on the NHS website.





Loneliness. It's a part of life. Let's talk about it.

We are all affected by loneliness at times in our lives. The Better Health - Every Mind Matters loneliness campaign aims to normalise feelings of loneliness and to reduce the stigma so people feel able to seek help and support.

Find your little big thing for your mental health

There are little things we can all do to lift our mood or ease our anxiety – we need to find what works for us. This could be as simple as taking a walk, prioritising our sleep or opening up to a friend. Having good mental health helps us relax more, achieve more and enjoy our lives more. Our little thing, if we keep doing it, will make a big difference to how we feel.

If you or someone you know is feeling lonely, there is expert advice and practical tips available here...

www.nhs.uk/every-mind-matters

Private Prescriptions

A gentle reminder that patients are responsible for fulfilling their first prescription from the hospital pharmacy.

The Surgery is not able to do this.

Any patient who requests this will be asked to return to the hospital pharmacy for this to be fulfilled.

Thank you for your support.

Did not attend Appointment

Between 1 March and 31 March, we booked

2934 appointments.

86 patients did not attend (DNA)

Each missed GP appointment costs the NHS an average of **£30** per person (Source: [NHS](https://www.nhs.uk)).

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

Who's who!

Dr Nadia Bashir

MBBS, BSc, MRCGP (2010) DRCOG (2008) DFSRH (2011)

Dr Bashir qualified from the Royal Free and University College London Medical school and completed her GP training locally in Barking and Havering in 2010. Dr Bashir has an interest in undergraduate medical education and is a GP tutor for the Royal Free and UCL Medical school.