



Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



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

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

www.eastquayhealth.co.uk

Our Surgery details:

East Quay Medical Centre
East Quay
Bridgwater
Somerset
TA6 4GP

Reception: 01278 444666

Prescriptions: 01278 446006

www.eastquaymedicalcentre.com

Onsite Opticians: 440440

Onsite Pharmacy: 423015

Onsite Dentist: 411141

Here is a selection of activities and information available for you and your families:



Are you 18 or over, have a learning disability and want to...

Have a voice about the things that matter to you

Meet new friends and have fun

Get information and support

Gain new skills and confidence

STREET	MINEHEAD	YEOVIL
The Crispin Community Centre 1st Thursday 12.00pm—1.30pm	The Old Hospital 3rd Monday 11.00am —12.30pm	Yeovil Library 2nd Thursday 1.00pm—2.30pm
2nd January - Community 6th February - Choices/ Control 5th March - Love/ Relationships	20th January - Community 17th February - Choices/ Control 16th March - Love/ Relationships	9th January - How to Relax 13th February - Choices/ Control 12th March - Love/ Relationships
BRIDGWATER	TAUNTON	We have monthly meetings across Somerset. Please bring support if required.
Victoria Community Centre 3rd Wednesday 6pm —7.15pm	Taunton Library 3rd Friday 11.00am—12.30pm	
15th January - Arts/ Creativity 19th February - Choices/ Control 18th March - Love/ Relationships	17th January - Mental Health 21st February - Choices/ Control 20th March - Love/ Relationships	



Phone: 01305 257 600

Follow us: [facebook.com/OurVoiceSomerset](https://www.facebook.com/OurVoiceSomerset)

Website: www.peoplefirstdorset.org.uk

Email: office@peoplefirstdorset.org.uk

THE AUDIO SERVICE

FOR THE VISUALLY IMPAIRED



FREE
Weekly
Service

Making a real difference to people in our Community

- FOR ANYONE WHO IS VISUALLY IMPAIRED.
- LOCAL NEWS FOR THE BRIDGWATER & BURNHAM AREAS.

If you know of anyone who would benefit from this service then let us know & we will make the arrangements.

COULD YOU HELP US ?

As a reader or with the recording and editing functions. It's not difficult and a chance to make a difference to the lives of others

For more information

How to receive the talking newspaper or about helping us, go to our website at:
www.bridgwatertalkingnews.org.uk

Or ring 01278 684390 or email:
enquiries@bridgwatertalkingnews.org.uk



TNF Member of the Talking News Federation

REGISTERED CHARITY NO 1138102



SASPSomerset



Somerset Activity & Sports Partnership



Did you use to enjoy team activities but can no longer take part?

Would you like to get fitter and enjoy the social aspects of team sport?

WALKING FOOTBALL

When: Wednesdays 12-1pm

Venue: YMCA, Friar Ave, Bridgwater, TA6 3RF

Cost: £2

NO AGE RESTRICTIONS ALL WELCOME

For further information contact:

Laura Dyke
ldyke@sasp.co.uk
01823 653990



Bridgwater Parent Support Group

A support group for parent carers who have children/young adults with Additional Needs



www.bridgwaterparentsupportgroup.com

Every second Wednesday of the month 10am - 12
Elmwood School, Hamp Avenue,
Bridgwater, TA6 6AP

It's Free!

Our monthly meetings give parent carers a chance to share information and experiences over coffee and biscuits. If you have only just found out that your young person has additional needs or if you have been living with a diagnosis for years, it is always good to talk to others in your situation and to know that you are not alone. Don't worry if your young person does not have a firm diagnosis, we welcome all families, diagnosed or not.

What we do:

- Listen!
- Provide Information
- Signpost to local services
- Meet service providers
- Provide training
- Feedback to local services

Working with:



f Bridgwater Parent Support Group

Dadpads' launched in Somerset – useful resource for new dads and dads-to-be

The DadPad is an easy-to-use resource for new dads and dads-to-be, packed with relevant information. Its aim is to provide new fathers with guidance on how to develop the mindset, confidence and practical skills needed to meet their babies' physical and emotional needs.

Building a strong attachment will not only enable dads to better enjoy their new role but also contribute towards positive long-term social, health and educational outcomes for their babies. Crucially, the DadPad also provides dads with guidance on how to support, and seek help for, their partners and themselves as they adjust to their new roles, and cope with the physical and emotional strains that this can place on individuals and relationships.

The DadPad covers topics such as:

- Feeding, holding, changing and cleaning your baby
- Surviving without sleep and coping with crying
- Getting to know your baby
- First aid

Somerset programme of research on violence and abuse is recruiting men who are concerned about their abusive behaviour towards women

The department of Health and Social Care is funding a study through the National Institute for Health Research. The University of Bristol in collaboration with Barnardo's will be delivering a Domestic Violence Intervention (DVIP) programme in Somerset, the aim of the programme is to gather research and evidence about the effectiveness of domestic violence prevention programmes and if they improve safety outcomes for partners, ex-partners, and children

From March 2020 Barnardo's will be running two groups per week for men who live in Somerset or North Somerset who are concerned about their abusive behaviour towards women. Men attending the groups run by our experienced facilitators will be offered 23 weeks of free support.

The groups will be running on:

Wednesday 18:30-20:30 in Taunton or Thursdays 18:30-20:30 in Shepton Mallet

Due to the high quality of Barnardo's work, (<http://respect.uk.net>) they were recommended and linked with the Reprovide research team at the University of Bristol who are currently running a national trial into the effectiveness of group work approaches in supporting behaviour change for perpetrators of domestic abuse. Barnardo's in Somerset will be one of four trial sites in England and Wales.

They require support from a range of our key partners in Somerset and North Somerset to help identify possible participants for this programme; there is a target of 92 men to join the research trial in Somerset.

For more information or to make a self-refer please:

Call – The Reprovide University Research Team on 078703 76548 or E mail – reprovide-men@bristol.ac.uk

Or Call – The Barnardo's Somerset Reprovide Team on 01823 270938 or E mail – reprovide@barnardos.org.uk

For further information please contact:

Donna Allender, Domestic Abuse Project Lead Officer, on 01935 385116 / 07887 862535

Are you traveling abroad this summer?



If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world.

Vaccinations are available to protect you against infections such as yellow fever, typhoid and hepatitis A.

In the UK, the NHS routine immunisation (vaccination) schedule protects you against a number of diseases, but does not cover all of the infectious diseases found overseas.

When should I start thinking about the vaccines I need?

Here at East Quay, you can collect a travel health form for each person traveling who is registered at the medical centre to complete. You can collect the relevant forms at reception. Please complete the form and hand it back into reception. Please allow 4-6 weeks **before** travelling when handing in the forms. You will then be contacted by the travel nurse here at the surgery informing you if you require any relevant vaccinations to where you are travelling.

Some vaccines need to be given well in advance to allow your body to develop immunity. And some vaccines involve a number of doses spread over several weeks or months.

You may be more at risk of some diseases, for example, if you're:

- travelling in rural areas
- backpacking
- staying in hostels or camping
- on a long trip rather than a package holiday

If you have a pre-existing health problem, this may make you more at risk of infection or complications from a travel-related illness.

Which travel vaccines do I need?

Some countries require proof of vaccination (for example, for polio or yellow fever vaccination), which must be documented on an International Certificate of Vaccination or Prophylaxis (ICVP) before you enter or when you leave a country.

Not all travel vaccinations are available free on the NHS, even if they're recommended for travel to a certain area.

Other non-NHS travel vaccines will be charged.

You'll have to pay for travel vaccinations against:

- hepatitis B
- Japanese encephalitis
- meningitis vaccines
- rabies
- tick-borne encephalitis
- tuberculosis (TB)
- yellow fever

Yellow fever vaccines are only available from designated centres.

The cost of travel vaccines that are not available on the NHS will vary, depending on the vaccine and number of doses you need. It's worth considering this when budgeting for your trip.

Which travel vaccines are free?

The following travel vaccines are available free on the NHS if your GP practice is signed up to provide vaccination (immunisation) services.

- polio (given as a combined diphtheria/tetanus/polio jab)
- typhoid
- hepatitis A

- cholera

These vaccines are free because they protect against diseases thought to represent the greatest risk to public health if they were brought into the country.

How do I stay healthy on my trip?

Water

Diseases can be caught from drinking contaminated water, or swimming in it. Unless you know the water supply is safe where you are staying, ONLY USE (in order of preference)

1. Boiled water
2. Bottled water or canned drinks
3. Water treated by a sterilising agent.

This includes water used to make ice cubes in drinks and water for cleaning your teeth

Swimming

It is safer to swim in water that is well chlorinated. If you are travelling to Africa, South America or some parts of the Caribbean, avoid swimming in fresh water lakes and streams. You can catch a parasitic disease called schistosomiasis from such places. This disease is also known as Bilharzia. It is also wise never to go barefoot, but to wear protective footwear when out, even on the beach. Other diseases can be caught from sand and soil, particularly wet soil.

Personal Hygiene

Many diseases are transmitted by what is known as the 'faecal-oral' route. To help prevent this, always wash your hands with soap and clean water after going to the toilet, before eating and before handling food. Using hand gel is another sensible option.

Insect Bites

Mosquitoes, certain types of flies, ticks and bugs can cause many different diseases. e.g. malaria, dengue fever, yellow fever. Some bite at night, but some during daytime so protection is needed at all times.

Avoid being bitten by:

- Covering up skin as much as possible if going out at night, (mosquitoes that transmit malaria bite from dusk until dawn). Wear loose fitting clothes, long sleeves, trousers or long skirts.

- Use insect repellents on exposed skin. (DEET containing products are the most effective. A content of up to 50% DEET is recommended for tropical destinations). Clothes can be sprayed with repellents too or clothing specific sprays .g. permethrin. Check suitability for children on the individual products. If using sunscreen always apply first, followed by an insect repellent spray on top.

- If room is not air conditioned, but is screened, close shutters early evening and spray room with knockdown insecticide spray. In malarious regions, if camping, or sleeping in unprotected accommodation, always sleep under a mosquito net (impregnated with permethrin). Avoid camping near areas of stagnant water, these are common breeding areas for mosquitoes etc.

- Electric insecticide vaporisers are very effective as long as there are no power failures!

- There is no scientific evidence that electric buzzers, savoury yeast extract, tea tree oil, bath oils, garlic and vitamin B are effective.

- Homeopathic and herbal medications should NEVER be used as an alternative to conventional measures for malaria prevention.

How to stay safe on my travels

Personal safety and security

The Foreign and Commonwealth Office (FCO) provide excellent information about this. They have information for many different types of travel and also advise on travel to specific destinations in times of political unrest and natural disasters. Please go to their website for more information at <https://www.gov.uk/government/organisations/foreign-commonwealth-office>

Insurance cover

- Take out adequate insurance cover for your trip. This should possibly include medical repatriation as without it, this service is extremely expensive if needed.
- If you have any pre existing medical conditions, make sure you inform the insurance company of these details and check the small print of the policy thoroughly.
- If you travel to a European Union country, make sure you have obtained an EHIC card before you travel which takes some time to obtain. Further information about the EHIC is found at <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/Applyingandrenewing.aspx>
- Please note, additional travel insurance is still advised even if you have an EHIC card

Air Travel

It is sensible on any long haul flight to be comfortable in your seat. Exercise your legs, feet and toes while sitting every half an hour or so and take short walks whenever feasible. Upper body and breathing exercises can further improve circulation. Drink plenty of water and be sensible about alcohol intake which in excess leads to dehydration. Further information can be obtained from the websites detailed at the end of this leaflet with more specific advice and information on travel-related deep vein thrombosis.

Sun and Heat

Sunburn and heat-stroke cause serious problems in travellers but in the long term can be a serious cause of skin cancer. There is no such thing as a safe suntan, but the following advice should be taken:

Precautionary guidelines

- Increase sun exposure gradually, with a 20 minute limit initially.
- Use sun blocks which contain both UVA and UVB protection and sufficient sun protection factor (SPF) and a minimum of SPF 15. Children under 3 years should have a minimum of SPF 25 and babies under 6 months should be kept out of the sun at all times. Reapply often and always after swimming and washing. Read manufacturer instructions
- Always apply sunscreen first followed by an insect repellent spray on top
- Wear protective clothing – sunhats, T shirts and sunglasses etc.
- Avoid going out between 11am - 3pm, when the sun's rays are strongest
- Take special care of children and those with pale skin/red hair
- Drink extra fluids in a hot climate – be aware alcohol can make you dehydrated

Enjoy your vacation



"The Truth About Allergy Testing"

As so many of our patients get conflicting and down-right incorrect information from the internet, social media and magazines, we thought it was time to put the record straight!

We also had requests from GPs asking for more guidance on allergy testing so that they could better deal with patient requests.

We hope you find it helpful. And please feel free to recommend it to your patients. It is on our Somerset NHS website: <https://patientwebinars.co.uk/adult-allergy-webinars/allergy-testing/>

Where you will also find webinars for patients on:

- IBS <https://patientwebinars.co.uk/ibs/ibs-webinars/>
- The Low FODMAP Diet <https://patientwebinars.co.uk/ibsfodmapweb/>
- Newly Diagnosed Coeliac Disease <https://patientwebinars.co.uk/coeliac/newly-diagnosed/>
- Coeliac Review <https://patientwebinars.co.uk/coeliac/webinars/>
- Inflammatory Bowel Disease in Remission <https://patientwebinars.co.uk/ibd/ibd-webinars/>

Disabled parking bays located at the Front of the surgery

Please remember when parking in the surgery car park that the yellow disabled parking bays are only to be used by blue badge holders.

The bays are **NOT** for dropping off, or to be parked in without displaying a blue badge.

Not all disabilities are visible but please respect the people who do park in these parking bays who are blue badge holders .

Thank you

East Quay Medical Centre is a Non-smoking site



Please refrain from smoking anywhere on site
Thank you