

WANSFORD SURGERY

NEWSLETTER



WANSFORD HEALTH CAMPUS

Welcome to the Wansford Surgery newsletter! This newsletter is here to share important news and updates from our practice. We aim to keep you informed about what's happening and provide you with helpful health tips. We hope you enjoy reading it and find it interesting!

NEWS FROM WANSFORD SURGERY

A message from Dr Eastwood, GP Partner



You may be aware that Dr Nally has now retired from Wansford Surgery. I am extremely sad to see her go. As a clinician, a leader, and a friend, she will be missed by so many patients and staff.

In our three and a half years of partnership together we have gone from strength to strength and led a surgery we are both extremely proud of. She has been the face of Wansford for so many years; a strong leader with a warm heart.

We wish her all the best in her retirement and look forward to seeing her back on-site for research activities.

I will continue to lead the Practice following Dr Nally's departure, and am delighted to introduce my new partner Dr James de Souza, who will be joining us at the beginning of September.

"I grew up in Bedfordshire, moved to London to study medicine and graduated from King's College, London before settling in Peterborough in 2017. I worked primarily in Peterborough Hospital through a number of inpatient specialities before entering and completing my GP training. While working in Peterborough I met my wife and we married in Wansford in 2023 and this year have been delighted to welcome our first child. I have a passion for high-quality patient care and a clinical interest in palliative care having also worked at the inpatient unit in Thorpe Hall Hospice. I am eagerly anticipating joining the practice in September look forward to building a strong, collaborative relationship with the Wansford community and the surrounding areas"



INFLUENZA PROTECTION

Yes, we have been planning our flu campaign for months!

IF YOU ARE ELIGIBLE WE HAVE ALREADY PURCHASED A VACCINE FOR YOU. Please do not go elsewhere as last year we had 483 unused vaccines at a cost of £5k. We ordered these vaccines based on eligibility.

Based on the evidence that the flu vaccine's effectiveness can wane over time in adults JCVI have advised not to start the programme for most adults until the beginning of October.



Benefits of having a flu jab:

- **Protection:** The flu vaccine is designed to provide protection against common strains of the flu virus, reducing your risk of getting sick.
- **Reduced Severity:** If you do contract the flu after vaccination, it's often less severe, with milder symptoms and a shorter duration. You may not experience any symptoms at all.
- **Community Immunity:** By getting vaccinated, you contribute to herd immunity, which helps protect those who are more vulnerable to the flu, such as infants, the elderly, pregnant women, and individuals with weak immune systems.
- **Lower Healthcare Burden:** Widespread flu vaccination reduces the strain on healthcare systems, ensuring that medical resources are available for those who need them most.
- **Yearly Protection:** Since the flu virus can change each year, getting vaccinated annually ensures you're protected against the most current strains.]

In addition, from September, we will be offering the new RSV vaccination to patients who turn 75 years of age on or after 1.9.2024. It is also being offered to pregnant ladies to offer protection to the unborn child. Again, invitations will be sent in the autumn.

Respiratory syncytial virus (RSV) is a common respiratory virus that infects the nose, throat, lungs, and breathing passages. RSV spreads through contact with respiratory droplets (coughing, sneezing, or kissing) from an infected person or touching surfaces contaminated with the virus and then touching your eyes, nose, or mouth.



UK Health Security Agency | 

The RSV vaccine is available from September 2024

Offered to:

- 
Pregnant women
(From week 28 of your pregnancy)
- 
People over 75
(plus those already aged 75-79 for the first year)

Speak to your midwife, GP practice or health team

RSV can survive for many hours on hard surfaces such as tables and crib rails. The virus typically lives on soft surfaces such as tissues and hands for shorter amounts of time. Children are often exposed to RSV outside the home, in school or in nurseries. They can then transmit the virus to other members of the family.

RSV is so common that almost all children will have had an RSV infection by their 2nd birthday. RSV can be serious and can lead to severe illness among both children and certain adults. While certain groups including premature and very young infants (≤ 6 months), individuals with chronic heart or lung disease, immunocompromised individuals, and adults age 60 years and older, are at increased risk for severe disease, the potential for dangerous complications is a concern for all age groups. In fact, 80% of children younger than age 2 years who are hospitalised for an RSV illness do not have risk factors.

VACCINATION ELIGIBILITY (ADULTS)

There are now quite a few optional vaccinations to protect you against various illnesses. Here is a table that (hopefully) sets out what you are entitled to and when:

VACCINE	ELIGIBILITY
Shingles	Aged 70-79
Pneumococcal	Aged over 65 Aged 2-64 if in clinical risk group
RSV	Turning 75 years old on or after 1.9.24 (This age group will be done first) Pregnant women Then: Aged 75-79 on 1.9.24
Influenza	Aged 65 and over Under 65's only if clinical risk group Pregnant women

FITZWILLIAM HOSPITAL TEAMS UP WITH WANSFORD SURGERY FOR COLORECTAL SCREENING STUDY

Fitzwilliam Hospital has recently joined forces with Wansford Surgery to support a groundbreaking colorectal research study, showcasing their dedication to working closely with the health community and giving patients access to the latest medical studies and healthcare advancements.



Wansford Surgery's Strong Track Record in Clinical Research

For over 30 years, Wansford Surgery has been a key player in clinical trials, and in the past seven years, their research efforts have dramatically increased. With a dedicated team at the helm, they focus primarily on commercial research for big pharmaceutical companies, covering everything from cardiovascular health to diabetes, dermatology, and COVID-19 vaccine studies. They believe strongly in making these trials accessible to patients, aligning with NHS England's advocacy for greater patient involvement in groundbreaking studies.

Wansford Surgery's research studies are open to residents in the Peterborough community. You don't have to be a registered patient at Wansford Surgery to participate in their research - you just need to live in the Peterborough area. This means everyone in the community has the opportunity to get involved in these important studies.

The Lighthouse Project: A Collaborative Effort

One of the latest and exciting projects is The Lighthouse Project, a colorectal research study that brought Wansford Surgery and Fitzwilliam Hospital together. Fitzwilliam Hospital is playing a crucial role by conducting colonoscopies, which are a key part of the study.

The Lighthouse Project is helping one of the world's largest biotech companies to develop a biomarker for bowel cancer detection through a simple blood test. The study involves an initial colonoscopy and then an annual blood test over four to five years. It aims to help pave the way for early cancer screening methods that could make a huge difference in saving lives.

According to Cancer Research¹ over the last 40 years, cancer survival in the UK has doubled. In the 1970s just 1 in 4 people survived their disease for 10 years or more. Today 2 in 4 survive." This amazing progress in saving lives has largely been made possible through clinical research.

This study was part of a global effort involving 50,000 patients aged 45 and above, with many of them here in the UK. Wansford Surgery not only met but exceeded its recruitment target, signing up 61 patients - a testament to the proactive spirit of our local community.

For many participants, this was their first colonoscopy. The chance to have this procedure done at Fitzwilliam Hospital, outside the standard NHS screening program, was a big draw. The possibility of early cancer detection and the peace of mind that comes with it were powerful motivators, especially given the increased awareness of bowel cancer thanks to media coverage.

Why Clinical Research Participation Matters

Fitzwilliam Hospital's involvement in The Lighthouse Project highlights just how important clinical research is in pushing medical knowledge forward and improving patient outcomes. When you participate in these studies, you're not just helping yourself, you're contributing to the future of healthcare.

People join research studies for all sorts of reasons, including:

- **Taking Charge of Their Health:** Learning more about their health conditions and treatments.
- **Access to Advanced Healthcare:** Gaining access to cutting-edge treatments not available elsewhere, especially when current options aren't working.
- **Supporting Loved Ones:** Joining as a healthy volunteer to support research that could benefit a friend or family member in the future.

Get Involved with Wansford Surgery's Research Studies

Wansford Surgery is gearing up for more research studies in the coming weeks and they're always on the lookout for participants. If you're interested in getting involved, reach out to their research team to express your interest.

Participants are fully informed about what's involved and can opt-out at any time. You'll get access to the study results to help keep you engaged and informed about your healthcare journey.

To learn more or to sign up for upcoming research studies, contact Wansford Surgery's research team at 01780 781 623. Your involvement could be key in the development of life-saving medical advancements, whilst gaining access to the latest in healthcare innovation.



Cancer Research UK: [Learn more about the impact of clinical research](#)

CHRISTMAS OPENING

Monday 23rd December 8am – 6pm

Tuesday 24th December 8am – 6pm

CHRISTMAS DAY CLOSED

BOXING DAY CLOSED

Friday 27th December 8am – 6pm

Saturday/Sunday – Closed

Monday 30th December 8am – 6pm

Tuesday 31st December 8am – 6pm

NEW YEARS DAY CLOSED

Thursday 2nd January 8am – 6pm



Please remember to order your medication in time over the Christmas period!

Thank you for being a valued patient of our practice. We look forward to continuing to provide you with the best possible care.

Best regards,

Your GP Practice Team
Wansford Surgery