

The Gainsborough Practice

Autumn Newsletter 2018



Welcome to our autumn newsletter for patients of the Gainsborough Practice.

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

We are delighted to be welcoming Jeannie Humphrey to the practice as our new, full time practice nurse. Jeannie has been working as a cancer nurse and will be completing the Post-Graduate Diploma in general practice nursing to help with her transition to her new role.

Flu Vaccinations – book now if eligible for free vaccination

We have now started to receive our flu vaccinations and our flu clinics are now available for you to book – just phone reception for one of our flu clinics:

Saturday 6th and 13th October

Thursday 1st and 8th November for patients aged 65 and over only

We would like to remind you all that the best way to avoid catching and spreading flu is by having the vaccination before the flu season starts which is usually around December time. The flu vaccination is available free on the NHS for various groups and individuals that could be particularly vulnerable to complications.

This year, the following are eligible for the free flu vaccination:

- All children aged two to nine (but not ten years or older) on 31 August 2018
- Pregnant women
- Aged 65 years or over (including those becoming age 65 years by 31 March 19)
- Those in long-stay residential care homes
- Carers
- Healthcare workers
- People with learning disabilities and their carers
- Those aged six months to under 65 years of age with a serious medical condition which include chronic (long term) respiratory disease, such as severe asthma; chronic obstructive pulmonary disease (COPD) or bronchitis; chronic heart disease, such as heart failure; chronic kidney disease at stage three, four or five; chronic liver disease; chronic neurological disease such as Parkinson's disease or motor neurone disease, or learning disability; diabetes; splenic dysfunction; weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment); morbidly obese (defined as BMI of 40 and above)

If you do not fall within any of the above groups, you can still have the vaccination by paying for it at your local pharmacist. This year, a new vaccine is being offered to those aged 65 and over which has been shown to be more effective with older people and aims to give better protection.

Children in Reception, Years 1, 2, 3, 4 and 5 (but not ten years or older) will be offered the free flu vaccination in the form of a nasal spray in schools. Children aged two to three will continue to have their vaccine here at the surgery. The strain of flu can change each year so even if you were vaccinated last year, you are being advised to vaccinate again this year.

Self-care week

Self-care week is 12th – 18th November and Carol McQuade, Social Prescriber from Bracknell Forest Council, will be at the practice in the **morning of 1st November** to speak to patients and raise awareness about this national campaign.

During Self-Care Week Bracknell Forest Council and Bracknell and Ascot CCG will be promoting Self-Care and how activities like healthy eating and exercise can help people. This could be avoiding preventable trips to the GP or A&E or could also include increasing emotional wellbeing, reducing loneliness and helping people to stay safe. For further information please come and chat with Carol or visit

<https://www.bracknell-forest.gov.uk/health-and-social-care/public-health-and-self-care> or email ASCHH.CommissioningTeam@bracknell-forest.gov.uk

Bowel Cancer Screening – if invited please take up

Bowel cancer is a common type of cancer in both men and women. About 1 in 20 people will get it during their lifetime. Screening can help detect bowel cancer at an early stage, when it's easier to treat. There are 2 types of test used in NHS bowel cancer screening:

- [bowel scope screening](#) – a test where a thin, flexible tube with a camera at the end is used to look for and remove any polyps inside your bowel
- [home testing kit \(the FOB test\)](#) – a kit you use to collect small samples of your poo and post them to a laboratory so they can be checked for tiny amounts of blood (which could be caused by cancer)

NHS bowel cancer screening is only offered to people aged 55 or over, as this is when you're more likely to get bowel cancer:

- if you're 55, you'll automatically be invited for a one-off [bowel scope screening test](#) **which is now available to our patients.**
- if you're 60 to 74, you'll automatically be invited to do [a home testing kit](#) every 2 years
- if you're 75 or over, you can ask for a home testing kit every 2 years by calling the free bowel cancer screening helpline on 0800 707 60 60

If you would like more information about this, Louise Forster from Cancer Research UK is visiting the practice on **8th November between 9 a.m. -12 p.m.** to chat with any patients that would like to attend.

Patient Participation Group meeting – read our minutes

Patients met with the practice manager and a GP on Tuesday 25th September, and had a wide ranging and informative discussion. You can read about that in notes from the meeting on the practice website – see

<https://www.gainsborough-practice.co.uk/about-us/patient-group/notes-and-meeting-minutes/>

Practice training dates

The Gainsborough Practice will be closed from 12.30p.m.on 4th October and 6th November. If urgent help is required on these dates between 12:30pm and 6:30pm please call the Out Of Hours service on 03000240005 or, if after 6:30pm, please call 111.
