

“**2013** is now well underway and spring is just around the corner! To start the new year we have news of some important changes to the way your health care is provided: see inside for details about the new Vale of York Clinical Commissioning Group and the new NHS111 urgent call service.



Mary Stevenson, who has been with us over 20 years, is retiring at the end of March and so we all thank her for her tireless work over the years and wish her a long and happy retirement. See below for more on this.

Now the evenings are starting to draw out, it's time to rediscover the outdoors. Turn to page 2 for some help and advice to becoming more active this year and reaping the health benefits!

”  
With Kindest regards,

*Dr Ian Lyall*

## Red Nose Day

Friday 15 March 2013

For the first time, MyHealth is supporting Red Nose Day. So on Friday 15 March, we will be holding a MyHealth Bake Off. Staff will pay to enter their special bakes! Once this has been judged, patients will have the opportunity to enjoy for a small donation.



We decided to support Red Nose Day this year, as we believe that this charity really does help to transform local lives. In the UK, they help to give shelter to young people living on the streets and protection to those living with domestic abuse. In Africa, our donations will help to save thousands from malaria and provide whole communities with fresh water and life saving vaccinations.

Please come along and join us if you can. We hope to have a bit of fun whilst raising money to do our bit to help change peoples lives. And if you are really keen to enter into the spirit of the day, you could even come to the Practice dressed in your Eighties 'gear' which is this years theme!

## MyHealth Staff Changes

### Mary Stevenson Retires!

We announced in October 2011 that Mary Stevenson, Practice Nurse Manager for over 20 years, was relinquishing her managerial role to Liz Stenton, as a stepping stone into retirement. We can hardly believe that the time has now arrived for Mary to now retire completely at the end of March. Mary has been an integral part of the Practice Team for many years and has been instrumental in developing the nursing team and the wide range of services we offer today. Mary has always been the epitome of professionalism and has a vast amount of knowledge and experience.



We will all miss her and thank her for her loyal service, commitment and vision over the years. We wish her a long, healthy and happy retirement.

As Mary leaves us naturally, we must welcome someone new and we are pleased to announce the arrival of Judith Oxberry as a Practice Nurse and prescriber. Judith joined us on 25 February and will take over Mary's clinics from the end of March. Judith joins us from a busy practice in Leeds.



**H**ow is your New Year's resolution coming along? Still eating healthily and taking more exercise? Now the evenings are becoming lighter and the weather a little warmer why not get out into the fresh air and start getting fitter for the summer?

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It's underrated as a form of exercise but walking is ideal for people of all ages and fitness levels who want to be more active.



Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers.

## Before you start

**A** pair of shoes is all the equipment you really need. Any shoes or trainers that are comfortable, provide adequate support and don't cause blisters will do.

Wear loose-fitting clothing that allows you to move freely. Choose thin layers rather than heavy, chunky clothing.

If you're walking to work, you can just wear your usual work clothes with a comfy pair of shoes. For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sun hat in a small backpack.

If you start taking regular, longer walks, you may want to invest in a waterproof jacket and some walking boots for more challenging routes.

## Starting out

**S**tart slowly and try to build your walking regime gradually. To get the health benefits from walking, it needs to be of moderate-intensity aerobic activity. In other words, it needs to be faster than a stroll.

You can break up your activity into 10-minute chunks, as long as you're doing your activity at a moderate intensity.

walk 4 life

## Recommended physical activity levels:

**T**he NHS recommends the following levels of activity:

- Children aged under 5 years should do 180 minutes every day
- Young people (5-18 years) should do 60 minutes every day
- Adults (19-64 years) should do 150 minutes every week
- Older adults (65+ years) should do 150 minutes every week

If, to begin with, you can only walk fast for a couple of minutes, that's fine. Don't overdo it on your first day. Begin every walk slowly and gradually increase your pace. After a few minutes, if you're ready, try walking a little faster.

Towards the end of your walk, gradually slow down your pace to cool down. Finish off with a few gentle stretches, which will help improve your flexibility.

From walking to the shops or part of your journey to work, to walking the dog and organised group walks, try to make every step count.

## Make it a habit

**T**he easiest way to walk more is to make walking a habit. Think of ways to include walking into your daily routine. Examples include:

- Walk part of your journey to work
- Walk to the shops
- Use the stairs instead of the lift
- Leave the car behind for short journeys
- Walk the kids to school
- Do a regular walk with a friend
- Go for a stroll with family or friends after dinner

## Walking Clubs

**M**any people prefer to walk as part of a group. Clubs such as Walking for Health organise short walks with a 'walk leader' in your area.

For more information about walking clubs, speak to a nurse, check the noticeboard in your local library or, if you have a computer, visit: [www.Walk4Life.info](http://www.Walk4Life.info)



# MyLocal Health Service Changes

## Vale of York Clinical Commissioning Group

**C**urrently your local health services are commissioned (bought) by the North Yorkshire and York Primary Care Trust (PCT). Recent re-organisation of the NHS means that from April 1st PCTs will cease to exist and your care will be commissioned by Clinical Commissioning Groups (CCGs).

These new CCGs are led by local GPs and other health professionals. Your new CCG will be the Vale of York CCG, which will look after the care of the people registered with 35 GP practices in York, Selby, Tadcaster, Easingwold, Pocklington and parts of Ryedale. Local health care providers are working hard to ensure that the transition from PCTs to CCGs will be seamless.

**“Your new CCG will be the Vale of York CCG”**

What all of this means is that over the next few years, more healthcare services could be provided locally within your GP surgery, rather than at your local hospital. It is believed that by moving some of the services currently provided in secondary care, this will result in better outcomes for patients through the continuity of your care with your own GP Practice, plus it's believed it will save valuable NHS resources. Don't worry, you won't have to do anything! We'll let you know if anything affects you.

## NHS111

**T**he exciting new NHS111 service will be launched in this region on March 19th.

NHS111 is a new service provided by Yorkshire Ambulance Service for when your health problem is less urgent than a 999 call. It aims to improve user, patient and carer experience and to improve the efficiency of the urgent and emergency health and social care system.

You will continue to access your GP as you do now and contact NHS 111 if:

- you need medical help fast, but it's not a 999 emergency
- you don't know who to call for medical help or you don't have a GP to call
- you think you need to go to A&E or another NHS urgent care service
- you require health information or reassurance about what to do next.

NHS111 aims to:

- Connect you to the right service in the right place, first time, including self-care where appropriate
- Reduce the number of inappropriate 999 Accident and Emergency requests
- Enable the commissioning of more effective and productive health and social care services where appropriate that are tuned to meet patient needs, thereby reducing duplication and waste in the system.

More details will be provided in the next few weeks, so stay tuned!



## MyHealth moves to a new clinical system!

**W**e are pleased to announce that from Thursday 25 April we will be using a new clinical system - EMIS Web. This system will be faster and have much more functionality than our current system. Much of this additional functionality is clinical, but one of the features will enable us to contact you by text message if you wish us to, plus registering new patients, will be a much simpler process for our receptionists than it is currently. Also some patients have told us of their difficulties with our current online services. EMIS Web will hopefully eradicate the issues explained to us and will introduce some new useful features.

In the week leading up to the change of clinical system we will need to reduce our appointment capacity by a small percentage to accommodate the engineers time to install the new system and switch off the old. This reduction in appointments will be achieved by not calling patients for annual reviews during this week, plus predominantly reducing access to GPs for same day urgent appointments only. Although we have extensive training sessions scheduled in for all staff, in the week following our "go live" with EMIS Web, we will all be getting to grips with the new system, so please bear with us if we are a little slow! A letter will be sent to all households in the next few weeks to explain in more detail.

**MyHealth**

MyHealthgroup.co.uk

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# Minor Illness Clinics

**D**id you know that MyHealth runs minor illness clinics every day for patients with acute minor illnesses who require a same day appointment? These include:

- Hay fever
- Emergency contraception
- Urine infections/cystitis
- Sore throats
- Coughs
- Sinusitis
- Earache
- Vaginal discharge
- Diarrhoea or vomiting
- Chest infections
- Insect bites
- Eye infections

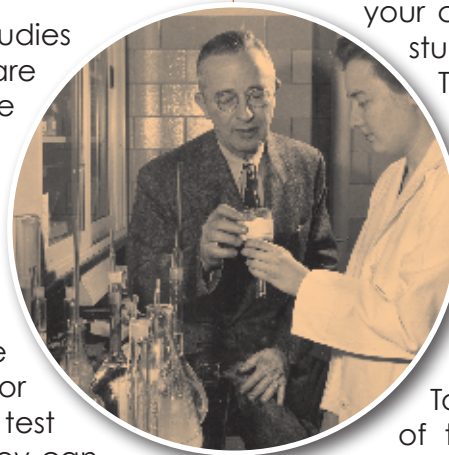
**When you book your appointment, you will be asked some questions about your problem to make sure you are given an appointment with the most appropriate clinician.**

## MyResearch

**R**esearch is important because it helps to improve your healthcare by finding out which treatments work best. In the last financial year over 428,000 people participated in research in England and over 142,000 of those participated in studies in a primary care setting. MyHealth is proud to take part in medical research.

Clinical trials are medical research studies to test whether different treatments are safe and how well they work. Some trials involve healthy members of the public, and others involve patients who may be offered the option of taking part in a trial during their care and treatment.

Clinical trials cover a wide range of different types of research. For example, trials are often used to test new medicines or vaccines, but they can also be used to look at new combinations of existing medicines. They can also be used to test whether giving a treatment in a different way will make it more effective or reduce any side effects. Some trials are designed to try out ways to prevent a particular disease in people who have never had the disease, or to prevent a disease from returning. Clinical trials are not always about testing medicines, they can be used to test ways to



help people change their behaviour or lifestyle. This could include an educational programme designed to improve a person's understanding of their medical condition so they can manage it more effectively, or a psychological treatment, such as cognitive behavioural therapy, to treat anxiety or depression.

At MyHealth, your doctor or nurse may ask you to take part in a clinical research study as part of your care. Alternatively ask about clinical studies which are suitable for you. Taking part in a clinical research study is voluntary and can be a rewarding experience.

MyHealth has two GPs who lead the research trials, Dr Fran Adams and Dr Helen Chidlow, and a research nurse, Helen Cox.

To give you an idea of the wide range of trials we are currently undertaking, MyHealth is involved with studies evaluating care for patients with: early arthritis; depression; coughs; chronic neck pain; high blood pressure and kidney problems and irritable bowel syndrome. We will shortly begin looking at vitamin supplements in older people and patients taking long-term aspirin.

Please contact Helen Cox at Strensall for more information on any of these studies.

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**MyHealth**

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