



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

## Shingles Update

From 1st September 2023, the Shingles Vaccination Programme is being introduced for individuals turning 65 or 70. This rollout will extend until 2028 when the vaccination will also be available for those turning 60.

By 2033, the Shingrix shingles vaccine will be routinely offered to those aged 60, with eligibility continuing up to the 80th birthday.

### Need to know

- If you're over 50 with a severely weakened immune system, you're eligible, irrespective of the age brackets mentioned.
- Those who turned 65 before 31st August 2023 will only be eligible at age 70.
- This phased approach follows JCVI advice, considering disease risk, vaccine effectiveness, supply, and NHS capacity.
- Those turning 65 in 2024 will be eligible immediately on their birthday, with invitations managed by their GP practices. But, individuals aged between 66 and 69 will have to wait until they turn 70 and will receive an invite from their GP.

The Shingrix vaccine requires two doses for optimal, long-lasting protection. The majority will get their second dose 6-12 months after the first.

### Next Steps

If you're eligible and missed your dose, please contact reception to arrange an appointment. The shingles vaccine can be taken concurrently with other vaccines like COVID-19 and flu.

Search [UKHSA\\_12644\\_Shingles\\_Eligibility\\_table\\_poster\\_2023](#) online for clarity.

## Team Spotlight - Recall



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 **RECALL TEAM**

Jayne, Carla, and Frances are non-clinical members of Westongrove Partnership with over 20 years of NHS experience.

They form our chronic disease recall team which monitors over 16,000 patients with conditions like diabetes and asthma.

The team monitor the day-to-day care of patients, ensuring they receive their annual reviews by consulting directly with patients and our clinical teams.

Regular reviews of long-term conditions confirm effective medication and management, preventing further complications.

If contacted by the Recall team, reach them directly with the details below - not through reception. Due to high call volumes, leave a message if lines are busy, and they'll promptly return your call.

#### CONTACT THE TEAM

Recall Appointment Line External Calling:  
01296 633512 or 01296 633524  
Email: [westongrove.recall@nhs.net](mailto:westongrove.recall@nhs.net)

Recall Office Hours:  
Mon: 9am-3pm | Tue – Fri: 9am-2pm

## Flu Vaccination Update

We have been running our Saturday flu clinics since 7th October and so far have vaccinated:

- 65+ = 3,617 vaccinated
- 18-64s = 1,047 vaccinated

Huge thanks to our team who have all worked additional hours to ensure these clinics run smoothly.

If you haven't yet had your vaccination and are eligible, please book into our remaining clinic on 4th November.

## Christmas Fayre



Join the **Friends of Bedgrove Surgery's Christmas Fayre**

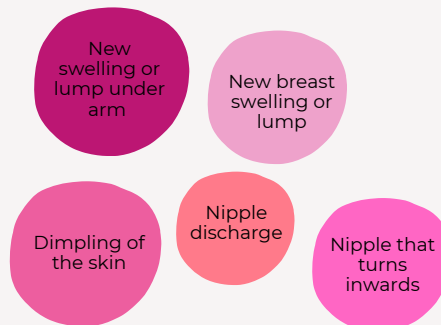
Dec 9th, 2-5pm at the Church of the Holy Spirit, Bedgrove.

Enjoy stalls, tombola, raffle, cakes, and refreshments!

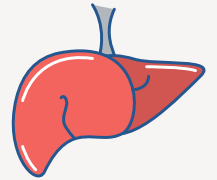
## Cancer Corner

October is breast & liver cancer awareness month

### SYMPTOMS OF BREAST CANCER



### CAUSES OF LIVER CANCER



9 in 10 Liver cancers develop in people who already have an underlying liver condition.

#### Liver disease may be caused by:

- Fatty liver disease
- Alcohol
- Hepatitis B or C Virus
- Primary biliary cholangitis, Primary sclerosing
- Cholangitis or autoimmune hepatitis
- Haemochromatosis

### RECOGNISING CANCER

**Any symptom** lasting over 3 weeks.  
**Unexplained symptoms** without a clear cause  
**Unusual changes** not normal for you such as alterations in a long-standing cough or a mole.



As our population ages, the number of cancer cases is expected to rise. Currently, 50% survive cancer for 10 years; by 2034, we aim for 75%. Early diagnosis, public and health care partnerships are key. Our 'Spotlight on Cancer' campaign found on our waiting room notice boards promote awareness of cancer symptoms, urging prompt attention to body changes.