

Welcome to seeping newsletter. Feel free to distribute this newsletter and encourage more nurses to join and benefit from this relevant and vital source of support. This newsletter is produced entirely by seeping committee on a volunteer basis.



years

Soap Box by Justine



Welcome to our Summer Newsletter.

I have been reminded recently, of the vital role that support, mentorship, advice and friendship play, not only in life, but in the workplace.

In primary care, where the work can be especially demanding, these elements become even more crucial in helping us navigate daily responsibilities.

We recognise that primary care is often more challenging and risk-averse than many other medical placements. The nature of the work tends to be more autonomous, with clinicians frequently relying on their individual decision-making. This level of responsibility could be isolating at times, making the presence of a supportive network even more important.

Having trusted colleagues to return for guidance, reassurance, and shared experiences can make a meaningful difference, not just in clinical outcomes, but in our own well-being and job satisfaction. Building and maintaining the culture of

support is something we should all strive for.

Our invaluable nursing group, Seeping, has proven to be especially relevant in today's challenging climate. The demands of primary care are increasing, and having a strong, supportive



network has never been more important. One of the most practical tools we've embraced is our WhatsApp group, its been transformative. The ability to reach out for immediate advice, guidance, or just a word of encouragement has been truly invaluable. It exemplifies the power of support in real time.

As we celebrate our 30th anniversary, it's a fitting time to reflect on remarkable changes we've witnessed and the progress we have made since the groups inception. We should feel incredibly proud of what we've built together, a



community rooted in shared knowledge, compassion and resilience.

The opportunities we've had, to engage in relative medical meetings, enjoy social events and share experiences and challenges, have all contributed to our growth, not just as professionals but as friends and as a collective.

Hers's to continuing our journey stronger and more connected than ever.



Inside this issue:

Migraine 2

The Endometriosis Foundation 3

AGM 2025 4

Contraception 4

30th Years of Seeping Celebration 5

Summer Outing 6

Farewell to Charlotte 7

Donations 7

Seeping Notes/Dates for Diary 8



Managing Acute or Preventative Episodic Migraine with Dr Sanjeev Rana 5th March 2025

.....Migraine is a neurological condition that features amplification of a number of sensory pathways. Some studies suggest that genetic components contribute to susceptibility to the condition.
-may be lifelong but varies in impact, severity and frequency through life
-a spectrum condition—attacks range from mild to severe
-attacks can start at any age, usually in early adult hood
-has a natural history, often eventually improving with age
-migraine is not just a band headache

.....lifestyle advice and trigger management can help patients manage their migraine
- eat regularly, never skip meals
Low GI, slow-release energy foods
-keep to a routine sleep pattern
-avoid excess caffeine
-take caution with alcohol
-exercise regularly, but start slow
-avoid excess weight gain
-plan ahead around high-risk times eg travel, weddings, Christmas

Dr Rana, shared valuable knowledge on the prevalence of migraine and its significant impact on both patients and the NHS, for our March meeting. Migraine is the third most common health condition in the world, affecting 26% of individuals aged 15– 49 in the UK. Not only is it the second highest cause of global disability, but it also plays a major role in the strain on healthcare services.

Dr Rana emphasised the challenges that migraines present, not only in terms of the physical symptoms but also the wider effects on patients' lives. For many, migraine is not simply a bad headache. It is a neurological condition characterised by the amplification of sensory pathways, which can result in debilitating episodes. It can impact almost every aspect of an individual's life, including personal well-being, leisure activities, mental health, and relationships. The episodic nature of the condition, coupled with a normal physical examination, often makes it difficult for patients to be properly diagnosed, despite its prevalence. Dr Rana explained that any disabling primary headache with a normal physical examination and no contradictory evidence should be considered as migraine.



In his case study, Dr Rana outlined the effects that migraines have on patients' personal and social lives. The pain and unpredictability of migraine attacks often leave individuals unable to enjoy activities that once brought them joy or engage in relationships without worry of an impending episode. Additionally, the toll it takes on mental health, often exacerbating feeling of anxiety or depression, cannot be overlooked. Dr Rana also highlighted the three essential pillars of migraine management: lifestyle adjustments, acute treatments, and preventive treatments. By focusing on these pillars, healthcare providers can better support patients in managing their condition and improving their quality of life.

The presentation also pointed out that most headaches presented to GPs are actually migraines. With the proper diagnostic tools available, healthcare provider can diagnose and manage the condition more effectively.

After the presentation we were treated to a delicious Chinese meal, allowing for more informal discussions and catching up with colleagues. It was a wonderful opportunity to share ideas, reflect on the presentation and strengthen connections within the group.

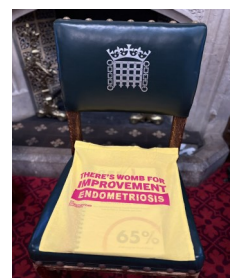
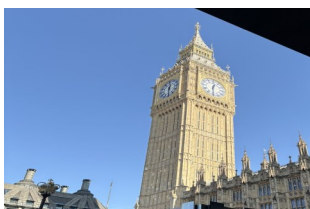
Alterations to homeostatic functions (e.g., sleep) are common in migraine⁶

Triggers⁴

1. Stress	6. Smells (i.e., perfumes)	11. Sleeping late
2. Hormones	7. Neck pain	12. Heat
3. Lack of food	8. Lights	13. Food
4. Weather	9. Alcohol	14. Exercise
5. Sleep disturbances	10. Smoke	15. Sexual activity

Many migraine attacks can be spontaneous. Sometimes apparent triggers can be premonitory symptoms⁵

The Endometriosis Foundation at The House of Commons 6th March 2025



We were honoured to attend a powerful and deeply moving event held at The House of Commons, for The Endometriosis Foundation, to continue raising awareness, advocating for better care, and pushing for lasting change in the way endometriosis is diagnosed and managed.

The special gathering brought together eminent clinicians, Members of Parliament, endometriosis sufferers, supporters, and the driving force behind the Foundation and friend of Seeping —Carla Cressy. A passionate advocate and founder, and originally from our local area.

Carla's personal journey and tireless campaigning have inspired many and have brought the realities of this debilitating condition to national attention.

The event featured a series of thought-provoking presentations, highlighting the progress made in recognising and managing endometriosis, while also making it clear that more must be done.

Key discussions centred on the ongoing delays in diagnosis, the need for consistent care

pathways, and the importance of education.

It was an emotional and empowering afternoon, reminding us all of the strength of the endometriosis community and the critical role we play, as healthcare professionals, in listening, believing, and advocating for our patients.

We applaud the work of The Endometriosis Foundation and will continue to stand with Carla and all those affected, to push for improvements in diagnosis times, access to care, and overall quality of life for those living with endometriosis.

theendometriosisfoundation.org

**The
Endometriosis
Foundation**

Seeping Annual General Meeting (AGM) 2025 21st May 2025



Our 2025 AGM was held at the Pearl Dragon on Wednesday 21st May 2025. The committee was so pleased to welcome a record number of attendees, and grateful for the continued support of the medical representatives, without whom our group could not continue.

This was a special AGM, as 2025 is our 30th year and we can safely say the group has gone from strength to strength over the 30 years of its existence.

The evening commenced with perusal of the medical representative stands, followed by a welcome and introduction for our chairperson Justine. This was followed by an extremely informative and interesting presentation by Mel Lamb, about Men's mental health in Primary Care. The link for the power point presentation is soon to be available on our website. Following the presentation, the "official business" was completed and the evening concluded with a sumptuous feast and catching up with friends & colleagues.



Contraception Update with Sal Roberts 18th June 2025

We were delighted to welcome the ever-enthusiastic Sal Roberts for an engaging and informative session on the latest developments in contraception. Her passion for the topic was infectious, making complex updates both accessible and relevant to our everyday practice.

Sal expertly guided us through key changes and considerations in current contraceptive care, with a strong focus on patient safety and evidence-based decision-making. One particularly important reminder was the significance of assessing smoking history—especially in women over 35, including vaping. We also learned that UK MEC guidelines (UK Medical

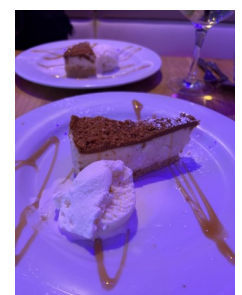
Eligibility Criteria for Contraceptive Use) are set to be updated within the next year, so keeping abreast of these changes will be vital to ensure best practice. Support materials and clinical tools were discussed, with several helpful resources recommended to aid in patient consultations and decision-making. A big thank you to Sal for her dynamic delivery and valuable insights—this session has undoubtedly strengthened our knowledge and confidence in providing up-to-date contraceptive care. We are hoping Sal's presentation will be available on our website soon.

Sal Roberts —
Nurse Specialist
RN RM MSc
DFSRH PGA
Med Ed (SRH)
FRT

NAPS—National
Association for
Premenstrual
Syndrome

Contraception
Choices for
leaflets

Brook
www.brook.org
UK



Celebrating 30 years at Mayoral Reception, Porters Civic House & Mayor's Parlor 11th June 2025



SEEPING Celebrates 30 Years

The group has come a long way since its inception. Founded by Maggie Luck, a visionary primary care facilitator and educator, who created SEEPING and its name. To provide much-needed educational support and connection for practice nurses, who often work in diverse and sometimes isolated settings. In the early days, meetings were held in GP surgeries, accompanied by nothing more than a cup of tea and a biscuit. Today, SEEPING hosts its educational meetings in beautiful venues with delicious meals and enjoys regular social events, including annual summer trips and Christmas celebrations. Membership has grown and evolved, now welcoming a wide range of clinical roles across the primary care team. More than just a professional network, SEEPING is a pressure group that has worked tirelessly over three decades to influence local training provision and highlight the ever-evolving demands placed on practice nurses and wider clinical roles in general practice.

SEEPING is believed to be the longest running, continuously active practice nurse group in the UK, with the largest membership. To celebrate this milestone, members were honoured with a civic reception hosted by Southend Mayor, Councillor Nigel Folkard. The evening was filled with warmth, laughter, and pride, as members gathered in the elegant surroundings of the Mayor's official reception rooms. All enjoyed a guided tour of the historic building, learning about its rich heritage, and later strolled through the beautiful gardens as the sun made a timely appearance. There was plenty of food, cake (made by Debbie), and joyful reminiscing. Justine had created an album of Seeping photos over the years. This created much interest with past and present members. The group's continued success is a credit to the dedication, and tireless work of the committee and support from group members. Here's to the next 30 years



Thanks to Debbie H for making the most delicious special cake

And thanks to Justine for Seeping history book of photos, that will be available at future meetings



Seeping Summer Outing - 19th July 2025



Our Annual Summer Outing was a delightful success, and a truly wonderful time was had by all! We spent a memorable afternoon at the elegant Seven Hotel in Southend, enjoying a delicious afternoon tea accompanied by a few bubbles.

The sun made a welcome appearance, allowing us to make the most of the outdoor terrace and its stunning sea views. It was the perfect setting for relaxing, chatting, and enjoying each other's company away from the usual work routine. Everyone looked fabulous in their summer finery, and the atmosphere was filled with laughter and good cheer.

It was one of those special afternoons that you never want to end — and we certainly didn't! Here's to more moments like these and a big thank you to everyone who made it such a special day.



Farewell to Charlotte

Farewell to Charlotte – Welcome to Sophie!

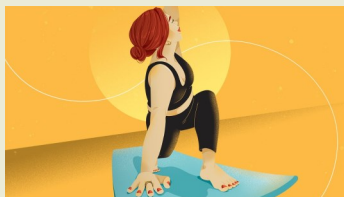
As we turn a new chapter, we'd like to take a moment to say a heartfelt thank you and farewell to Charlotte, who is stepping down from the committee. Charlotte has been a dedicated and valued member, bringing her energy, insight, and hard work to everything she's been involved in. Her contributions have made a lasting impact, and she'll be greatly missed by us all. We wish you all the very best in your next chapter. You'll always be part of the committee family!

At the same time, we're pleased to give a warm welcome to Sophie, who is joining us on the committee.

Here's to new beginnings and continued collaboration.



Donations



A big thank you to SEEPiNG for the charity donation for Kids Inspire. Kids Inspire is a children's mental health charity offering free trauma support to families who otherwise couldn't afford it.

Based in Essex, Kids Inspire provide personalised recovery plans through individual and group sessions.

Parents, carers and professionals can refer any child and family requiring support directly to Kids Inspire for assessment.

To find out more, please visit www.kidsinspire.org.uk

A huge well done to Claire, Dee Sarchet's daughter, for completing an incredible 108 sun salutations in one go—taking around two hours—as part of a yoga marathon to raise funds for Kids Inspire.



Supporting PICC Pals – A Stitch of Support

Seeping were proud to support PICC Pals, a fantastic local voluntary group that provides specially made sleeve covers for patients with PICC lines undergoing chemotherapy and other treatments. These covers offer a comfortable and protective way to keep PICC lines dry and secure.

Formed in 2021 with just 7 volunteers, PICC Pals is now a registered charity with over 60 dedicated volunteer needleworkers. Their work is growing rapidly, and they now supply sleeves to hospitals across the UK.

A special mention to our former committee member, Nicky, who has been volunteering with the group for over a year and has personally sewn more than 1,000 PICC line sleeves. Incredible work—well done, Nicky!

To find out more or to get involved, visit www.piccpals.co.uk/home.

Seeping Notes

Wishing you all a happy, healthy, fun Summer from

Your

Seeping Committee

From Left:

Dee, Lynn, Justine, Debbie H, Charlotte, Debbie T and Sophie



Dates for the Diary

Members Information

Food allergies

It is important to inform seeping when booking any event or meetings

Photo consent

Please let seeping know if you do not want to be included in photos taken at any of our meetings or events

For future Seeping meetings, look out for dates and details dropping in your inbox and WhatsApp

- * Wound Care Meeting
Wednesday 17th Sept 2025
at Red Chilliezs Restaurant—don't miss out and book your place before 10th Sept 2025



Proposed next winter events - details to be confirmed

- * November meeting
- * December Christmas Evening
- * January Meeting

Any contributions to the seeping newsletter are always welcome.
Just send to contact@seeping.org or speak to Lynn.

Thank you to all members for your continued support and please circulate this newsletter and encourage new nurses to join this vital source of continued education, networking and general support. contact@seeping.org