

The Gainsborough Practice - Winter Newsletter

Welcome to our new newsletter for patients from The Gainsborough Practice. We will be distributing a quarterly newsletter updating you on practice news.

This newsletter can also be viewed on our practice website at

www.gainsborough-practice.co.uk

The newsletter gives references to where there is additional information for patients. Mostly these references are to online material, and patients can read that material by viewing the online version of the newsletter on our practice website, and following the links.

You can also use our website for online services including repeat prescription requests, appointment booking and to view your summary medical record and test results.



Practice News

The Gainsborough Practice would like to welcome new staff our team.

Dr Manik Imsirovic has joined the practice and is available Tuesday and Wednesday mornings and all day on Fridays. Some of you may remember her as she has worked here with us before.

Sister Alison Dick is our new Nurse Practitioner who has joined the nursing team. Ali has many years of experience as a practice nurse and is also a qualified health visitor.

Tamsin Quantrell has joined the administration team. Tamsin's role is to ensure all of our patients with long term illness are seen by a GP or nurse in a timely manner.

Did you know...?

[NHS Choices](http://www.nhs.uk) was launched in 2007 and is the official website of the National Health Service in England. With over 48 million visits per month, they have become the UK's biggest health website accounting for a quarter of all health-related web traffic.

They strive to be a world-leading, multi-channel service for everyone engaging with the NHS and social care. NHS Choices provides an award-winning, comprehensive health information service with thousands of articles, [videos](#) and [tools](#), helping you to make the best choices about your health and lifestyle.

You can access NHS Choices from our practice website.



Self Care Week 13- 19th November 2017

The Practice and our Patient Group are supporting Self Care Week
– see the notice board in reception for more.

This year the theme in Bracknell Forest is all about how local communities can be a source of health & wellbeing.

In that respect, Bracknell & Ascot is a great place to be. Our [Community Map](#) now has details on over 350 local groups that are run by residents for residents. They are all walking, running, cycling, gardening, dancing, singing, crafting, playing, learning or yoga-ing their way to better physical health and mental well-being!



National Self Care Week is an awareness week that focuses on establishing support for self-care across communities, families and generations. Empowering individuals to self-care has many benefits for their short term and long-term health and this is important since people are living longer. Helping people to look after their own health and their family's health also helps to manage demand on health services.

The theme this year is engaging and empowering people to look after their own health and the title is **Embracing self-care for life** which we hope is suitable for self-care messages for all ages, genders and will allow you flexibility to focus on physical health or mental wellbeing, or both. Self-care is about keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help and when to get advice from your GP or another health professional. If you have a long-term condition, self-care is about understanding that condition and how to live with it.



Find [advice about minor illnesses](#) from NHS Choices Health A-Z section, or [download Self Care Forum's fact sheets](#) from their website. There is lots of information for patients on that website and it is worth browsing to see what's there.

Early diagnosis of cancer saves lives

The Gainsborough Practice is committed to the NHS targets for diagnosing cancer. Screening programmes are available FREE on the NHS for bowel, breast and cervical cancer.

Breast screening is currently offered to women aged 50 – 70 and 67% of breast cancer cases are picked up in screening in the 50-69yr age group where 50% of cancers occur.

Cervical screening is available for women aged 25 to 64 years. Are you aware that 80% of cervical cancers can be prevented if the screening programme is followed?

Bowel cancer, screening home test kits are sent every 2 years to those who are 60-74, and samples are returned via freepost for analysis. You then receive a return letter with your results.

Did you know that by 2025 the bowel cancer screening programme will save 2000 lives per year? Early diagnosis by screening means that 90% will survive for 5+ years. BUT – only 50% take part in the screening. In East Berkshire Cancer we must achieve the National Cancer Strategy targets by 2020 to improve the uptake of cancer screening so that diagnosis is made as early as possible. Attending screening appointments and returning bowel screening home test kits can help early diagnosis for you for these three cancers. More information on cancer screening is available on the NHS Choices web page: www.nhs.uk or from the practice.