



## Inhalers and our carbon footprint

As a practice we are working to be more environmentally friendly.

Many people are surprised to learn what a big contribution inhalers make to their carbon footprint. The most common inhalers in the UK are called metered dose inhalers (MDIs). These typically have a metal cannister which you push down into a plastic case to release a puff of medicine.

They contain hydrofluorocarbon (HFC) gas which is a powerful greenhouse gas, thousands of

times more potent than carbon dioxide. One inhaler has a carbon footprint of about 28kg (about the same amount of greenhouse as driving a car for 175 miles, for example, from York to Norwich).

However, another sort of inhaler is available. This is called a dry powder inhaler. One of these has a carbon footprint of only 1kg.

Changing the type of inhalers you use could therefore hugely reduce your carbon footprint, for example by even more than avoiding a short

haul flight.

At Springbank Surgery, we dispensed approximately 6000 of these high carbon inhalers in the past 12 months! Therefore, we are aiming to invite people to change their inhalers to an alternative. We will do this in a safe way, ensuring that patients know how to use their new inhaler and that the changes are appropriate. Our goal is to cut the carbon footprint of inhaler prescriptions at least in half.

## Team update



Katie, our new healthcare assistant

We recently welcomed a new HCA, called Katie. She will join Sophie in doing health checks, taking blood tests, ECGs, blood pressures and much more.

Dr Aspden is returning from maternity leave and will be working 3 days a week. We had Dr Longworth join us whilst Dr Aspden was on maternity leave. We are delighted to say that he is staying on, meaning we are significantly increasing our number of GP appointments.

We are part of a network of local practices, including Boroughbridge and Knaresborough. We have collaborated to employ a clinical pharmacist, social prescriber and physiotherapist.

Our physiotherapist, called Martin, is available by appointment on Tuesdays all day.

The clinical pharmacist, called Adil, is telephoning patients who are on multiple medications where his expertise is invaluable in ensuring ongoing safe prescribing. He is available by telephone each morning.

A social prescriber is a relatively new role within the NHS. Our social prescriber is called Heather and she is available on Wednesday afternoons. Social prescribing involves helping patients to improve their health, wellbeing and social welfare by connecting them to community services which might be run by the council or a local charity. Heather has worked with North Yorkshire County Council and with Citizen's Advice Bureau and has a wealth of experience to draw upon.

## Covid and flu update

As we enter the second winter of the pandemic, we are mindful of the risk of increasing numbers of cases as well as the fears of this coming flu season being potentially severe. Social distancing last winter meant fewer infectious diseases. However, this winter, social distancing looks likely to be less strict and our immune systems are less practiced at fighting disease. Therefore, it is more important than ever that you consider a flu vaccine if you are invited. This year, the NHS is recommending a flu vaccine to anyone over age 50. Many people under 50 will also be

invited, including those with certain long-term conditions, like respiratory or heart conditions, diabetes or conditions which may affect their immune system. Some children will also be invited. As of late September, we have already invited all patients under 50 who are at risk. There are national delays in the over 65 age group flu vaccine. We hope to start these early in October. We are running flu clinics by appointment and you will receive an invitation as soon as the vaccines become available.

Covid-19 booster vaccines are being given 6 months after the second vaccine for anyone aged over 50, health and care workers or those with a longterm medical condition that puts them at higher risk of complications of covid-19.

People are being invited nationally by NHS England. More information is available on [www.nhs.uk](http://www.nhs.uk).

We need to protect our most vulnerable. We have remained open throughout the pandemic and will continue to do so. However, as you will be aware, access to inside the building is more restricted. We are trying to stay as accessible as possible, with more face to face appointments than most other practices. We are grateful that patients have been so understanding, often waiting outside on their cars in poor weather. If you are waiting and need to wait inside building, please let reception know.

## Support your immune system!

### Good sleep

The immune system relies on the rhythms of good sleep. The Allergy and Sleep journal, in June 2019, published a review of the research around sleep and the immune system. They concluded that disrupted sleep damages our body's defence mechanisms. Try to keep your bedroom dark to help boost the sleep hormone called melatonin.

### Vitamin D

We get most of our vitamin D from sunshine on the skin. There is not much sunshine about in North Yorkshire at the moment! This is why the NHS recommends that everyone takes vitamin D supplements through the winter months. There was an interesting article in the BMJ in November 2020 which showed that patients with plenty of vitamin D were better protected from covid-19 complications.

### Vitamin C

The BMJ published information for intensive care for those patients

most unwell with Covid-19. The study from July 2020 found that vitamin C helped patients recover better. They said vitamin C helped to block what is called the "cytokine storm". This is when the body's immune system goes into overdrive and starts damaging itself.

### Zinc

As with vitamin C, the body does not have a good storage system for zinc so it is actually quite easy to become deficient. People are at higher risk if they are elderly, have long-term medical conditions or have a vegetarian diet. The BMJ, in July 2020, published a review of the research into zinc and concluded "zinc is a critical factor for antiviral immunity".

### Exercise

The benefits of exercise are wide ranging. Exercise makes our bodies release the feel good hormones, "endorphins" and can help with long term pain and mood. A landmark article in the Lancet in 1999 linked exercise to a chemical called glutathione in our bodies which

strengthens the immune system and even slows down the aging process!

### Soluble fibre in the diet

Scientists used to think fibre passed straight through our gut. In fact, we need soluble fibre to feed the friendly bacteria that live in our large intestine (colon). These friendly bacteria break down the fibre which releases some important chemicals called short chain fatty acids (like butyrate). These chemicals help to regulate our immune system, playing a role in fighting infection as well avoiding allergy and autoimmune conditions.

Please remember that if you have a new cough, fever or loss of taste or smell, visit the [nhs.uk](http://nhs.uk) website to get the latest information regarding Covid-19 testing and self-isolate according to the national guidance..

If you need medical attention at this time, call 111. A site is set up in Harrogate to assess people with Covid-19 in case they need hospital. Our team here can guide you if you have concerns.

# About Springbank Health

As a patient, you will be listened to, understood and respected. We are committed to working together to offer you high-quality, compassionate care. We will always include you in your health decisions and will continually strive for improvement.

We look after all the villages between Knaresborough and York, as far south as Tadcaster and as far north as Boroughbridge. Our main surgery building is in Green Hammerton and we have another surgery in Tockwith. You are able to make appointments at both sites, via the same telephone number, irrespective of where you live.

We have five GPs, two nurses, a paramedic, two healthcare assistants and we also have junior doctors. We

dispense prescriptions from both of our surgeries as well as running some specialised clinics, frequently meaning we can be a one-stop shop for health matters.

Mrs Christine Edmond is our senior team leader, overseeing the operation of the practices. We have a team of dispensers, receptionists, secretaries and administrators who all play key roles in our efforts to deliver an excellent service. You may also see district nurses, community midwives, health visitors, chiropodists, diabetic retinal screeners, phlebotomists and other healthcare professionals who help to look after our patients.



## Opening Times

The main reception at Green Hammerton is open each weekday between 8am and 6pm. We also have evening appointments on a Monday and open early on some mornings. Tockwith surgery is open during surgery times only.

Some appointments are pre-bookable and some are reserved for more urgent problems, bookable on the same day. There is always a duty nurse and duty doctor based at Green Hammerton who is available to help with very urgent problems. This means we can always ensure help when needed. Our nurses are highly experienced and are skilled in triage and urgent care.

### Green Hammerton

<b>Monday</b>	<b>8am - 6pm</b>
<b>Tuesday</b>	<b>8am - 6pm</b>
<b>Wednesday</b>	<b>8am - 6pm</b>
<b>Thursday</b>	<b>8am - 6pm</b>
<b>Friday</b>	<b>8am - 6pm</b>

### Tockwith

<b>Morning</b>	<b>Afternoon</b>
<b>9am - 12pm</b>	<b>2.30pm - 6pm</b>
<b>9am - 12pm</b>	<b>2.30pm - 6pm</b>
<b>9am - 12pm</b>	<b>2.30pm - 6pm</b>
<b>9am - 12pm</b>	<b>Closed</b>
<b>9am - 12pm</b>	<b>2.30pm - 6pm</b>

Opening times during the pandemic might vary. Please consult the website or front doors of the buildings for the most up to date times. There are additional appointments in Harrogate on evenings and weekends, including for blood tests, cervical smears, dressings and GP appointments. Speak to reception for more information.

Appointments can be booked with reception on 01423 330030 or through our website [www.springbankhealth.co.uk](http://www.springbankhealth.co.uk). We have had to restrict online booking during the pandemic. In order to use online services, you will have to register at our reception. We will ask you for ID when you do this. Our reception team have more information.



Kim  
senior receptionist

### Doctors:

**Dr Angela O'Donoghue**  
**Dr Richard Tatham**  
**Dr James Hunter**  
**Dr Heather Pope**  
**Dr David Longworth**  
**Dr Libby Aspden**

### Nurses:

**Christine and Helena**

### Paramedic:

**Ellie**

### Healthcare assistants:

**Sophie**  
**Katie**

## Our medical team

Please see a nurse or primary care paramedic for:

Family planning and contraception, asthma and COPD reviews, diabetes reviews, immunisations, complex dressings, minor injuries, minor illness.

Please see a healthcare assistant:

Blood tests, ECGs, blood pressure checks and reviews, health checks, hearing tests, dressings.

Please see a GP for other complex problems.

The receptionists are trained to signpost you to the most appropriate clinician to maximise the overall appointments available to you.

## Out of hours care

Our normal opening hours are 8am-6pm so if you need medical attention between these times, please call us on 01423 330030.

Outside our opening hours, you should dial 111 if you need to contact a doctor. Calls to this number are free from landlines and mobiles. You will then be directed to the most appropriate service.

If you have a medical emergency at any time, please call 999.

## How to obtain medications in an emergency

In normal surgery hours, please contact the surgery. Out of hours, please contact the out of hours doctor's service or local urgent care centre. When away from home, a local GP practice will be able to help. Pharmacists are allowed to dispense some medications without a prescription, but will need your GP practice details.

Sophie, Healthcare assistant



## Local urgent care centre

The nearest NHS urgent care centre is located in York hospital. The address is Wigginton Road, York YO31 8HE. Appointments are through calling 111. The centre is open 24 hours a day, 7 days a week.

## Clinical Commissioning Group

Our clinical commissioning group (CCG) is Harrogate and Rural District (HaRD).  
[www.harrogateandruraldistrictccg.nhs.uk](http://www.harrogateandruraldistrictccg.nhs.uk)

## Appointments:

Consultations are by appointment. Appointments can be made in person, by telephone or online. An appointment is normally for one person and one problem only and lasts 10 minutes. Please advise us as soon as possible if you are unable to attend or no longer require an appointment. We offer appointments that can be booked in advance and those that can be booked on the day. We try to balance these appointments to meet demand. We can

provide 20 minute appointments if you need more time. We aim to routinely offer longer appointments for people with long term conditions with a care plan as well as those with learning disabilities and dementia.

## Urgent Care:

We have a duty doctor and duty nurse or paramedic who ensure that we are always able to help patients with urgent problems on the same day, either by telephone or in person.

## Home Visits:

We offer home visits for housebound and seriously unwell patients. If you require a home visit, please let us know as early in the day as possible. Our practice covers a large area and we need to plan the best use of our resources. A member of the duty team will usually ring back to discuss the problem prior to the visit. This sometimes helps plan investigation of a problem prior to you seeing a paramedic or doctor at a later time.



you care for them,  
we care for you

<https://www.carersresource.org/>

Carers have a tough job – it can mean unrelenting pressure, little chance to relax and a lot of worry. The system is complicated, and the issue is hidden.

Carers' Resource provides support for carers, no matter what their age, race, religion or needs. Follow the link to discover what support they can offer you as a carer, or as someone who might work with carers. This is for carers of all ages and is aimed specifically at people in North Yorkshire.

## Prescriptions and Home Delivery

Prescriptions issued during an appointment will normally be dispensed promptly.

We keep a comprehensive stock of medications at both sites. Requests for repeat prescriptions can be made up to a month in advance.

We normally request 2 working days

to get them ready but may need up to 5 days during the pandemic.

We now have an established home-delivery service for patients who are housebound or vulnerable. Please let reception know if you or someone you care for would benefit from this service.

Springbank Health  
York Road  
Green Hammerton

Tel: 01423 330030  
[www.springbankhealth.co.uk](http://www.springbankhealth.co.uk)



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Health