

World Hypertension Day – Let’s Talk Blood Pressure!

May 17th is World Hypertension Day – a great opportunity to learn about high blood pressure and what you can do to reduce your risk.

What is Hypertension?

Hypertension (or high blood pressure) means your blood pressure is consistently above 140/90 mmHg (or above 135/85 mmHg if measured at home). It’s one of the leading causes of preventable heart attacks, strokes, kidney disease and vascular dementia.

The condition is often silent – you may feel perfectly well while your blood pressure slowly damages your blood vessels and vital organs.

Why It Matters

Around 1 in 4 adults in the UK has high blood pressure, and many don’t know it.

Hypertension is a leading modifiable risk factor for cardiovascular disease.

Every 10 mmHg reduction in systolic blood pressure is associated with a 20% lower risk of major cardiovascular events, like heart attacks or strokes (Lancet, 2021).

Check Your Blood Pressure

We have a self-check blood pressure machine in the practice waiting room. You’re welcome to use it whenever you’re visiting – no need to book.

Top tip: Take 2–3 readings, a minute apart, while seated and relaxed, then average the results. If you get consistently high readings at home (above 135/85), please speak to the team.

For patients with mild to moderate hypertension, lifestyle changes can sometimes delay or avoid the need for medication – and even for those on tablets, they enhance the effectiveness and reduce long-term risks.

Final Thought

Checking your blood pressure – and understanding what influences it – is one of the most powerful things you can do for your long-term health.

- Use the waiting room machine
- Consider buying a monitor from home
- Talk to us about the results

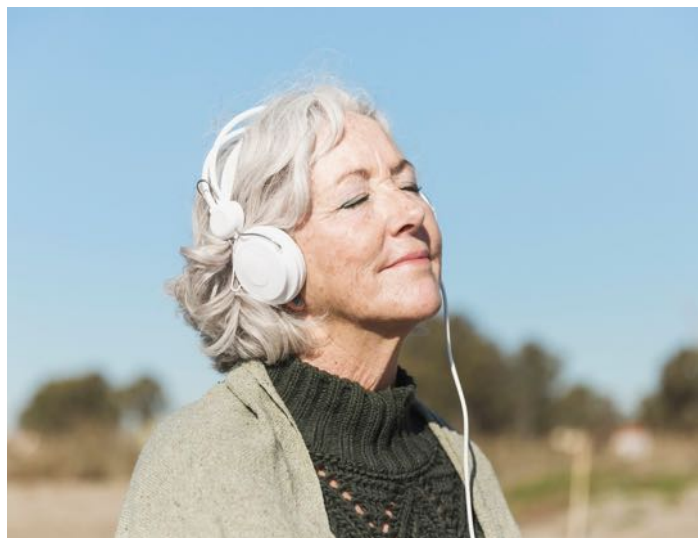


Lifestyle change	Average BP reduction
Weight loss 5-10kg	5-20mmHg
DASH diet rich in fruits, vegetables, low fat dairy	8-14mmHg
Reducing salt to <6g/day	5-6mmHg
Regular physical activity 150min/week	5-10mmHg
Limiting alcohol	2-5mmHg
Stress reduction eg. mindfulness, CBT	2-5mmHg

You can make a significant difference to your blood pressure through lifestyle changes, the effects comparable to a low-dose medication. There are a range of preventative medications and we will sometimes offer several medications to achieve the biggest benefit. We are always happy to discuss what is the right option for you, be it medication, lifestyle or a combination.

Disability Action Yorkshire is a long established charity working to help improve the lives of disabled people. This includes providing personal care and support to disabled people in their own homes, support to gain and retain paid employment, access advice and disability awareness training. They found that they were getting a lot of requests from people needing to borrow mobility equipment or looking for low cost equipment along with people wondering where to donate unneeded equipment to – so decided to marry the two together. They now take in donations of all kinds of equipment including wheelchairs, walking aids, toilet frames and much more

and then donate, or lend, this back to members of the general public. The store is open Mon-Fri, 09.00am – 3.30pm, there is no guarantee what equipment will be in at any given time but welcome a phone call in advance to 01423 855410.



Music Therapy: A Natural Way to Boost Your Health

Music isn't just for entertainment — it's a powerful tool for improving health. Music therapy uses music to address a variety of health needs, from mental health and stress to physical rehabilitation. Here's a quick look at the evidence and how it might benefit you.

What is Music Therapy?

Music therapy involves a trained therapist using music to help with emotional, cognitive, social, and physical wellbeing. This can include listening to music, singing, or playing instruments, depending on individual needs. It's used in hospitals, clinics, and even at home.

What Are the Benefits?

1. Mental Health

Depression & Anxiety: Studies show that music therapy can help reduce symptoms of depression and anxiety. A 2021 review found it significantly improved mental wellbeing for patients with chronic illness.

2. Stress Relief

Reducing Stress: Music has been shown to lower cortisol levels (the stress hormone) and heart rate, promoting relaxation. Slow, calming music can even reduce blood pressure, according to research published in *Frontiers in Psychology*.

3. Pain Management

Music therapy is often used to manage chronic pain. Research has found that it can reduce pain perception and help patients feel calmer during medical treatments, with studies showing lower levels of pain in terminal patients.

4. Cognitive Function

For people with dementia or Alzheimer's, personalized music therapy has been shown to improve memory recall and overall quality of life, according to a 2020 study in *The Journal of Music Therapy*.

5. Physical Rehabilitation

Music therapy, especially when combined with rhythmic stimulation, can help patients with Parkinson's disease or those recovering from stroke to improve motor skills, balance, and movement coordination.

How to Get Started

You don't need a therapist to benefit from music. Simply listening to your favorite tunes or using music during activities like yoga or relaxation can help reduce stress and improve your mood. If you're recovering from an illness or dealing with chronic pain, music therapy might be a useful addition to your treatment.

You could find out more by visiting the website of the North Yorkshire Music Therapy Centre, based in Hovingham.

<https://www.music-therapy.org.uk/>



Springbank Health Patient Participation Group

The PPG comprises of local volunteers representing the local community. It works collaboratively and positively with the practice with the common goal of improving services and facilities for patients. The PPG acts as a sounding board for practice staff on issues affecting patients, thus supporting the practice and influencing local provision of health and social care.

Meeting every 2 months, there is a dynamic two-way communication, enhancing co-operation between the practice, their patients, other individuals and organisations in healthcare, and the wider community to the mutual benefit of all. There is a common goal of encouraging a spirit of self help and support amongst patients to improve their health and social care.

The group facilitates good relations between the practice and their patients by communicating patient experience, interests and concerns and providing feedback to the practice on current procedures and proposed new developments. The group discuss ideas to improve patient services, providing feedback on patient needs, concerns and interests to inform and influence practice decision making to ensure services are responsive.

The PPG have re-started a programme of delivering CPR and resuscitation training to the community with regular well-attended sessions, if you would like to participate in a CPR training session, please email:

cprshppg@gmail.com

Opening Times

Some appointments are pre-bookable and some are reserved for more urgent problems, bookable on the same day. There is always a duty doctor 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.

We are part of a team of practices in the Harrogate area and can provide additional appointments at Mowbray Square in Harrogate and Beech House in Knaresborough on evenings and weekends, including for blood tests, cervical smears, dressings and GP appointments. Speak to reception for more information.

Green Hammerton

Monday 8am - 6pm
Tuesday 7.30am - 6pm
Wednesday 7.30am - 6pm
Thursday 8am - 6pm
Friday 8am - 6pm

Tockwith

8.30am - 12pm **2.30pm - 6pm**
8.30am - 12pm **2pm - 6pm**
8.30am - 12pm **2pm - 6pm**
8.30am - 12pm **Closed**
8.30am - 12pm **2pm - 6pm**

Appointments can be booked with reception on 01423 330030 or through our website www.springbankhealth.co.uk if you are registered to use SystmOnline. 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. We also have available econsults, which are query forms you can find on our website, to get advice quickly.

Our clinical 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 for:

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

Please see a physio for any joint or musculoskeletal pain.

We have several pharmacists who work remotely and may contact you to review medication.

The receptionists will help you access the best appointment for you. You may also see district nurses, health visitors, midwives and other healthcare professionals who visit the practice from local hospitals.

Doctors:

Dr Angela O'Donoghue
Dr Richard Tatham
Dr Libby Aspden
Dr Andrew Jennings
Dr Kathryn Rudd
Dr Nancy O'Neill
Dr Deemica Patel

Physiotherapists:

Martin and Gareth

Social prescriber:

Heather

Health coach:

Richard

Nurses:

Keri, Helena and Julie

Mental health worker:

Nichola

Healthcare assistants:

Katie and Ellie



If you're at school or college and considering a career in medicine. Why not join our patient group for a year? This would be a good opportunity to gain experience of how the practice works and might help on a personal statement for university applications. Please email us at springbank.surgery@nhs.net if you feel this would be of interest.

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.

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.

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.

Integrated Care Board

Humber and North Yorkshire integrated care board is responsible for commissioning NHS services in the area. For more information, visit: www.humberandnorthyorkshire.icb.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 15 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 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 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 3 working days

to get them ready and sometimes this can take longer if there are national supply shortages.

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



Springbank
Health