



BOWEL CANCER SCREENING

Men and women aged 60-74 years are sent invites to participate in the Bowel Cancer Screening Programme every two years in the post.

Bowel cancer is one of the most common types of cancer with 40,000 new cases diagnosed every year. About one in 20 people will develop Bowel Cancer during their lifetime. (as per NHS Choices website)

Despite these figures, nationally only 60% of people invited for the screening participate. Here at Greyfriars Surgery, only 53.6% of those patients invited attended their screening.

Almost 9 out of the 10 people who develop Bowel Cancer are over 60 years old so it is extremely important for those patients who are invited to participate in these screenings to do so. Bowel screening aims to detect Bowel Cancer at an early stage (in people with no symptoms), when treatment is more likely to be effective, hence why these test kits are important.

Please contact a member of reception if you have missed a screening for this and wish to participate.

THE THREE C'S

Here at Greyfriars we are able to offer:

Contraception – all methods are available, including LARC (Long Acting Reversible) with our Contraception and Sexual Health Nurse and Doctor

Chlamydia testing

Condoms (aged 15-24)

We also offer:

C-Card registration and collection

HIV testing

If you would like to discuss anything regarding sexual health and family planning, please book an appointment with our Practice Nurse Fiona.

THE GREYFRIARS GAZETTE

We have had a busy few months organising flu clinics for those eligible to have one. If you have not been sent for your flu vaccination and think you should have, please contact a member of the reception team.

This issue includes information about:

Sexual Health and Contraception - we offer a variety of appointments here in surgery about family planning, sexual health and screening appointments with Nurse Fiona.

Online access – save time and order prescriptions and book appointments online without having to call the surgery.

Cervical Smears - read more about smears and what to expect.

Access to Health Records - what to do if you want someone else to access your health record on your behalf.

Thank you for your continued support.

BREAST SCREENING

Did you know that only 70% of women attend their NHS Breast Screening mammograms? Here at Greyfriars, we would like to increase this statistic. Ladies aged between 50-70 years old and registered at Greyfriars Surgery will be sent an invitation to attend their mammogram this year.

Mammograms can be used to check for breast cancer in ladies who have found a lump or someone who does not display any symptoms at all. This means the cancer can be caught at a very early stage.

Breast Cancer is the most common cancer in the UK with about 48,000 women diagnosed every year. If you are aged 50 or over and think you are due for your mammogram please let us know.

AGED 75 YEARS AND OVER

We have an older adults team who are able to support and advise people aged 75 and over with their health and social needs. You can request a home visit and Nurse Mandy and Daniel, who is a Physiotherapy Technician, will come and see you to check your health, mobility and ensure you are receiving all allowances to which you are entitled. If you are interested, please contact Fiona Isaac or Lucy Meyer at the surgery and they will book your appointment.

A few examples of how they can help:

- 1) Advising on and sorting tablets and medicine so people understand what they are taking.
- 2) Providing equipment to help people remain independent and safe in their own homes.
- 3) A listening ear that cares.

STAFF UPDATE

We are delighted to introduce Dr Abud to Greyfriars Surgery. Dr Abud has taken the permanent post as our new GP (salaried). Her appointments will be available to pre-book alongside the other GP's.

REMINDERS

Phone We need your consent to leave messages on your answer machine if we are unsuccessful in getting hold of you. If you are OK for us to leave a message on your answer machine, please fill out one of the leaflets on reception or visit the website.

Phone Please let the surgery know if any of your details change including address, mobile phone numbers etc. This will ensure that we can get hold of you quickly if we need to.

Phone You may have noticed that the toilets in both waiting rooms are locked due to a Health and Safety matter. If you wish to use the toilet, please alert a member of staff straight away and they will unlock the door for you. We apologise for the inconvenience.

ONLINE ACCESS

One main area of patient concern is the difficulty of getting through on the phone lines. One of the ways we have tried to overcome this issue is by updating our online services for booking appointments and ordering prescriptions.

If you have a computer at home and would like to be able to order your prescriptions or book appointments online, then:

- 1) Ask a member of reception for your personalized registration details.
- 2) Log onto our website
www.greyfriarsurgeryboston.co.uk
- 3) Scroll down to 'book appointments' or 'order prescriptions'
- 4) Enter the log in details provided by reception.

Please ask a member of reception if you have any questions.

ACCESS TO HEALTH RECORDS

Keeping your health records confidential is very important to us at Greyfriars Surgery. If you wish for a relative or friend to call us on your behalf, please ensure we have had written permission from you first. Please ask for a consent form at the reception desk and we can record this consent on your record. If we do not have written permission, we cannot speak to anyone else about your health. Access to your records can mean anything from co-ordinating appointments to querying medications or even speaking with the GP about hospital letters and results etc. The form on reception will ask you to specify what you would like your nominated representative to have access to.

CERVICAL SMEARS

Cervical Screening saves approximately 4,500 lives per year in England. (as per NHS Choices website) Despite this, over 20% of women invited for their free screening do not attend.

If you are female, aged between 25-64, and haven't yet booked in for your smear after receiving a letter from us, call us on (01205) 311133 or come in to surgery to make an appointment.

If you are feeling nervous about coming in for your smear appointment, we welcome you to make an appointment with Nurse Fiona to discuss your concerns and she can advise you as to what will happen during a smear and show you around her room in which the smear appointment will take place. Did you know... Only 75% of the women invited to attend a Cervical Smear by Greyfriars Surgery attended for an appointment. We want this to be much higher! Please ask a member of reception for more information on smears if you would like one.