



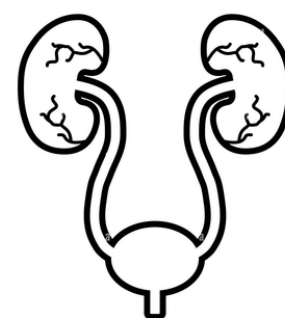
The Crays Collaborative PCN Newsletter

Urology Awareness Month

Urology focuses diagnosis and treatment of diseases that affect the urinary tract in both males and females. From the urology cancers, including bladder, kidney, prostate, penile and testicular cancers to the benign conditions including incontinence, urinary tract infections (UTIs), erectile dysfunction and kidney stones.

1 in 5 people in the UK are impacted by bladder problems. 1 in 3 women are living with bladder leakage. With an ageing population, we expect this figure to continue to rise in the coming decade.

From overactive bladder and urge incontinence, to stress incontinence, mixed incontinence, overflow incontinence and many more; there are lots of people who experience bladder leakage. It can be for many reasons; Some females may experience bladder leakage during menopause or after child birth. Some people who have been treated for urology cancers including bladder cancer or prostate cancer may experience bladder leakage. For some people experiencing urinary tract infections, bladder leakage may occur. Lots of people in the UK need to use continence products including catheters and urostomy bags and may deal with leakage issues.



UROLOGY

Influenza season

Who should have the flu vaccine

The flu vaccine is recommended for people at higher risk of getting seriously ill from flu. You can get the free NHS flu vaccine if you:

- are aged 65 or over (including those who will be 65 by 31 March 2026)
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system
- Frontline health and social care workers can also get a flu vaccine through their employer.

How to get the flu vaccine

Most eligible people can get the flu vaccine from 1 October 2025.

Some people, including anyone who is pregnant, can get vaccinated from 1 September 2025.

You may be able to get a flu vaccine from:

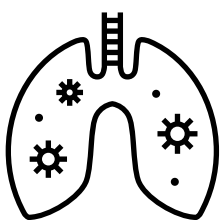
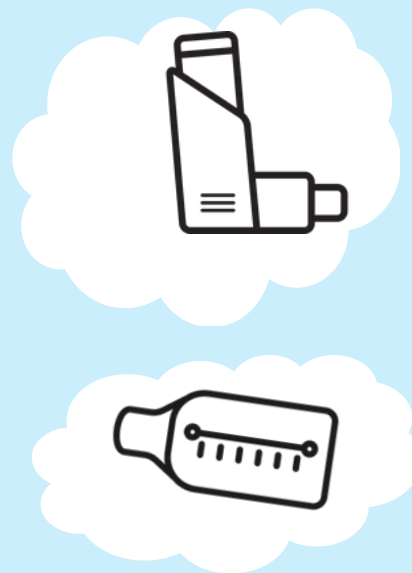
- your GP surgery
- a pharmacy that offers NHS flu vaccination
- your maternity service (if you're pregnant)
- your care home (if you live in a care home)
- your employer (if you're a health or social care worker)



Remote monitoring for asthma in Bromley

What is remote monitoring for asthma?

We are offering additional support to some people with asthma in Bromley. This will take the form of an appointment with a nurse who will take some information and give advice about how to manage your asthma. Then you will be asked to submit a short questionnaire and possibly peak flow readings via text message for 12 weeks. Your nurse will monitor your readings and keep in touch to help ensure that we are giving you the right treatment and best advice to manage your asthma.



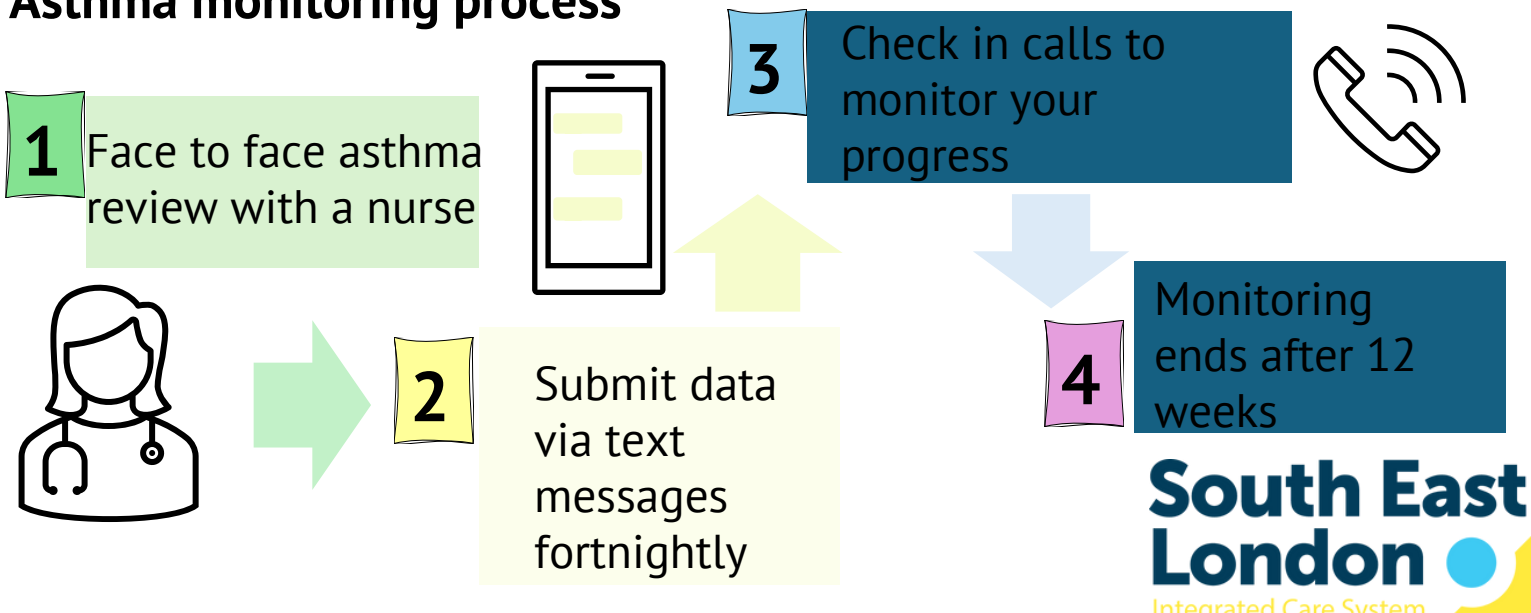
Why have I been offered this?

You will have been offered this support because information we hold about you indicates that your asthma isn't improving even though you have been prescribed medication.

Who is providing this service?

Asthma monitoring is provided by Primary Care Networks (PCNs). PCNs are local NHS teams which bring together GP practices to provide a wider range of more tailored services. Learn more about PCNs at www.bromleypcns.nhs.uk

Asthma monitoring process



Meet PCN team members!

PCN Enhanced Practice Nurse

I'm Jade an Enhanced Practice Nurse working within The Cray's Collaborative PCN, I work alongside the Practice Nurses at Broomwood Health Centre, Poverest Medical Centre and The Crescent Surgery. I see a wide range of patients for long term condition management such as Diabetes, COPD and Asthma as well as treatment room duties such as cervical screening, adult and childhood immunisations, phlebotomy and wound care. Prior to working in primary care I worked as a Specialist Nurse in palliative care both in primary and secondary care so I particularly enjoy working with patients to manage their long term conditions, working together to develop personalised care plans to achieve better health outcomes for our diverse patient population.



Jade (Nurse)

I work alongside GPs, pharmacists, our health and wellbeing coach and social prescribers to provide integrated care within the PCN. I have recently completed my Non-Medical Prescribing course which has enhanced my knowledge regarding commonly used medications in long term conditions. As a Practice Assessor and Supervisor I also work for BETH as the PCN Nurse Facilitator this involves supporting the practice nurses and healthcare assistants in the PCN with preceptorship and their professional development whilst working to improve attraction and retention of practice nurses within Bromley.

Wellbeing & Digital Café

@ Temple URC Church, 179 High St, Orpington BR5 4AX
11am-1pm

2025 dates:

January 14th
February 11th
March 11th
April 8th
May 13th
June 10th
July 8th
August 12th
September 9th
October 14th
November 11th
December 9th

Free admission!



Join us here for games with prizes, healthcare information and help with digital tools.

Feel free to bring along cakes, biscuits or baked goods to share.

Healthier Living Café

@ Temple URC Church, 179 High St, Orpington BR5 4AX
FOURTH Tuesday of the month, 11am-1pm

Free admission!

2025 dates:

May 27th
June 24th
July 22nd
August 26th
September 23rd
October 28th
November 25th
December 23rd



Join us here for gentle exercise, arts & crafts, mindfulness & meditation as well as a relaxing social environment with complimentary refreshments.

THE CRAYS COLLABORATIVE PCN PRESENTS A



Health NIGHT

**FREE
ADMISSION!!!**



**Thursday 30th October 4pm-7pm at
Temple URC, BR5 4AX**

Bring the whole family down. There is something for everyone!

Join us for refreshments, health education and social fun.

What to expect:

- Early cancer screening,
- Information on menopause,
- Wellbeing & stress management
- Exercise class with a physiotherapist
- Physical fitness with a physiotherapist
- Vital 5 health check



Contact us: www.thecrayscollaborativepcn.co.uk

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Thank you for reading 😊

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