



Welcome

Welcome to the winter edition of the Berrycroft Community Health Centre Patient Newsletter.

Staff Changes

Dr Cheryl Conely and Dr Jude Joseph-Gubrall have both joined our team of GPs at BCHC .

BetterPoints Scheme

Physical activity for adults and older adults

Benefits health
Improves sleep
Maintains healthy weight
Manages stress
Improves quality of life

Type II Diabetes -40%
Cardiovascular disease -35%
Falls, depression etc. -30%
Joint and back pain -25%
Cancers (colon and breast) -20%

Some is good, more is better
Make a start today: it's never too late
Every minute counts

Be active

at least **150** minutes moderate intensity per week
OR
at least **75** minutes vigorous intensity per week

Build strength
To keep muscles, bones and joints strong
on at least **2** days a week

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019

CAR PARKING AT BERRYCROFT

Why a new parking system?

Introduced on 20th August 2024, the new system ensures free parking for patients with appointments at the health centre and visitors to the dentist and Reena Café, while maintaining access for ambulances and emergency vehicles. A ten-minute grace period allows for those dropping off a patient or prescription request. This grace period begins when you enter the car park and ends when you leave, allowing you to do so safely.

How did we inform patients?

Patients were notified on 6th August. Additionally, we posted updates on our website and Facebook page. The car park has 19 signs outlining the rules, and considerable additional signage is placed throughout the building, including at reception, check-in screens, and in clusters. Staff also remind patients to sign in when possible.

What if I get a PCN?

If you forget to enter your car registration, or enter it incorrectly you may receive a Parking Charge Notice. Please refer to the details on the reverse of the notice for the appeal process.

All PCN's are dealt with by an external agency and the surgery has no authority over this process. You can however contact us for an appointment printout to support your appeal, should this be necessary.

We are unable to intervene further, however we hope you can see that this system has been introduced for the right reasons and we have made every effort to keep patients informed.

CANCER SPOTLIGHT - CERVICAL CANCER

- All patients who have a cervix aged 25 to 64 should be invited by letter to cervical screening (a smear test) to check the health of their cervix.
- At Berrycroft, you can call to arrange an appointment with our nursing team to have the test.
- Unfortunately there is a delay in results being returned from the screening service.
- Screening is for people who do not have any symptoms. If you have any of the following symptoms please seek medical advice:
 - vaginal bleeding that is unusual for you (this includes unexpected bleeding after the menopause, after sex, or between regular periods)
 - changes to vaginal discharge (consider attending the sexual health clinic at Brookside)
 - pain or discomfort during sex (consider attending the sexual health clinic at Brookside)
 - unexplained pain in your lower back or between your hip bones (pelvis).
- More information is available online:

<https://www.nhs.uk/conditions/cervical-screening/><https://www.jostrust.org.uk/>

Cholesterol Awareness

Did you know that almost half of adults have raised cholesterol? Small changes to your diet, exercise and lifestyle habits can make a big difference to your cholesterol levels and heart health.

It's really important to manage cholesterol levels; early intervention can help improve long-term health. High cholesterol can increase the risk of serious health conditions such as heart attack and stroke, and most people don't even realise their cholesterol is raised.

Changes in lifestyle such as stopping smoking, increasing exercise and having a healthy diet will help to improve your overall health and help to reduce cholesterol.

<https://www.heartuk.org.uk/>

National Hygiene Poverty

Sadly, over 4.2 million people live in hygiene poverty in the UK. This impacts on their physical and mental health as well as absenteeism in school children. Some examples of hygiene poverty include: • Not being able to afford to wash your hair • Not being able to afford to buy deodorant • Sharing a toothbrush • Not being able to change a baby's nappy regularly The Hygiene Bank was established to help everyone access everyday essentials.

<https://thehygienebank.com>

Sepsis Awareness

Sepsis is a response to infection, where the body starts to injure its own organs and tissues. Sepsis can be fatal, and aiming to prevent it is vital. Vaccinations, hygiene and cleanliness, and avoiding the overuse of antibiotics can help to prevent sepsis. Finding out the signs of sepsis could save your, or someone else's, life. To learn about the signs of sepsis and what to do if you're concerned, you can use the link below.

<https://www.worldsepsisday.org/preventsepsis>



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Opening Times & Contact Details

The main telephone lines are open 8am to 6pm, Monday to Friday.

The surgery doors are open 8am to 6.30pm, Monday to Friday.

We also provide enhanced access services, 7am—8am Monday to Friday; and 6.30pm to 8pm Wednesday and Thursday evening.

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