

The Misbourne Practice

Patient Newsletter

January 2025

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Opening Hours

The phone lines at both of our sites are open from 8.30am to 6pm Monday to Friday.

The surgery buildings are closed between 6pm and 8am on weekdays, and all-day weekends and bank holidays.

Bucks 24/7 (Fed Bucks) provides Out of Hours services when the surgery is closed.

They can be contacted by dialling **111**, which is free from both landlines and mobiles, or by visiting **111 online: NHS 111 Online**

If you need to be seen, you may be asked to attend an Urgent Treatment Centre base in Amersham or Wycombe.

If the problem is a life-threatening emergency, call 999.

Other sources of medical help or advice are:

NHS 111 Online

Your local Pharmacist - [click here to find out how your pharmacy can help](#)

Urgent Treatment Centre (Minor Illness and Injury)



Team Spotlight - Dr Nicola Dickinson

Dr Nicola Dickinson, has been a General Practitioner with us for over ten years. Dr Dickinson values the relationships she builds with her patients and their families, finding great fulfilment in being able to offer support and care in various aspects of their health. Her professional interests include Women's Health and Paediatrics, and she has recently begun to explore preventative medicine as a means to promote overall well-being in her patients.

In addition to her clinical practice, Dr Dickinson plays a vital role in our team as a clinical supervisor for our pharmacists. She is also the lead for the Patient Participation Group (PPG) and oversees complaints management, all while ensuring our practice remains veteran-friendly

Dr Dickinson is available for consultations on Mondays and Thursdays, dedicating her remaining weekdays to another professional role. Outside of her work, she enjoys spending time with her children, playing tennis, and travelling. We are proud to have Dr Nicola Dickinson as part of our team and look forward to her continued contributions to our practice and patient care.

Happy New Year - Message from Management

Happy New Year! We hope you had a wonderful festive season and are ready to embrace all that 2025 has in store for us. As we move through January, we reflect on the beauty of change, both in nature and in our lives.

With the shortest day now behind us, the days are gradually lengthening, bringing with them a sense of hope. Although the chilly weather has been noticeable in recent days, we look forward to the end of the month when the promise of spring begins to emerge in the south of England. January is a time for fresh starts and self-reflection, often inspiring us to take stock of our lives.

Many of us feel the urge to embark on new fitness journeys and commit to healthier eating habits. After all, who hasn't indulged a bit too much over the festive season? Those extra mince pies and the delightful Christmas pudding can leave us feeling motivated to shed those extra pounds and unveil the muscles we've kept hidden.

One of my favourite things about January is the arrival of snowdrops. These lovely flowers symbolise new beginnings, hope, and the resilience we all possess to overcome challenges. Their presence is as comforting as that of a dear friend, reminding us to look ahead with optimism and embrace the endless possibilities that lie before us.

Don't forget to follow us on **social media** for the latest updates, health tips, and practice news. We love engaging with you and sharing valuable information to help you lead a healthier life.

Thank you for being an essential part of our practice. Here's to a hopeful and healthy January!

Unit) Wycombe Hospital,
Queen Alexandra Road,
High Wycombe, HP11
2TT - call 111 or visit 111
online to arrange an
appointment.

**Mount Vernon Hospital
Minor Injuries Unit,**
Rickmansworth Road,
Northwood, HA6 2RN

**Slough NHS Walk-in
Centre,** Upton Hospital,
Albert Street, Slough, Berks
SL1 2BJ.

NHS App

Everything you need to
know about using the NHS
App.

For help and support,
visit [NHS App help and
support](#)

Dates that we are closed in 2025 for Staff Training

Protected Learning Time
(PLT) is an opportunity for
GP practices to address
staff learning and
professional development
needs.

There are ten Protected
Learning Time dates each
year where the practice
will be closed from 1 pm.

When the practice is closed,
please use the 111 service
for any urgent medical
needs.

Dates the practice will be
closed for the afternoon
during 2025:

Tuesday 14th January 2025

Thursday the 25th of
February 2025

Wednesday the 12th of
March 2025

Obesity Awareness Week – January 10th to 16th

As we enter January, we want to highlight an important initiative: Obesity Awareness Week, taking place from January 10 to 16. This week aims to raise awareness about obesity, demystify the challenges surrounding it, and promote effective strategies to combat the condition

The Growing Concern of Obesity

Obesity is a significant issue in the UK. According to government statistics from 2022 to 2023, 64% of adults in England were classified as either overweight or obese, reflecting a worrying upward trend of over 22% in recent years. This condition not only impacts individuals on a personal level but also has broader implications for society, affecting both children and adults, and even our pets

Understanding the Causes

There are numerous reasons why people may become overweight or obese. A decrease in physical activity is a major contributor; many of us spend our leisure time in front of screens instead of engaging in outdoor activities. Additionally, our diets have shifted towards more takeaways and processed foods, which can lead to unhealthy weight gain

The Impact of Obesity

Excess weight places serious strain on our bodies, leading to health issues such as cardiovascular disease, type 2 diabetes, and certain cancers. However, the effects of obesity extend beyond physical health. Many people may not realise that obesity can negatively impact mental health, contributing to conditions such as clinical depression and anxiety. For children, being seriously overweight can lead to bullying, low self-esteem, and anxiety, which they may carry into adulthood. Furthermore, obese adults often face lower economic productivity and incur higher healthcare costs, with obesity-related conditions costing British taxpayers around £6 billion each year

Eat Right, Stay Fit, and Lose Weight

This year's mantra for National Obesity Awareness Week is "Eat right, stay fit, and lose weight." While tackling obesity can feel daunting, it is not an impossible task. The timing of this awareness week, shortly after the festive period, aligns with many people's resolutions to improve their health and fitness in the New Year

Making Gradual Changes

The most effective and sustainable changes come from making small, gradual adjustments to our lifestyles. This may include improving our diets, reducing screen time, and increasing physical activity.

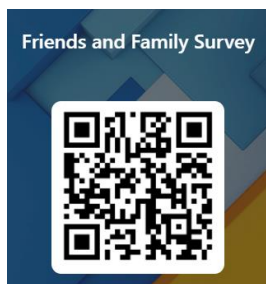
Getting Started This January

Before making significant lifestyle changes, we recommend consulting your GP, who can provide guidance and suggest local support groups. Consider making dietary adjustments, such as smaller portions and a balanced diet rich in fruits and vegetables, while reducing your intake of red meat, fats, sugars, and salt

In terms of exercise, the government recommends that adults aim for at least 150 minutes of moderately intense activity each week. This could involve brisk walking, cycling, jogging, swimming, or even dancing. You might also want to explore taking up a sport

We encourage you to take advantage of the resources available during Obesity Awareness Week. For practical advice and support, you can visit the National Obesity UK website at www.obesityuk.org.uk, a charity dedicated to assisting individuals living with obesity

Let's work together to promote a healthier future for ourselves and our community during this important week and beyond



Leave us a review on NHS reviews using the QR code below

Misbourne Practice
Review us
on NHS Website



Leave us a review on Google using the QR code below



Weight Management Support

As we continue our focus during Obesity Awareness Week, we want to highlight the importance of weight management groups and the invaluable support they can provide to individuals seeking to achieve and maintain a healthy weight

The Importance of Weight Management

Weight management is becoming increasingly crucial for many of us, especially those who are overweight or obese. Losing weight can significantly reduce the risk of developing serious health conditions such as type 2 diabetes, high blood pressure, heart disease, severe joint problems, and certain types of cancer. While the journey to losing weight and maintaining a healthier lifestyle can be challenging, it doesn't have to be done alone

Support Through Group Membership

Statistics show that joining a weight management group can be highly effective in aiding weight loss. Recent studies involving 2,576 participants revealed that being part of a group made individuals 58% more likely to lose at least 5% of their body fat within a year. Moreover, group members lost an average of 1.9 kg more compared to those receiving one-on-one support

A Supportive Environment

Weight management groups provide a supportive and non-judgmental atmosphere where members can share their experiences, challenges, and successes. This environment fosters positive support, which can reduce stress and encourage weight loss. Members can exchange practical tips and hints, creating a sense of community and shared goals

Inspiration and Motivation

The most successful weight loss journeys are gradual and focused on sustainable changes in diet and lifestyle. In weight management groups, experienced members can inspire newcomers with their success stories and offer practical advice to help keep motivation high during tough times

Professional Support

Research indicates that individuals who participate in weight management groups receive more comprehensive support than those who opt for one-on-one consultations. Group members typically benefit from 12 to 55 hours of treatment time, compared to just 2.5 to 11 hours for individual sessions. This additional time spent in a supportive group setting can enhance the effectiveness of weight management strategies

Long-Term Strategies for Success

Weight management groups not only assist members in losing weight but also equip them with long-term strategies to maintain their progress. These groups focus on developing healthy lifestyle changes and setting achievable goals that can be sustained after reaching a target weight

Finding the Right Group

There are numerous weight loss groups available, including well-known commercial options like Weight Watchers and Slimming World, as well as excellent services offered by the NHS. GP is a great first point of contact to explore what options are available in our area. Please contact us for further support.

It's important to remember that everyone is different, and so are weight management groups. If you don't find the right fit on your first try, don't be discouraged—there are many options to explore. While weight management groups may not be suitable for everyone, particularly those who feel anxious about group settings, many find the experience beneficial for achieving gradual and lasting weight loss.

Please send any feedback or topics that you would like to know more about via our [feedback form](#) or via post to the practice.