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PATIENT NEWSLETTER – SPRING 2019



TIME TO TAKE YOUR LUNGS FOR AN MOT?

Our GP Practice has been selected to take part in an NHS pilot service checking lung health. If you are aged 55-74 and you currently, or have ever been a regular smoker, you can have a free lung health check. Run by specially trained nurses, a lung health check can spot any problems early and any treatment could be simpler and more successful. Our clinics will run from June to August and we will be writing to patients aged 55-74 with further information.

JOIN THE PARKRUN FAMILY



Our Practice has recently registered as a parkrun practice, linking with the Nostell and Frickley parkruns. Walk, jog, run, volunteer or simply go along and watch. There are more than 530 parkruns that take place every Saturday morning at 9am. You can find out about local parkruns from the parkrun website - www.parkrun.org.uk or look them up on Facebook.

Parkrun is not a race. It doesn't matter how long it takes you to get around. It is ok for you to walk if you don't want to run. You don't have to go every week and everyone is welcome. It doesn't matter how fast or slow you walk, jog or run. What matters is being outside, being active and having fun! You are welcome to go along, just to watch and see how it works.



MENTAL HEALTH AWARENESS OPEN DAY

College Lane Surgery in Ackworth will be hosting a Mental Health Awareness Open Day on Thursday 4th July 2pm-4pm. There will be attendees from the Veterans Service, Turning Point, Live Well Wakefield, Carers Wakefield, Age UK, Citizens Advice Bureau and many more. All patients from the local area are welcome, so please feel free to go along.



CANCER SCREENING

We are delighted to be involved in the Wise Up to Cancer Wakefield project. This two year programme involves local GP practices, where many people are diagnosed with cancer but participation in the national cancer screening programmes is low. Screening can save lives and finding cancer early through screening makes it easier to treat and gives a better chance of full recovery. We are currently promoting bowel screening, but will be moving onto cervical screening and breast screening in the future.

Bowel cancer screening

Bowel cancer is one of the most common cancers in the UK and most people diagnosed are over 60 years old. Screening aims to find bowel cancer at an early stage, before you notice any symptoms. The bowel cancer screening kit is a simple **free** test you can do at home. You will need to collect small samples of poo and then return the kit for testing. The test looks for tiny amounts of blood in poo, which can be a sign of cancer. Contact the **NHS Bowel Cancer Screening Freephone Helpline** on **0800 707 60 60** if you want to know more about bowel screening.

Please remember, it is never too late to do the test.