

## Pulmonary Rehabilitation

Many people with a lung condition become short of breath whilst carrying out their daily activities. Pulmonary Rehabilitation is designed to help people manage this breathlessness, improve fitness and ability to carry out daily activities.

To take part in a rehabilitation course your GP can refer you to the Somerset BOC Community Respiratory Service. The course is a six week programme of exercise and education, led by a Respiratory Physiotherapist or Nurse.

The sessions include:

- A graded exercise programme
- Educational talk covering all aspects of your lung condition, such as breathing control, panic and anxiety management, relaxation, nutrition and more

**In Bridgwater, the course takes place at Wembdon Village Hall, The Green, Homberg Way, Bridgwater.**

**If you have any questions please contact BOC Healthcare on 0800 0121 858**

## Do you need any travel Vaccinations?

Travel abroad for a variety of purposes, including holidays, business and visits to friends and relatives, increases all the time.

### Pre Vaccination

- The patient needs to complete a Travel Health Questionnaire which is in the appendix of the travel leaflet. These are obtained from reception and the patient must complete a separate form for each person travelling in the party and return it to reception within **six** weeks of travelling.
- If a patient approaches the practice for last minute advice or vaccinations they may be referred to private travel clinics.
- Receive a Travel Information Leaflet from reception
- Reception will pass the questionnaire to the Practice Nurses who specialise in travel health for assessment by putting it into their post tray,
- Practice Nurse will assess the form, consult the National Travel Health Network and Centre website (NaTHNaC) to ascertain what/if any vaccinations are advisable, then will contact the patient to book an appointment and also inform the patient of any payment that is required. Payment must be made before the patient has their appointment, either by credit/debit card or cash. Some vaccines, the less common ones such as Japanese Encephalitis, are not ordered until the patient has paid for them.

### Nurse Appointment

The Practice Nurse will do a risk assessment with the patient which will include asking:

- Which countries are to be visited
- Their itinerary in the countries-coastal, rural, cities
- Reason for travel
- Method of travel-backpacking, camping, hotel
- Advice on what vaccinations are needed and that it is the patients choice if they have them
- Ascertain if there are any adverse reactions to any vaccines
- Ascertain if there are any allergies
- Ensure the patient signs the consent form
- List on the form the vaccines that are given
- Ensure, before administering the vaccine that it has been paid for, if necessary.

**Reception: 444666**

**Prescriptions: 446006**

**[www.eastquaymedicalcentre.com](http://www.eastquaymedicalcentre.com)**

**Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141**

### **The Willow Group for Cancer Support**

**For people affected by cancer, offering friendship, understanding, help & support.**

**The group do not give advice but can signpost people to appropriate sources of help.**

**The group shares experiences which helps reduce the feeling of isolation.**

**There is a lot of laughter at the meetings and coffee and homemade cake!**

**Meetings are at Bridgwater Arts Centre,  
11-13 Castle Street**

**Friday mornings, 10am to 12noon**

**For more information contact Cathy on  
07473 765757 or [cathytwo@btconnect.com](mailto:cathytwo@btconnect.com)**

### **Somerset Carers Service**

**New Support & device Service for Carers**

**You can refer yourself or another person to the Somerset Carers Service, just contact the friendly team**

**Advice Line: 0800 31 68 600**

**Text: 'Carer' to 78070**

**E mail: [carers@somersetccc.org.uk](mailto:carers@somersetccc.org.uk)**

**Web: [www.somersetcarers.org](http://www.somersetcarers.org)**

### **Somerset Prostate Support Association**

**[www.somersetprostatecancer.org.uk](http://www.somersetprostatecancer.org.uk)**

**Contact**

**[support@somersetprostatecancer.org.uk](mailto:support@somersetprostatecancer.org.uk)**

### **If you've noticed changes to your breasts and you're over 70, tell your doctor.**

Some symptoms may be caused by other conditions, such as a cyst or abscess, which may still need treatment. But don't try to diagnose yourself.

Go and see your doctor now to find out for sure.

It's important to get to know how your breasts look and feel normally so you'll find it easier to spot something unusual. If you notice an unusual change, tell your doctor.

Possible signs of breast cancer include:

- a lump or thickening in your breast or armpit
- a change to the skin of your breast
- changes in the shape, size or feel of your breast
- nipple changes
- nipple discharge
- pain in your breast
- any other unusual or persistent changes to your breast

If you have any of these symptoms, see your GP as soon as possible. If you know anyone who has any of these symptoms, insist they see their doctor.

### **Do you need local, private, health treatments?**

**At East Quay Health we provide a range of private treatments at affordable prices, to include vasectomy and the removal of lumps and bumps**

**We provide full pre and post-operative information so you know exactly what to expect**

**We also offer Private Counselling at East Quay**

For more details please contact Karen on 01278 440409 or look at our website

**[www.eastquayhealth.co.uk](http://www.eastquayhealth.co.uk)**