



Belmont Medical Centre Newsletter Autumn 2017

Welcome to this issue of our practice newsletter. The newsletter is to provide patients with any news, information or forthcoming events. If you have any suggestions as to what you would like to see in your newsletter please inform a member of staff.



Flu Vaccine

Influenza vaccines are being offered again to help protect those patients who may be at greater risk of developing more serious complications. Flu vaccines are also being offered to children aged 2 and 3 years in the form of a nasal vaccine. The influenza vaccine programme saves lives. Please ring or call in at the surgery to book your appointment. If you already have an appointment booked you can have your flu jab at the same time. Please see our website for further information:

We are also recommending **Shingles Vaccines** as part of the NHS programme for people aged 70 years and for people who are 78 or 79 who have not already received the vaccine. Ask your Doctor or Nurse.

Online Access

With Patient Access, you can now access some of our services at home, work or on the move - wherever you can connect to the internet. What's more, because Patient Access is a 24 hour online service you can do this in your own time, day or night. Patient Access is also available on an app on android and iOS.

If you are not already registered for online access, you will need to visit the surgery to register, bringing with you some personal identification, such as passport, driving licence or utility bill. Once registered you will be given an instruction leaflet with a unique username and password.

Are YOU having the medical screening you are entitled to?

Screening is an important way of finding out if you are at higher risk of a health problem, so that you can be offered treatment earlier. For certain conditions this can be really helpful.

The National Screening Programme offers NHS Screening for those conditions where it has been medically proven to be of important benefit to you.

Cervical Cancer Screening is offered to women every 3 years between the ages of 25 and 49 years, and every 5 years between the ages of 50 and 64 years. If you are not up to date with Cervical Cancer Screening please do contact the Surgery and make an appointment with the Practice Nurse to have it carried out. If you have had a Cervical Cancer Screen abroad within the last 5 years you would still be eligible for an NHS Screen

Bowel Cancer Screening is offered to all men and women every 2 years between the ages of 60 and 74 years. It involves collecting a small sample of poo, which you wipe onto a special card and send back to the screening laboratory in a hygienically sealed envelope. If you have not been sent a home testing kit call the national helpline: 0800 7076060.

Breast Cancer Screening is offered every 3 years to women between the ages of 50 and 70 years although this is being extended to women between the ages of 47 and 73 years. Women over the age of 70 years can self refer. Contact the Breast Screening service on: 01527 488055

For more information about these screening programmes ask at Reception or go to the NHS Choices website, Live Well, Screening at: <http://www.nhs.uk/Livewell/Screening/Pages/screening.aspx>

Don't miss out. Medical Screening can save lives.



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Patient Group

We would like to know how we can improve our service to you and how you perceive our surgery and staff.

To help us with this we are setting up an on-line patient discussion forum so that you can have your say. We will ask members of this representative group some questions from time to time, such as what you think about our opening times or the quality of the care or service you received. We will also conduct some succinct surveys so it shouldn't take too much of your time.

We aim to gather patients from as broad a spectrum as possible to get a truly representative sample. We need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

To register simply visit www.myppg.co.uk and enter your details, using our practice code M81093 and postcode HR2 7XT.

The PPG is NOT for clinical issues or complaints (please use normal procedures) but should be a great way for patients' voices to be heard.

Why does the receptionist need to ask what's wrong with me?

Our receptionists are soon to be introducing a new Care Navigation system and are undergoing Care Navigation training. Care Navigators are trained to ask certain questions in order to ensure that you receive:

- the most appropriate care
- from the most appropriate health professional
- at the most appropriate time

The Care Navigator might suggest other professionals that could help you better such as a Nurse Practitioner, an Optician or a Pharmacist.

Any information given by you is treated strictly confidentially. However, if you feel an issue is very private and do not wish to say what this is then this will be respected.

WORLD ANTIBIOTIC AWARENESS WEEK 13-19th November 2017

Taking **ANTIBIOTICS** when you don't need them puts you and your family at risk.

So what can you do to prevent Antibiotic Resistance?

TAKE YOUR DOCTOR AND NURSE'S ADVICE

ANTIBIOTICS DON'T WORK FOR

Colds

Flu

Vomiting

Most coughs

Most ear infections

Most sore throats

Most diarrhoea

Most cystitis

Ask your pharmacist
for advice

ANTIBIOTICS ARE NEEDED FOR

Serious bacterial
infections including:

Pneumonia

Urinary tract
infections

Sexually transmitted
infections like gonorrhoea

Sepsis

Meningococcal meningitis

Take your
doctor's advice

Belmont Medical Centre

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