

WINTER NEWSLETTER 2016

LATEST PRACTICE NEWS

1ST DECEMBER 2016

Hello and welcome to our Winter Newsletter 2016.

APPOINTMENTS

We know it is difficult to get an appointment and like practices across the country, we don't have a solution but hope the following may help;

E-CONSULTATIONS

You can ask questions and request advice via the internet and you will get a response within 24 hours (excluding weekends and bank holidays). The link to access consultations on-line is available on our practice website www.thebeechesmedicalcentrewidnes.nhs.uk

TELEPHONE APPOINTMENTS

We have increased the number of telephone appointments. Lots of things can be dealt with over the phone such as follow-ups for new medication, issue of a sick note or health advice. If you don't need to be examined, a telephone appointment may be appropriate. A doctor will ring you the same day to discuss your enquiry. Ask our receptionists for a telephone appointment.

CANCELLING APPOINTMENTS

Please free up appointments by cancelling as soon as you know you won't be able to attend.

LIST CLOSURE

Due to the current demands related to our proximity to some large care homes, we have had to close our practice list to all new applications apart from new babies. We hope to re-open our list at the end of May 2017.

FLU VACCINATIONS

We have flu vaccinations in stock so please make an appointment if you are over 65 years of age, a carer, have diabetes, heart problems, have had a stroke, have a low immune system or are pregnant. We also have nasal flu vaccines for 2,3 and 4 year old children



NHS

**Are you flu safe?
Get the jab!**

To book your jab, contact your GP today

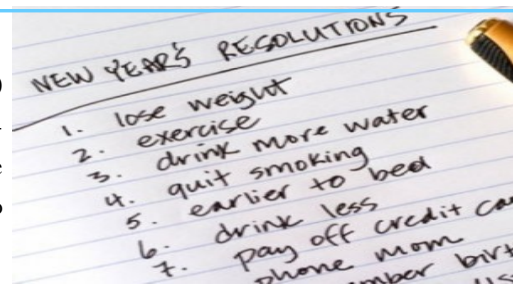
WELLBEING

Christmas is generally a time for celebration and family but can also be a very lonely or stressful time for some. The wellbeing team are experts in showing us ways to improve our mental wellbeing, which in turn helps us to cope better with life. For more information, please visit the wellbeing website www.wellbeingenterprises.org.uk or book a wellbeing appointment at reception in the surgery. There are courses run by the wellbeing team which are updated every quarter and are listed on the Wellbeing website and are also displayed on the wellbeing noticeboard in our waiting room.



NEW YEAR'S RESOLUTIONS

Why wait until the New Year! Contact the Health Improvement Team on 0300 029 0029 for advice on quitting smoking, losing weight, eating healthier, exercising more or safe alcohol consumption or visit their website www.haltonhealthimprovement.co.uk, where you can complete a web form to receive further information.



MEN'S HEALTH

November has become a month to focus on cancers that affect men such as the prostate and testicular cancer.

TESTICULAR CANCER - is a rare but can be found an early stage and in most cases is treatable (98% survival at 10 years). It normally presents as a lump in the testicle, so self-examination is important. It unfortunately affects younger men including teenagers and is less common beyond the age of 50. Most lumps found in the scrotum are harmless cysts but if in doubt get it checked.

PROSTATE CANCER - is often hard to distinguish from normal age related prostate enlargement, so should always be checked out. The prostate gland sits under the bladder in men and tends to grow with age causing 'water-works' symptoms. These can include urinating frequently particularly at night, having to wait a while before the urine flows, a poor stream, dribbling towards the end of urinating and not getting much notice before you need to urinate. Examination and a blood test are normally carried out to determine if it is normal prostate enlargement or whether cancer needs to be excluded. 84% of men survive at least 10 years after diagnosis (cancer clinics do not normally monitor patients after 10 years) and most prostate cancers are diagnosed in men over the age of 70.

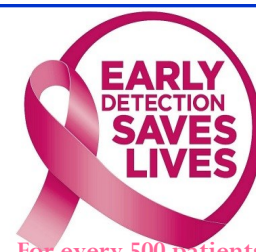
For more information on male cancers, please check cancer research or NHS choices website:- www.nhs.uk

CANCER SCREENING

SMEAR TESTING - please make an appointment when you receive your notification that your smear is due

BREAST SCREENING - please attend for breast screening. If you missed your last screening, then please contact 01925 275 5000 or visit Halton breast screening website www.whstkbss.nhs.uk

BOWEL SCREENING - please remember to return your bowel screening kit as screening detects bowel cancer at an early stage in people with no symptoms. The testing is for people 60 - 74 years. If you are over 74 years of age and would like to be screened then call 0800 707 6060 or visit the bowel screening website www.bowelcanceruk.org.uk/about-bowel-cancer/ screening for more information. If you have lost your kit, please ring 0800 707 6060 for a replacement.



USEFUL NUMBERS

Citizen's Advice (employment, debt or housing issues) - Telephone 0344 477 2121 or visit website <http://haltoncab.org.uk> for opening times and further information.

Community Alcohol and Drug Team - Telephone 0151 422 1400 or 0845 601 1500 for 24/7 helpline situated at Aston Dane, Waterloo Road, Widnes, WA8 0QR or visit the website for more information www.changegrowlive.org/content/halton-intergrated-recovery-service

Access to Psychological Therapies (I.A.P.T) - if you are aged over 18 years, then you can access IAPT directly to arrange talking therapies for stress, anxiety and depression. You can call IAPT on 0151 292 6952/4.

Samaritans - 24 hour helpline contact number 01925 235 0000 or Freephone 116123 or visit their website at www.samaritans.org/branches/samaritans-WHSH

Finally, we would like to wish all our patients a Happy Christmas and best wishes for 2017, keep warm and well.

Dr M Forrest