



PATIENT NEWSLETTER



Your quarterly update from Lancaster Medical Practice



Dalton Square | Galgate | King Street | Meadowside | Owen Road | Rosebank | University

CERVICAL SCREENING MYTHS BUSTED!

TIME TO GET YOUR FACTS RIGHT

Did you know that cervical cancer is easily treated if detected early? Go on to pg.3 to know what our practice nurses, Lisa Allison and Abby Grimwood have to say about some of the most common myths around smear tests.

KNOW YOUR VACCINES

We are now taking appointments for Flu, Covid and RSV vaccines. Head on to pg.2 for more information on eligibility, booking appointments and more!



PROTECT YOURSELF & THOSE AROUND YOU

YOUR BEST DEFENCE STARTS WITH GETTING VACCINATED

>>> EVERYTHING YOU NEED TO KNOW ABOUT THE RSV VACCINE

What is the RSV Vaccine?

The Respiratory Syncytial Virus (RSV) vaccine is designed to protect against RSV, a common virus that can lead to severe respiratory illnesses such as bronchiolitis and pneumonia, especially in infants and older adults. The vaccine, known as Abrysvo®, has been introduced as part of the routine immunisation schedule to help prevent these serious outcomes.

Who is the RSV Vaccine For?

The RSV vaccine is recommended for two main groups:

- **Pregnant Women:** The vaccine is offered to women who are at least 28 weeks pregnant. This helps protect their newborns from severe RSV-related respiratory infections during the first six months of life, a critical period when infants are most vulnerable.
- **Older Adults:** The vaccine is also available for adults aged 75 and older. It is particularly important for this age group as RSV can exacerbate long-term conditions and lead to severe respiratory infections.

When Should You Take the RSV Vaccine?

- **For Pregnant Women:** If you were 28 weeks pregnant or more on or after September 1, 2024, you should receive the RSV vaccine as soon as possible. Ideally, this vaccination is offered during your 28-week antenatal visit, following discussions during your 20-week visit.
- **For Older Adults:** If you turned 75 years old on or after September 1, 2024, you should receive a single dose of the RSV vaccine on or after your 75th birthday. There is also a catch-up programme for those who are already between 75 and 79 years old as of September 1, 2024, with a goal to vaccinate as many individuals as possible by the end of October 2024.

In addition to the RSV Vaccine, we also have appointments available for the Flu and Winter Covid booster.



Scan here to get in touch or book appointments via Patches.



"I can't emphasise enough how brilliant it is to have these vaccines available to protect against serious respiratory viruses like RSV. Vaccination is the best form of protection against severe illness, especially for our most vulnerable populations, such as infants and older adults. If you're eligible, don't hesitate—please come forward and book your vaccination now. By doing so, you're not only protecting yourself but also helping to safeguard the health of our entire community."

Emma K Hodgson,
Head of Nursing and AHPs (Operational) / QN

CERVICAL SCREENING MYTHS BUSTED!

➤➤➤ **OUR PRACTICE NURSES, LISA ALLISON & ABBY GRIMWOOD HELP YOU UNDERSTAND SMEAR TESTS BETTER!**



MYTH: YOU DON'T NEED TO BE SCREENED IF YOU'VE HAD THE HPV VACCINE

Fact: Whilst vaccination reduces the risk of HPV it doesn't eliminate it completely as no vaccine is **100% effective**, and also the vaccine only protects against certain strains of HPV. So, the general rule is that everyone – women or transgender men – with a cervix, aged 25 to 64, are at risk of cervical cancer and should go for cervical screening when they're invited.

MYTH: A CERVICAL SCREENING IS A TEST FOR CERVICAL CANCER

Fact: Cervical screening is a test which looks for risk factors for cervical cancer. In England it is estimated that cervical screening prevents 70% of cervical cancer deaths – if everyone attended screening when invited it is estimated that 83% of cervical cancer deaths could be prevented.

MYTH: AN ABNORMAL RESULT MEANS YOU HAVE CANCER

Fact: Screening primarily checks for HPV, which is usually cleared by the immune system without treatment. Persistent HPV can eventually lead to cervical cancer, but this process takes many years. Out of 100 screened individuals, 87 will be HPV-negative, 13 will be HPV-positive. Of those 13, 9 will be asked to retest in 12 months (with normal-looking cells), and 4 will be referred for a closer examination.

MYTH: CERVICAL SCREENING IS ONLY FOR PEOPLE WHO HAVE HAD SEX

Fact: All women and people with a cervix aged 25 to 64 are entitled to cervical screening, as soon as they receive their first invitation. Your sexual history doesn't determine whether you can have cervical screening, even if you have never been sexually active. HPV is passed through skin to skin contact, and about 8 in 10 people will have HPV at some point during their life.

MYTH: LESBIAN, GAY OR BISEXUAL WOMEN DON'T NEED CERVICAL SCREENING

Fact: Any person with a cervix within the age group of 25 to 64 is eligible for cervical screening. Any skin-to-skin contact can spread HPV – not just penetration with a penis. So LGB patients can still get HPV, even if they've never had sex with a man.

MYTH: CERVICAL SCREENING IS A PAINFUL TEST

Fact: Many women and people with a cervix don't find cervical screening painful. However, sometimes people do find it painful and there are adjustments we can offer to help make the entire process much easier, for example we can use a smaller speculum, adjust your position, talk about relaxation techniques. Women post menopause may benefit from topical oestrogen.

You are invited to #SmearItAway if you're aged 25 to 64



SUPER SATURDAY SMEAR CLINIC

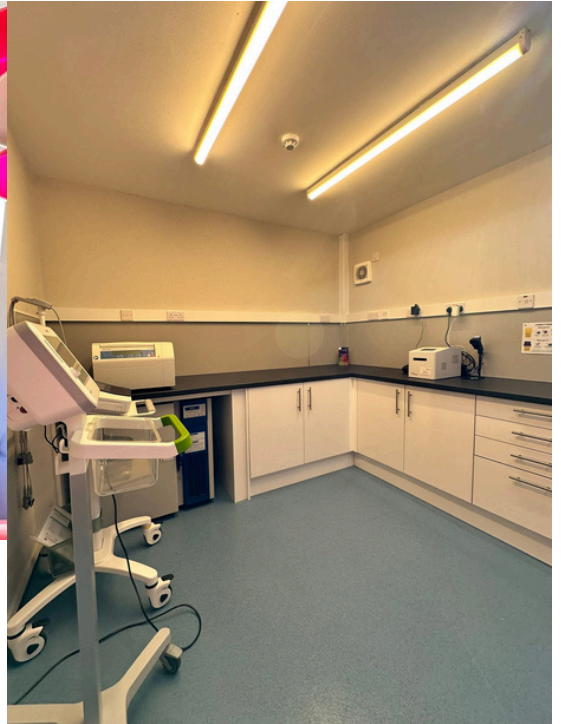


Scan to book via Patches or call us on 01524 551551

MON to FRI
8:00am to 6:30pm

WE HAVE A NEW RESEARCH HUB

➤➤➤ **OUR AWARD WINNING RESEARCH TEAM LAUNCHED OUR NEW RESEARCH HUB, FUNDED BY THE NIHR**



(L to R): Emma Hodgson - QN, Head of Nursing, AHP's & Research Operations, Suzi Leamy - Research Nurse, Dr Mike Wong - Principal Investigator, Dr Rizvi Syed- Principal Investigator, Dr Tammie Macfie - Principal Investigator, Helen Wadeson - Lead Research Nurse, Dr Sarah Wicks - Principal Investigator, Wendy Hughes - Health Care Assistant and Zoe Alexander - Research Nurse.

We are thrilled to announce the launch of our brand-new Research Hub at Lancaster Medical Practice, proudly funded by the NIHR Clinical Research Network North West Coast.

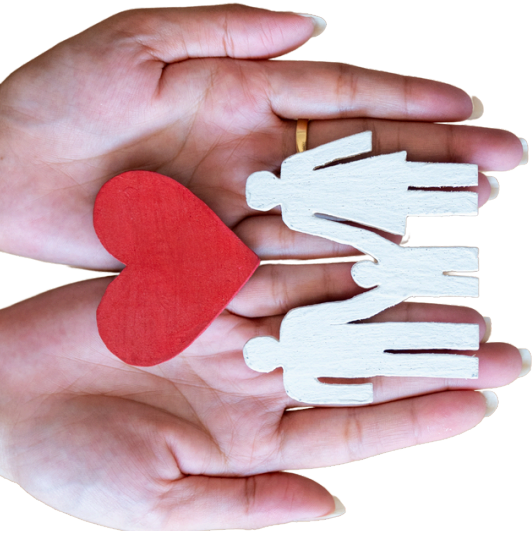
This fantastic initiative provides us with an incredible opportunity to expand our research efforts and make a significant impact on the health and well-being of our community. The unit was officially opened by Dr Mike Wong, Principal Investigator, Emma Hodgson QN, Head of Nursing, AHPs & Research Operations and Helen Wadeson, Lead Research Nurse. We are honored to have their support and leadership as we embark on this exciting journey!

Emma Hodgson QN, Head of Nursing, AHPs & Research Operations said, *"The new research lab marks a significant milestone in our practice's journey, embodying the legacy of pioneering work that began with a small, dedicated clinical team. It also represents the exciting start of a new chapter, with a talented and expanding team eager to seize new opportunities. Leading this brilliant team is both an honour and a privilege, and we are excited to continue advancing and broadening our research capabilities for the benefit of our patients and the wider community."*

We are a 'research active' practice which means we take part in a wide range of studies. As of August 2019, LMP has been officially granted Research Ready accreditation to reflect our commitment to high quality research. If you would like to talk to one of our research nurses about participating in a study, or have a query about research, you can call 01524 518667 on Tuesdays and Wednesdays.

WHAT IS UNPLANNED CARE?

>>> WHAT HAPPENS WHEN YOU CONTACT THE PRACTICE AND ARE DIRECTED TO OUR UNPLANNED CARE TEAM?



Unplanned / Urgent care involves any non-life-threatening illness or injury needing urgent attention which might be dealt with by phone or face to face clinical consultation through the Practice, NHS 111 Clinical Assessment Service, pharmacy advice, out-of-hours GP appointments, and/or referral to an urgent treatment centre (UTC).

WHEN YOU CONTACT US TO MAKE AN APPOINTMENT VIA:



The online form at
lancastermedicalpractice.co.uk



Dialing
01524 551551



Walking in to one of
our surgeries



Our online form and receptionists will ask a series of questions about your condition. Please provide as much information as you can - your answers are used to ensure you get the right appointment with the right person. If your care falls in unplanned care here is what will happen:



Unplanned appointment requests are reviewed by a clinician to ensure you get the right appointment with the right person. **The clinician will review your case within two hours of it being received.**



You will be contacted to inform you of your appointment details within 72 working hours* or you may be signposted to an alternative service better equipped to meet your needs (such as pharmacy, eye clinic, A&E or other services).



It may not be possible to see a GP or your named GP for an unplanned appointment.

BEHIND THE SCENES



>>> DO YOU KNOW WHAT THE URGENT CARE TEAM DOES?

“As a member of the urgent care team, we thrive in a fast-paced and complex environment, where every patient and appointment matters. We work tirelessly to ensure that all urgent appointments across multiple sites are filled within a 72-hour time frame, coordinating with GPs, ACP mental health practitioners, paramedics, and first contact physios. Our role demands quick thinking and adaptability, especially when dealing with last-minute cancellations and navigating the booking system. Despite the busy environment, our focus remains on providing timely and essential care to every patient who needs it.”



Bernie Coats
Urgent Care Controller



SETTING UP THE NHS APP IS EASIER THAN YOU THOUGHT!

>>> ORDER PRESCRIPTIONS, ACCESS YOUR MEDICAL RECORDS & MUCH MORE

What you need to set up an NHS login:

- an email address
- a mobile phone or a landline number
- To be able to use some services, you will also need to provide your:

1. NHS number or your full name
2. date of birth
3. postcode

Accessing your health records on the App:

To access your health records, verify your identity via your registered mobile number or provide proof of ID:

- Passport
- UK driving licence
- Biometric Residence Permit
- UK/EEA Residence Card
- EU driving licence or national ID card

If you lack photo ID, use your GP's Linkage Key, ODS Code, and Account ID. Request these from your GP surgery.

How to set up your NHS login:

To set up an NHS login, first access a health or care website or app with the NHS login button. You will need to:

1. Enter your email address.
2. Create a password.
3. Enter the security code we email to you.

For added security, set up Two-step verification. Some sites may require additional information to link to your NHS record and protect your data.

HERE'S YOUR CHANCE TO POSITIVELY IMPACT HEALTHCARE IN LANCASTER

>>> OUR PPG CHAIR SHARES MORE INSIGHTS ON HOW

Why should I join the Patient Participation Group (PPG)?

Joining the PPG gives you the opportunity to influence decision-making processes that positively impact healthcare provision in Lancaster. You can share your thoughts, both positive and negative, about your experiences with the practice, helping to improve the quality of care for everyone.



Malcolm Martin, PPG Chair

How do I join the PPG?

Membership is open to all patients of Lancaster Medical Practice (LMP). Simply complete a form at one of the LMP surgeries, with some details that identify you as a patient of LMP, such as your date of birth, NHS number, or mobile number (if the latter is held by the Practice).

How often does the PPG meet?

Meetings are arranged every couple of months and take place in a Lancaster City Centre venue. We aim to alternate between evenings and daytime to accommodate different participants time commitments. Meetings are semi-formal, lasting 90 minutes, with plenty of opportunities for individuals to contribute.



How can I influence the operation of LMP through the PPG?

There are several ways you can make an impact:

- **Attend Meetings:** Participate in our meetings and contribute to the regular agenda item for patient experience feedback.
- **Submit your own Agenda Item:** Email me at chair@lmp-ppg.co.uk to discuss and present any matter you wish to raise.
- **Review Minutes:** As a member, you will receive the minutes of each meeting and can raise relevant points under "Matters arising" at the next meeting. Please inform me in advance so I can ensure time is available within the meeting.
- **Direct Communication:** Write to me at chair@lmp-ppg.co.uk. After a discussion, I may be able to raise a matter on your behalf.

I hope you consider joining the PPG. I look forward to engaging with you and working together to enhance Lancaster healthcare services.

PRACTICE INFORMATION

➤➤➤ PROTECTED LEARNING TIME & BANK HOLIDAYS

Protected Learning Time (PLT) is an opportunity for staff to develop and for improvements to be implemented across the practice. The busy nature of general practice means that without this time, it would be very hard to introduce any changes or train our staff. PLT occurs for one afternoon in most months of the year, and is in line with all GP practices across England.

The practice will be closed for PLT from 12:30pm on the following dates and will reopen at 8am the following day:

Wednesday 11th September 2024

Thursday 10th October 2024

Wednesday 13th November 2024

The practice will be closed on the following bank holidays:

Wednesday 25th December 2024

Thursday 26th December 2024



➤➤➤ OPENING TIMES AND ADDRESSES

Monday	8:00am to 6:30pm
Tuesday	8:00am to 6:30pm
Wednesday	8:00am to 6:30pm
Thursday	8:00am to 6:30pm
Friday	8:00am to 6:30pm
Saturday	Closed
Sunday	Closed

Rosebank surgery is open on Saturdays,
8am - 12pm

DALTON SQUARE

PRACTICE

8 DALTON SQUARE
LANCASTER
LA1 1PN

GALGATE SURGERY

HIGHLAND BROW,
GALGATE,
LANCASTER,
LA2 0NB

MEADOWSIDE SURGERY

1-3 MEADOWSIDE,
LANCASTER,
LA1 3AQ

OWEN ROAD SURGERY

69 – 71 OWEN ROAD,
LANCASTER,
LA1 2LG

ROSEBANK SURGERY

ASHTON ROAD / ROSEBANK,
LANCASTER,
LA1 4JS

KING STREET SURGERY

38 KING STREET,
LANCASTER,
LA1 1RE

UNIVERSITY HEALTH CENTRE

LANCASTER UNIVERSITY,
BAILRIGG, LANCASTER,
LA1 4ZP

