



April 2024  
Spring Issue

# The De Parys Group Newsletter

## GREETINGS TO YOU ALL

We are excited to share some new information with you this quarter, including the “go live” of our modernised social media platform Facebook AND our new look Practice Website!

The Newsletter has been relaunched and had a makeover,. We have some FAQs around the upcoming move to the Bedford Health Village (Enhanced Service Centre) site.

Bravo! The clocks have gone forward and its time to look forward to brighter days, beautiful flowers, more hours of daylight ..... but is it the same for everyone? Read on to learn more.

## WHATS NEW?

Measles are on the Rise—Has your child had 2 doses of the MMR vaccine? Have you ever been vaccinated? Your practice can help. The MMR vaccine is free on the NHS, whatever your age! Visit [www.nhs.uk/MMR](http://www.nhs.uk/MMR) for more information.

Enhanced Service Centre Move—We are pleased to be able to share that the work to relocate our services to the Enhanced Service Centre, Bedford Health Village Site, on Kimbolton Road is now under way!

Hay Fever—Hay Fever is a type of inflammation in the nose that occurs when the immune system overreacts to allergens in the air. Read on to find out how you can get hold of treatments to help without having to make a GP or Nurse appointment.

Dr Vinita Manjure talked about Diabetes during Ramadan and Dr Harsh Kak discussed how Proxy Access & Safely Managing Residents’ Prescriptions improves care and safety for care home residents.

We hope you enjoy the latest edition of the quarterly De Parys Group Newsletter.



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### SPECIAL POINTS OF INTEREST

- Closed for Training Dates & Bank Holidays





## DO YOU SOMETIMES FEEL 'SAD' WHEN SPRING STARTS?

Roughly 10% of people with SAD (Seasonal Affective Disorder) have depressive feelings because of the longer, brighter days and nights, this is known as Reverse SAD.

Does this sound familiar and a little/a lot like you?

There are a number of treatments available, and your GP will recommend the most suitable treatment option for you.

As well as speaking to your GP practice, there are some self help tips such as

- ◇ getting enough sleep,
- ◇ a regular sleep routine with the same waking time,
- ◇ planning ahead and,
- ◇ exercise such as taking walks early or later in the day.

*“There’s more to SAD than changing seasons. SAD is a real form of depression that can seriously impact a sufferer”.*



## SOCIAL MEDIA AND WEBSITE UPDATE

### Social Media

You can now find us on Facebook, please follow our page for information on events and services across Bedfordshire.

There will be quarterly themed videos uploaded, the first being Diabetes & Ramadan, followed by Hay Fever!

Just search for The De Parys Group or simply scan the QR code, and in a couple of clicks you will be on the page!



Please follow and like our page to be updated regularly with information.

### Website

Our website has also had a makeover, we would love you to go and take a look at [www.thedeparysgoup.co.uk](http://www.thedeparysgoup.co.uk) or simply scan the QR code and in a couple of clicks you will be there!





*Did you know that the pollen that causes hay fever varies between individuals and from region to region!*

## HAY FEVER

Hay Fever is a type of inflammation in the nose that occurs when the immune system overreacts to allergens in the air.

GPs no longer prescribe medication for hay fever as all medication is available “over the counter”.

Fexofenadine is a medication patients often ask for, and 120mg is available to buy from pharmacies or online shops. It is worth shopping around for the best prices if you have time.

Other options are the range of anti-histamines and nasal sprays.

There is still something to be said for minimising exposure, and not hanging your washing out to dry during peak pollen days, or keeping windows closed.

But when you can't avoid it, then anti-histamine tablets, nasal sprays and nasal washes will all help.

Some self help tips:

- ◇ Put Vaseline around your nostrils to trap pollen,
- ◇ Wear wraparound sunglasses to stop pollen getting into your eye,
- ◇ Shower and change your clothes after you have been outside to wash pollen off,
- ◇ Vacuum regularly and dust with a damp cloth,
- ◇ Buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter.

## SIGNS AND SYMPTOMS

Symptoms of hay fever include:

- ◇ sneezing and coughing
- ◇ a runny or blocked nose
- ◇ itchy, red or watery eyes
- ◇ itchy throat, mouth, nose and ears
- ◇ loss of smell
- ◇ pain around your temples and forehead
- ◇ Headache
- ◇ Earache
- ◇ feeling tired

If you have asthma, you might also:

- ◇ have a tight feeling in your chest
- ◇ be short of breath
- ◇ wheeze and cough

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

## KEY PREMISES MESSAGE AS AT SPRING 2024

For the time being the current arrangements remain in place for you.

Our aim is to bring the majority of our clinical teams together, and in doing so also bring our non-clinical teams together and further improve our access and care.

This will reduce the need for our patients to visit hospital.

## THE DE PARYS GROUP RELOCATES TO THE ENHANCED SERVICES CENTRE



### My GP practice is in Bromham or Church Lane how does this effect me?

No changes are planned to our services being delivered from these sites.

### When will it be finished and how often will I be updated?

It is scheduled to be completed by Autumn 2024. We will provide updates as the project progresses.

### How will this benefit me?

The relocation will provide additional capacity which means access to additional appointments.

### Will there be any additional services?

Specialist Clinics such as Cardiology, Dermatology and Family Planning. Also, clinics will be held for patients with condition such as Diabetes, Heart Failure, Respiratory Illnesses and Coronary Heart Disease.

## WHAT'S BEEN HAPPENING?

Ramadan and Diabetes—Dr Vinita Manjure talked about **Managing Diabetes** during Ramadan. This was uploaded onto our Facebook Page.

Mitch Wright will be discussing **Hay Fever** and the treatment options available. This will be uploaded onto our Facebook Page once Ramadan has ended.

Proxy Access and Managing Residents' Prescriptions —Dr Harsh Kak and Laura Warner talk about how **Proxy Access** is helping to make a log of things more seamless and trouble free. This improves safety and care for local Care Home residents. "Once it is up and running it is definitely worth it! This available to watch on our Website.



## THE DE PARYS GROUP STAFF RECRUITMENT



### **Bid Farewell to:**

Jade Carter, Julie Taylor,  
Ellie Russell, Naomi Lopez,  
Claire Guiry, Melinda James,  
Mo Alexander, Erica Witherall,  
Jenny Ripley

### **A warm welcome to:**

Julian DaSilva (Operations Manager)  
Caroline Prentice (Project Manager)  
Justine Nathan (Executive Lead)  
Kavita Radia (Clinical Pharmacist)  
Dr Ahmet Baysal (GP)



*Don't forget if you have any ideas, suggestions or comments for this newsletter please feel to get in touch.*

## UPCOMING PRACTICE CLOSURE DATES

### **2024**

24th April—Staff Training  
2.30-6.30

6th May—Bank Holiday

22nd May—Staff Training  
2.30-6.30

27th May—Bank Holiday

19th June—Staff Training  
2.30-6.30

17th July—Staff Training  
2.30-6.30

26th August— Bank Holiday

19th September—Staff Training  
2.30-6.30

24th October—Staff Training  
2.30-6.30

20th November—Staff Training  
2.30-6.30

25th December—Christmas Day

26th December—Boxing Day

### **2025**

1st January—New Years Day

22nd January—Staff Training  
.30-6.30

19th February—Staff Training  
2.30-6.30

19th March—Staff Training  
2.30-6.30



## THE DE PARYS GROUP

In July 2018 three local practices merged to form The De Parys Group.

The De Parys Group operate across 5 sites in Bedford with an expanding patient list of ca38,000.

At present, we have responsibility for a combined total of 22 residential and care homes. We are also fortunate to have our own dispensaries at both our De Parys and Bromham sites.

### The De Parys Group

01234 351341

Comprising

De Parys Medical Centre  
Pemberley Surgery  
Goldington Medical Practice  
Church Lane  
Bromham Surgery



## USEFUL CONTACTS/LINKS

- Do you have a relative with dementia?  
Carers in Bedfordshire are running a group – you can find out more at [www.carersinbeds.org.uk/whats-on](http://www.carersinbeds.org.uk/whats-on)
- Want to learn CPR?  
The British Heart Foundation is offering free online training at [www.bhf.org.uk/RevivR](http://www.bhf.org.uk/RevivR)
- Advice and support for people living with anxiety.  
Contact Anxiety UK  
03444 775 774 or [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- Samaritans are open 24/7 for anyone who needs to talk  
Contact  
116 123 (freephone)  
[email-jo@samaritans.org](mailto:email-jo@samaritans.org) or [www.smaritans.org](http://www.smaritans.org)
- MIND have a useful PDF for individuals suffering from Seasonal Affective Disorder (SAD) this can be downloaded on their website [www.mind.org.uk](http://www.mind.org.uk)

## NEXT QUARTER WILL INCLUDE

- ◇ Importance of Sunscreen
- ◇ How to Keep Hydrated

