

# Cervical screening

Cervical cancer can be prevented and detected early through cervical screening by identifying any changes in the cells of the cervix.

All women aged 25 to 49 are invited for a screening test every three years, while those aged 50 to 64 are invited to attend every five years. However, very few women take up the opportunity. According to a study by NHS England in May 2018, in some areas 1 in 2 women skip the screening.

Embarrassment about body shape and the test itself are some of the common barriers to having a cervical screening which is simply a five-minute test that will show up any abnormalities.

If any changes are identified, the abnormal cells need to be removed so that they do not become cancerous. The aim of the NHS Cervical Screening Programme is to reduce the number of women who develop cervical cancer and the number of women who die from the condition.

More than 3200 women are diagnosed with cervical cancer every year in the UK and nearly 900 die annually.

Our Practice Nurses conduct the screenings at Fakenham Medical Practice and are always happy to talk you through the procedure if you are nervous or feel embarrassed.

## PROFILE

### Sarah Buchan

Practice Manager



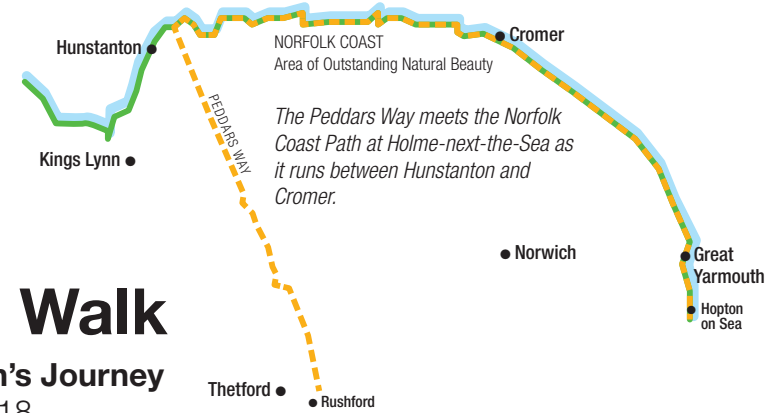
Sarah Buchan is the new Practice Manager. She oversees the day-to-day running of this busy Practice and its staff.

Originally from Essex, Sarah joined the Royal Navy at 18 after being awarded a University Cadetship to read Physics and Engineering at University. Sarah's career took her all over the world, serving on many ships and in many different environments. Her career ranged from teaching engineering through to setting and aligning Defence Strategy. With her family living in Norfolk and tired of the commute to Portsmouth, Sarah decided to leave the Royal Navy to spend more time at home. Following a few years working as an Operations Director for a Business and Management Consultancy in London and Wiltshire, Sarah jumped at the opportunity to apply for the role of Practice Manager, firmly bringing her back to Norfolk.

**█ Fakenham Medical Practice**  
 Reception 01328 851321  
 Repeat Prescriptions 01328 850324  
**█ Walsingham Branch Surgery and Dispensary**  
 01328 820334  
**█ Norfolk County Council Social Services**  
 01328 850100  
 Fakenham Medical Practice website  
[www.fmp.nhs.uk](http://www.fmp.nhs.uk)

# surgery notes

NUMBER 29 SUMMER 2018



FAKENHAM MEDICAL PRACTICE

## Coastal Walk

In aid of Nelson's Journey  
2 and 3 June 1918

I have been interested in the work done by Nelson's Journey since my time as an Army Doctor and my involvement with those families that had lost a parent due to conflict or indeed illness. The charity is local to Norfolk and does exceptional work in an area where the NHS resources are limited. They gave 1:1 to help to over 500 children last year who had suffered the loss of a parent and the numbers grow annually.

I decided we could do a little something – perhaps even raise enough money to fund a residential weekend for these children to enable them to access help as well as play and socialise with other children in the same situation. So, staff at the Practice agreed to help and

over two days we walked the 45 miles from Cromer to Hunstanton.

So far, we have raised over £4000. If you feel you would like to help us support this fantastic charity then either visit our webpage or talk to a receptionist – every donation will be treasured!

[uk.virginmoneygiving.com/fund/FMPCW](http://uk.virginmoneygiving.com/fund/FMPCW)

**Dr Benjamin Coghill**

GP Partner, Fakenham Medical Practice

## Inside surgery notes

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Sarah Buchan: our new Practice Manager

# The weight loss maintenance (half) marathon

Previously I wrote about my recent exploits in the field of my own personal weight loss and the comments I have had back have been wonderful – full of support and quite a bit of downright envy – all very warming to the heart! I am now though, in the unenviable period of trying to maintain the weight loss and everybody knows this is as much a battle as the initial problem. The demons creep back, we let our guard down and before we know it one bad day turns into one bad week of eating and so the cycle begins again.

I decided I needed my own way to motivate myself to maintain the weight loss and be really proactive in doing this. Evidence suggests keeping the weight off for two years significantly reduces the chances of putting it back on – so I have my target – a vital element of success for me. I have found over the last year that having a manageable target gives me the best hope of reaching it – two years seems a long way off and so I looked to see how I could make this more bite-sized.

I seem to have signed up to every race going... help!

'Parkrun' has been my inspiration and from this has grown a real dislike of running to a slight addiction – hopefully the right kind. Other things I have looked at include the 'Get Active In Norfolk' website which is full of ideas. So now I have signed up to one event per month and these range from half



marathons to 10k runs, cross-country runs and triathlons. Colleagues have signed up with me and three of us did the Cambridge Half Marathon in March – having mutual support does give a boost to my motivation. Equally weighing myself each week come rain or shine allows me to adjust my snacking. If I go up by more than 1.5Kg, I know to stop nicking the chocolates out of reception! If I can make it from one event to the next my aim is that I will have reached the two years without realising it. The battle continues.

**Dr Benjamin Coghill**

## Walk, Jog or Run

**Are you looking to improve your health, fitness and general wellbeing?**

Then consider taking part in a local Parkrun.

Parkruns are free, weekly, timed events, organised by volunteers. Our closest ones are at Holkham, Blickling and Sheringham. Sign up online, print out your barcode and just turn up for a 9am start on Saturdays. There is a friendly atmosphere and a sense of belonging as all ages walk, jog or run round a scenic 5Km course.

Give it a try and enjoy the health benefits of Park Running!

**Dr Victoria Ferrar**



# Autumn 'flu vaccinations

**This coming Autumn NHS England has decided that all patients aged 65 and over will be vaccinated with a type of flu vaccine which is particularly suited to their age group and is only manufactured by one company.**

This company, to cope with the huge demand, will deliver the vaccine (aTIV) over the three months September to November. For 'at risk' patients under the age of 65 supply and delivery of 'flu vaccine (QUAD), which is most suited to this age group, is unaffected. As a result of the phased delivery of the aTIV 'flu vaccine we shall not be able to run our usual 'flu clinics at Fakenham on the first two Saturday mornings in October. The 'flu clinic at Walsingham on the third Saturday of October will still take place. The revised schedule of 'flu clinics is shown below.

**Saturday 'flu Clinics 9 – 11:45am**

FAKENHAM MEDICAL PRACTICE

**Saturday 29 September**

WALSINGHAM SURGERY

**Saturday 20 October**

FAKENHAM MEDICAL PRACTICE

**Saturday 10 November**

**Appointment booking**

**Saturday 29 September**

**Saturday 20 October**

Because of limited supply of the vaccine for the 65 and over age group, we have decided to make 800 appointments bookable for Saturday 29 September and 400 bookable on Saturday 20 October on a

'first come first served' basis. Call 01328 851321, option 2, between 10am and 4pm on a normal working day to book an appointment. Patients aged 65 and over, who have not booked an appointment and turn up on either of these two Saturdays, may or may not be vaccinated depending on the level of pre-booked appointments. There is no need for 65 and over patients to book an appointment for Saturday 10 November as sufficient stock of aTIV vaccine will have been delivered by that date. Anyone who books an appointment and does not turn up at the appointed time may join the queue of un-booked patients or chose to attend for a 'flu vaccination at another time.

Under 65s who are eligible for a 'flu vaccination do not need to book as there is sufficient stock of QUAD 'flu vaccine to meet expected requirement.

**Additional clinics for eligible people aged under 65**

**Tuesday 25 September**

**Tuesday 2 October**

**6-8pm at Fakenham Medical Practice**

These are not bookable and are for anyone who is under 65 and eligible, i.e. in an 'at risk' category.

**Drop-in daytime**

We will be running drop-in appointments as usual during the working week for both age groups from Monday 24 Sept onwards, providing we have vaccines available.