



Welcome to Healthier South Wirral Summer Newsletter!



Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- Never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 30 sunscreen

Hay fever

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help. Go to your local pharmacy for advice.



Stay Hydrated this Summer

Staying hydrated during the warm summer months is an important part of enjoying the season. Whether your plans include more walks or bicycle rides, soaking up the sun, or taking that long-awaited vacation, make sure you drink enough water to stay hydrated. This is necessary as it will keep your body and mind functioning at its best.



This Summer we would like to raise awareness for Leukemia

Leukemia

Leukemia is a cancer of the blood cells. If you have leukemia, your body makes some abnormal blood cells. These leukemia cells behave differently from healthy blood cells.

Symptoms can depend on how quickly a leukemia develops.

Slower growing leukemias such as chronic lymphocytic leukemia (CLL) and chronic myeloid leukemia (CML) may cause no symptoms in the early stages. They may be discovered by chance after a routine blood test. If you do have symptoms, these may be mild and develop gradually. The symptoms can be confused with the symptoms of more common illnesses, such as flu.

Faster growing leukemias such as acute myeloid leukemia (AML) or acute lymphoblastic leukemia (ALL) are more likely to cause symptoms that appear over a few weeks. People often feel ill quite quickly. Most symptoms of acute leukemia are caused by leukemia cells filling the bone marrow. This means healthy blood cells do not move into the blood as normal.

If you have any of the following symptoms, you should always tell your doctor and have them checked. But remember, these symptoms can also be caused by many other illnesses.



Leukemia UK Charity

In 1977, after his wife Isobel was diagnosed with chronic myeloid leukemia, Derek Mitchell founded the Elimination of Leukemia Fund. It had one mission: to advance progress in leukaemia research and care for all who receive a leukaemia diagnosis.

Five years later, in 1982, Lester Cazin – a leukemia patient at Hammersmith Hospital – founded the charity, Leuka. He wanted to raise funds to support research.

These two charities grew and combined forces in 2019 – becoming the Leukemia UK you know today. They became a greater force for change – for those whose lives are transformed by a leukemia diagnosis.



SCAN ME



Clear Project

Health Coaches and wellbeing Practitioners are attending community spaces to help engage patients who are not attending their NHS health checks in practice. The Aim of the Health Checks to identify those who are at risk of Cardiovascular disease and help get them back into practices.



LEAP Project

ADHD clinics were previously run in secondary care. Due to the overwhelming workload within CWP, the service has been introduced to PCNs to run as a local enhanced service since October 2023. As a PCN we manage a caseload of patients who are rag rated green by CWP. There are two clinic types, assessment and reviews.



Hypertension Project

We are currently running three hypertension projects. The first of which is Florence and automatic text messaging service for newly diagnosed hypertension patients who are also prescribed one medication. Along side this we also have the BP at home project which supports patients in providing their own readings directly to their surgeries. Our third project is the Blood pressure quality improvement project which risk strategies each surgeries hypertension register.



Practice's Closed

Our practices will be closed 1pm-6pm on the following dates for staff training

- Wednesday 10th July 2024
- Thursday 19th September 2024
- Thursday 17th October 2024
- Thursday 14th November 2024

