



## How does sugar in our diet affect our health?

Most adults and children in the UK are eating too much sugar and are advised to cut down by eating fewer sugary foods, such as sweets, cakes and biscuits, and drinking fewer sugary drinks.

Adults are advised not to eat more than 30g of free sugars a day, which is roughly seven sugar cubes. Children should have less than this. Some children are having nearly three times more sugar than they should!



Too much sugar can lead to the build-up of harmful fat on the inside that we can't see. This fat around vital organs can cause weight gain and serious diseases in the future like heart disease, type 2 diabetes and some cancers. Having too much sugar can also cause tooth decay.

In the UK, we consume over two million tonnes of sugar every year. Yet half the time we often don't know we're eating it. Fruit is naturally quite high in sugars, and some fruits are more sugary than others. For example, banana and oranges and grapes are examples of more sugary fruits whereas berries are examples of less sugary fruits,

Tooth decay is also more likely, as bacteria in our mouths feast on the sugary foods we eat and produce acids that dissolve our tooth enamel.

Are you feeling virtuous about your healthy breakfast of wholegrain cereal washed down with a glass of orange juice? Few of us realise that a bowl of Bran Flakes plus juice will account for half our recommended daily amount of sugar! Add a couple of pieces of fruit high in sugars and you can easily reach your daily limit.

The sugars in milk, vegetables and pieces of fruit (as opposed to fruit juice), including dried fruit, are better for you than processed foods, and sweets, but you may wish to think about your total consumption in your daily diet.



## 'Be Curious' and spot the signs of child neglect

Neglect is the most common form of child abuse. It means failing to meet a child's most basic needs, including:

Food, clothing and shelter. A safe place to live. Love, care and attention, Education and health or dental care.

Earlier this year, services across Dorset ran a campaign urging the public and professions to 'be curious' and tell someone if they spot signs of neglect. Neglected children or young people may be:

Left hungry or dirty, without adequate clothing, living in dangerous conditions, in a home that is dirty or unsafe, they may be withdrawn, angry, aggressive or self-harming and are failing to receive basic health or dental care.

**If you think a child might be experiencing neglect, you can contact the NSPCC helpline anonymously on 0808 800 5000, Dorset Children's services on 01202 228866 or the police on 101.**

## Community Notice Board

Members from the PPG recently unveiled the community notice board, which is jointly owned with the Community Angels.



If you would like a poster to be displayed, please enquire at reception.

## Melodies for Memories

Music has proven to be beneficial for retaining memory in later life. When memory is failing a person, they are very likely to be able to recall a familiar melody.

"Melodies for Memories" is an informal and fun music group for anyone who enjoys music and is affected by memory loss.

The melodies for memories groups are led by someone who has experience of using music to benefit people with memory difficulties. The group also gives people with memory loss and their families/ carers the opportunity to meet others who share an enjoyment of music. You don't need to be able to sing or play any instruments.

**Come along to Willowbed Hall,  
Putton Lane, Chickerell  
Every other Thursday 10:30am to 12noon**

## TEXT REMINDERS

We can now send **appointment reminders** by text to your mobile phone. You can also cancel your appointment by text.

Check with reception that we hold your **Correct Mobile number!**

For medical emergencies when the surgery is closed call **999**  
For medical advice call **111**  
For Minor Injuries and urgent medical problems visit **The Urgent Care Centre at Weymouth Community Hospital**  
*Open 8am-10pm*

**CQC  
REPORT  
OVERLEAF**

## Weymouth GP practice rated Outstanding by the Care Quality Commission

Inspected and rated

Outstanding 



The Care Quality Commission (CQC) has found the quality of care provided by the Royal Crescent and Preston Road Practice to be Outstanding following an inspection in October 2016.

The CQC Inspection Team assesses healthcare providers against a set of quality indicators - safety, effectiveness, caring, responsiveness and well-led, and how services are delivered to six population groups. Inspectors rated the care at The Royal Crescent and Preston Road Practice "Outstanding" for being caring and responsive to people's needs and Good for being safe, effective and well-led.

The report highlights a number of areas of outstanding practice, including:

- One of the GPs within the practice had been supported to develop a range of services to some of the most vulnerable patients within the Weymouth and Portland area including supporting the homeless population and people attending the community alcohol detox addictions service.
- The practice had a visiting team providing services for the over seventy five year olds. This included the provision visits to 18 nursing homes supporting 208 residents. The team also provided routine home visits to 160 housebound patients.
- The practice had developed a service called 'Community Angels', which was provided from the branch Preston Road Surgery. This was a joint venture between the practice and the local church. It provided a volunteer befriending service, transport for patients to attend hospital appointments and a support scheme to address social isolation.

### **Ruth Rankine, CQC's Deputy Chief Inspector of General Practice in the South Region, said:**

"It is clear the Royal Crescent and Preston Road Practice is providing a caring, responsive and well led service which is a real asset to the people living in this part of Dorset. There was a clear vision and strategy to deliver high quality care and encourage a culture of education and learning. The practice had adopted a proactive approach to reaching out to patients especially those who are lonely and vulnerable."

"The GPs and staff have demonstrated a real commitment to their patients. All of this hard work pays off in making a real difference – which is why we have found this practice to be Outstanding."

### **Dr Sarita Chopra, GP Partner at the practice and the CQC Registered Manager, said:**

"We believe that personal care is at the heart of family general practice. Our patients tell us that continuity of care and a relationship with their own GP is really important; the practice was above average for its satisfaction scores on consultations with GPs and Nurses and we are very proud of this achievement."

"CQC received consistently positive feedback from patients. We welcome all comments from our patients and use these to develop the service we provide. Our thanks go to the members of the Patient Participation Groups who work closely with us on this."

"CQC recognised that our staff are motivated and inspired to offer kind and compassionate care. We wish to thank all these highly skilled, motivated, committed and caring staff - clinical, managerial and administrative, who work so hard on a daily basis to provide the highest standards of care to our patients, and are thrilled this has been recognised by a national organisation."

*To read the full report visit [www.cqc.org.uk](http://www.cqc.org.uk) and search for Royal Crescent Surgery DT4 7BY*