



Welcome

Our patient newsletter is published every other month to keep you up to date with what is happening here at Westongrove and to raise awareness of health and wellbeing issues.

Please send any feedback or things you would like to see to: Westongrove.Patientnewsletter@nhs.net

Opening Times

In accordance with NHS England's Enhanced Access standards, our doors are open 08:00-18:30, with phone lines available 08:00-13:00 and 14.00 – 18:30.

We also offer appointments in extended hours up to 8pm on week days and Saturday mornings 8am – 12noon.

Find out more:

westongrove.co.uk
[@westongrovepartnership](https://www.facebook.com/westongrovepartnership)

Wendover Dementia Support

Wendover Dementia Support is a local charity started four years ago by Dr. Pippa Moreton to support Westongrove patients who have dementia and their families. We are currently supporting 55 people with dementia and their families and new people contact us every week.



Our Approach

Our charity promotes a positive approach to dementia, emphasising the possibility of a full, contented life for those affected, when proper information and support are provided to them and their families. We educate families on dementia as a disability and offer support to alleviate the related challenges the condition can create.

Who We Are

We are a 36-member volunteer team, comprising retired GPs, nurses, social workers, and dementia specialists. We provide personalised professional advice, tailored to individual and family needs.

Our Services

We conduct home visits, host a popular Monday Club Café, and offer Family Support workshops on Saturday mornings for the children of those affected.

www.wendoverds.org.uk | Email: wendoverds@gmail.com | Tel: 07732 342409

Team Spotlight



We have a diverse and **multi-skilled** team of **110 clinical and non-clinical** members that care for our **32,300 patients** and ensure the smooth running of our **three sites**.

We'd like to introduce you to our **PARAMEDIC TEAM**

Introducing (from left to right), **Steve, Tom, Joss and Ian**, who are an integral part of our ever-growing multi-disciplinary team at Westongrove.

Our highly trained paramedics work as part of our daily urgent care service delivering telephone triage and urgent home visits with our complex care team looking after elderly and housebound patients.

They are also part of our care home team delivering care to over 300 patients in our care homes.

Our paramedics are trained to deliver basic life support training to our wider Westongrove team as part of our mandatory training programme.

Flu Clinics - Autumn 2023

Our flu vaccines arrive in the last week of September, just in time for our first Saturday flu clinics on October 7th. These clinics run every Saturday at two of our sites until November 11th.

Eligible patients will be able to book via the AskFirst app, in-person, or by phone, with weekday slots also available.

Once bookings open, we'll notify you through Facebook, our website, and text messages.

Our Complex Care Team will handle vaccinations for housebound and care home patients directly.

For eligibility criteria, visit: nhs.uk/conditions/vaccinations/flu-influenza-vaccine/

COVID Vaccination Boosters

We're awaiting details on the local rollout of the Autumn COVID Booster Programme and will update you once we hear from our Integrated Care Board.

For updates on both flu and COVID vaccinations, follow our Facebook page.



Cancer Corner

BOWEL CANCER

#Letsbeatcancertogether

Knowing the symptoms of bowel cancer could save your life

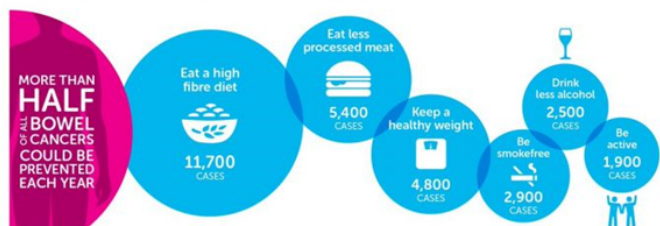
- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

If you have any concerns or if things just don't feel right, go and see your doctor.

- Bowel cancer is the **4th most common** cancer in the UK.
- 1 in 15 men and 1 in 18 women will be diagnosed with bowel cancer during their lifetime.
- Bowel cancer is treatable and curable especially if diagnosed early.

SIX WAYS TO REDUCE YOUR RISK OF BOWEL CANCER

WITH THE NUMBER OF UK CASES THAT COULD BE PREVENTED



Source: Brown et al 2018, DOI: 10.1038/s41416-018-0029-6
LET'S BEAT CANCER SOONER
cruk.org



If you suspect symptoms of bowel cancer, contact the surgery for advice.

FRIENDS OF BEDGROVE

Are holding a



Come and Join Us

- **When:** Sat, Sept 2, at 7:00 pm
- **Where:** Church of the Holy Spirit (Opp. The Yeoman)
- **Tickets:** £10 with supper (fish/sausage & chips) or £4.50 without supper
- **Buy Tickets:** From Bedgrove Surgery Reception