

Hampton Surgery November 2016



The NHS offers various different cancer screening programmes in the fight against cancer.

Bowel cancer is the fourth most common cancer in the UK. If it's detected at an early stage, before symptoms appear, it's easier to treat and there's a better chance of surviving it. The screening programme is offered to all men and women aged 60-74 using a faecal occult blood (FOB) test, which is sent to your home every two years. If you are 75 or over, you can ask for this test by calling the free phone helpline on 0800 707 60 60.

About one in eight women in the UK are diagnosed with **breast cancer** during their lifetime. Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they are too small to see or feel.

As the likelihood of getting breast cancer increases with age, all women who are aged 50-70 and registered with a GP are automatically invited for breast cancer screening every three years.

A cervical screening test (previously known as a smear test) is a method of detecting abnormal cells on the cervix. The cervix is the entrance to the womb from the vagina.

Detecting and removing abnormal cervical cells can prevent **cervical cancer**. All women in the age groups below who are registered with a GP are invited for cervical screening:

- aged 25 to 49 – every three years
- aged 50 to 64 – every five years
- aged over 65 – only women who haven't been screened since age 50 or those who have recently had abnormal tests.

More information about the screening programmes can be found at

<http://www.nhs.uk/Livewell/preventing-cancer/Pages/cancer-screening.aspx>

NEXT STEPS FOR URGENT CARE CENTRE AT SOLIHULL HOSPITAL SITE

Over the past three years plans have been underway to introduce a new urgent care centre at Solihull Hospital. This is to streamline the current services which are offered across three services located in and around the hospital site. A new urgent care model will maintain the services already offered as well as bring together those services under one roof on the hospital site. Part of the next steps in relocation of those services is to relocate the walk-in centre and the services it offers alongside the Minor Injuries Unit

On 29 October 2016, the Solihull walk-in service is relocating from the Lode Lane site to inside Solihull Hospital alongside the Minor Injuries Unit. **This means that from Friday, 28 October 2016 the temporary building that houses the Walk-in Centre and GP Practice at Lode Lane, Solihull will close and the Urgent Care centre which will open at 8am on will be for urgent care only and not offer any of the routine care it has previously done.**

**IF YOU OR SOMEONE YOU KNOW NEED THIS NEWSLETTER TO BE MADE
AVAILABLE IN A BIGGER PRINT PLEASE CONTACT THE SURGERY ON
01675 442510.**

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We are pleased that the building work at the surgery is due for completion mid to late November. We want to thank everyone for their patience while the work has been ongoing and look forward to the opening of our new improved waiting room and reception area.



Please don't forget that Seasonal Influenza Vaccines are still available at the surgery for children aged 2, 3 & 4, pregnant women, carers, anyone aged over 65 and all those with a long term medical condition. If you have not yet had your vaccine please call the surgery on 01675 442510 to book an appointment with one of the practice nurses.

Thank you to the Fentham Trust and everyone that helped out on the 29th September to make the flu clinic a great success.



What are we trying to do?

Work with the local CCG to support patients to self-care by accessing medicines and help care for minor ailments from the community pharmacy.

Why are we doing this?

- ☐ To empower patients to self-care for minor ailments
- ☐ Release GP time for more complex needs
- ☐ Make savings on the prescribing budget

An increased life expectancy is generally accompanied by more people experiencing complex health problems, a greater incidence of chronic conditions and therefore a greater demand on GP's time. Currently around 20% of a GP's time and 40% of their total consultations are used for minor ailment and common conditions. To help GPs spend more time treating patients with complex health problems and long term chronic illnesses it is important that people are encouraged and empowered to self-care for minor ailments and common conditions with over-the-counter (OTC) medications. By promoting the concept of self-care and increasing the awareness that there are alternatives to making GP appointments patients will be more likely to explore self-care in the future and reduce unnecessary GP appointments. This will therefore change the culture of dependency on the NHS. £202K annually (June 2014 to July 2015) is spent in Solihull on 'self-care' treatments. This does not include the cost of the GP consultation. More information about self-care can be found at <http://solihullccg.nhs.uk/yourhealth/self-care>

Your Care Connected is a new system that enables doctors, nurses and other registered healthcare professionals caring for you to view your medical record instantly and safely, with your permission. It will give them a more complete picture of your health, highlight any ongoing issues you might have, alert them to your current medication, including dosage, inform them which doctor you saw last and much, much more. This is now in use for patients registered at Hampton Surgery and more information can be found at <http://midlandsyourcareconnected.nhs.uk/index.php/patient-information>

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