

# Claremont Bank Surgery Newsletter

## October-December 2022



Dr Patel has now joined the surgery as a GP partner. He will be working full time and you can book an appointment with him by phoning the surgery or booking on patient access.

### **Flu Clinics**

We are holding our flu clinics on Saturday 8<sup>th</sup> October and Saturday 22<sup>nd</sup> October. If you are over 65, pregnant or have a long-term health condition which makes you eligible for the flu vaccine then you can book an appointment by phoning the surgery on 01743 248244.

### **Covid Vaccine**

If you have received a message about booking your next Covid booster, please phone 119 or visit the website. We do not book the Covid boosters or do the injections here at the surgery. This is organised by 119. For any questions related to the Covid vaccine you can also phone 119.

### **Royal Mail Postal Strikes**

The Royal Mail have released confirmed strike dates that are coming up. These are Thursday 13 October 2022, Thursday 20 October 2022, Tuesday 25 October 2022.

Please bare this in mind when sending letters to the surgery as this may cause a delay.

For the most recent updates on strike dates you can visit <https://www.royalmail.com/latest-news>

### **Wear it Pink day 2022**

The staff at Claremont Bank Surgery will be taking part in Wear it Pink Day on Friday 21<sup>st</sup> October to raise money for Breast Cancer Awareness.



# Friends and Family Results



## July 2022



Not Recommended (%)	Neither/Don't Know (%)	Recommended (%)
2	2	97
July 2022		
All		
All		
315 Responses		
1928 Appointments		
16% Response Rate		
171 Verbose Responses		

### The Numbers



Not Recommended (%)	Neither/Don't Know (%)	Recommended (%)
2	2	96
August 2022		
All		
All		
336 Responses		
2112 Appointments		
16% Response Rate		
199 Verbose Responses		

### The Numbers



## August 2022

## September 2022



Not Recommended (%)	Neither/Don't Know (%)	Recommended (%)
3	5	92
September 2022		
All		
All		
339 Responses		
2051 Appointments		
17% Response Rate		
201 Verbose Responses		

### The Numbers



# Stoptober 2022

**NHS**

Stopping smoking to breathe easier this Stoptober?

You've got this.

Get free support

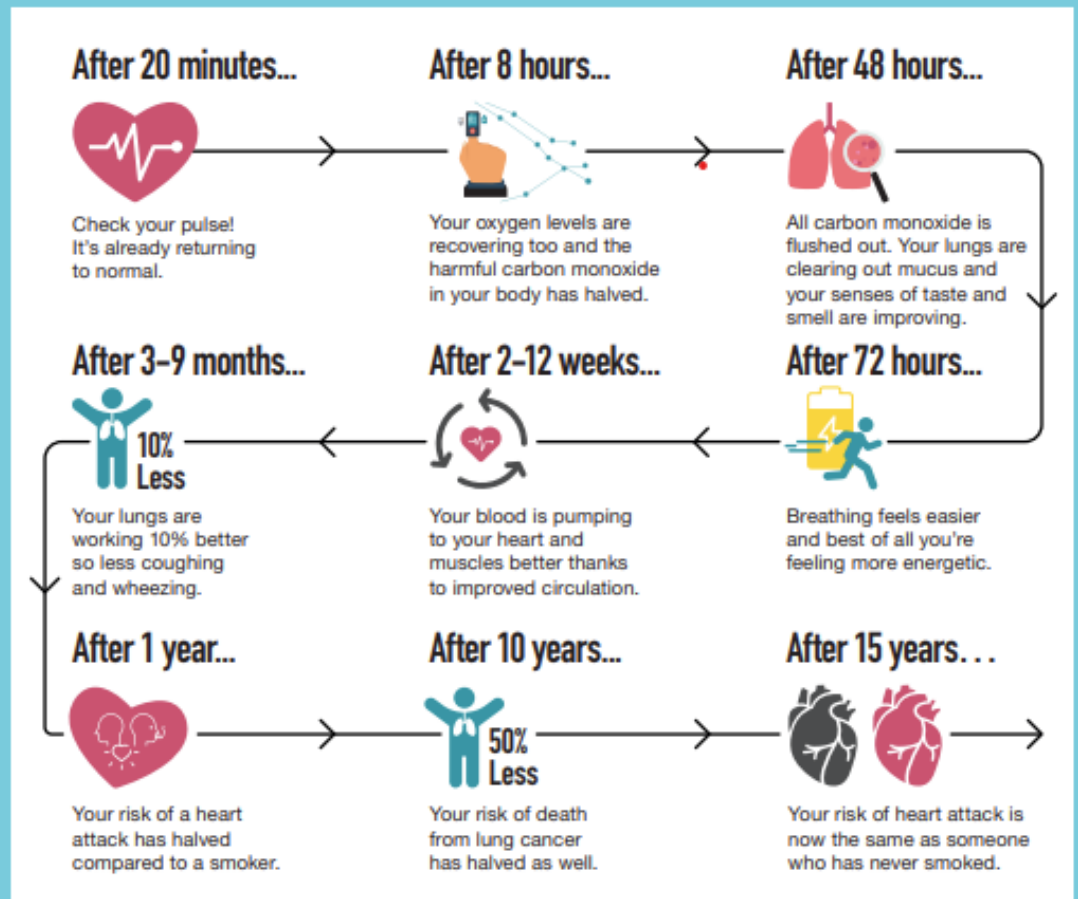


HM Government

**NHS**

## What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free for free support and advice

**Better Health** Let's do this

**STOP TOBER**

**Better Health** Let's do this

# Sober October



Macmillan cancer support are asking for your help to raise money for people with cancer by going sober for October.

Since the launch of Sober October in 2014, over £33million has been raised. This incredible amount has made a huge difference to the lives of people with cancer and is helping them to live life as fully as they can.

Right now, more than 3 million people are living with cancer in the UK. By 2030 this figure will rise to 4 million. Macmillan cancer support are here to help everyone with cancer live life as fully as they can, by providing physical, financial, and emotional support.

Macmillan work with partners to provide services for people living with cancer at every stage of their cancer experience. Services include:

- **Expert cancer advice** on our [Macmillan Support Line](#), and in person at our Macmillan cancer centres at hospitals, hospices, libraries and other community locations.
- **Award-winning cancer booklets and website information** - we produce independent, expert, up-to-date information for people affected by cancer. Our [cancer information](#) is based on the latest research and is reviewed every 2 to 3 years.
- **Trained health and social care professionals**, including:
  - Macmillan allied health professionals
  - Macmillan GPs
  - Macmillan nurses
  - Macmillan support workers.
- **Spaces for people to find peer support**
  - our [Online Community](#)
  - support via our social media channels
  - self-help and support groups.
- **Volunteer services**
  - [Buddying or befriending](#) – providing emotional support or someone to talk to.
  - Helping with everyday tasks – like shopping, gardening, cleaning, or walking the dog.
  - Keeping someone company – accompanying or driving people to their appointments.
  - Work mentoring – supporting people to return to work after a cancer experience.
- **Macmillan Grants**  
[Macmillan Grants](#) are one-off payments to help people on low incomes who need immediate support with costs caused by, or related to their cancer
- **Welfare benefits advice service**  
Macmillan Welfare Benefits Advice Services across the UK help people affected by cancer access the benefits, tax credits, and grants they are entitled to. [Find your nearest service.](#)



# Movember



## MO STYLE GUIDE



Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.

Men's health is in crisis. Men are dying on average 5 years earlier than women, and for largely preventable reasons.

A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men. And across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides.

Movember is uniquely placed to address this crisis on a global scale. Movember fund groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change.

## TIPS TO HELP YOU GROW

**01 BE PREPARED**  
Choose the moustache that will grace your face. Trucker, regent, connoisseur or wisp? Check out the options at [movember.com](http://movember.com).

**02 BE BRAVE**  
The first few days, even weeks, can be uncomfortable as your Mo takes shape. Ride it out to encourage donations.

**03 IGNORE THE ITCHING**  
Remind yourself that men have endured worse in the past. You can stand a little face tickle.

**04 SHAPE YOUR MOUSTACHE**  
Get across all the proper grooming techniques. A great Mo comes down to great grooming.

**05 NURTURE IT AND KEEP IT CLEAN**  
Look after your Mo, and your Mo will look after you.



Asking, listening and being there for your friends can be lifesaving. If you need a hand having a conversation with someone who's going through a tough time, use this guide.

## A.SK

Ask the question

## L.LISTEN

Listen, without judgement or distractions

## E.ENCOURAGE

Encourage action

## C.CHECK

Check in

Many thanks to R U OK? for developing the ALEC model.



# Breast Cancer Awareness Month



**TOUCH YOUR BREASTS** Can you feel anything new or unusual?

**LOOK FOR CHANGES** Does anything look different?

**CHECK ANY CHANGES WITH YOUR GP**



Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for **changes**.

No matter what size or shape your breasts are, **check them regularly**.

Some of these signs and symptoms may appear differently on various skin tones.

## COMMON SIGNS OF BREAST CANCER INCLUDE...



A **lump or swelling** in the breast, upper chest or armpit



A **change to the skin**, such as puckering or dimpling



A change in the **colour** of the breast – the breast may look red or inflamed



A **nipple change**, for example it has become pulled in (inverted)



**Rash or crusting** around the nipple



**Unusual liquid** (discharge) from either nipple



**Changes in size or shape** of the breast

### BREAST PAIN

On its own, pain in your breasts is not usually a sign of cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

**i** These illustrations are meant as a guide. Check anything that looks or feels different for you with a GP.

Find more TLC resources at [wearitpink.org/extras](https://wearitpink.org/extras)



**BREAST CANCER NOW**  
The research & care charity

Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (SC045584) and the Isle of Man (1200). Registered Office: Fifth Floor, 100, The Quadrant, London, EC3N 1NY



For information on how you can get involved with raising money for Breast Cancer Awareness month visit:

<https://breastcancernow.org/get-involved/breast-cancer-awareness-month>



### **Are you or your loved one waiting on a health care referral? Share your views**

Have you or your loved one been left frustrated after struggling to get the specialist tests or treatment needed? Have you been referred by your GP but been left waiting for tests or treatment needed, or have you expected or asked for a referral but didn't get one? You're not alone.

One concern Healthwatch nationally has been hearing from the public is how hard it can be to get specialist treatment.

Few examples of services your GP can refer you to:

- Mental health support
- Joint replacement surgery for knees, hips and support with arthritis
- Eye surgery
- Non-urgent heart problems
- Diagnostic conditions, such as hearing, skin issues, allergies, other symptoms you have had a while that could be a long-term condition like asthma, diabetes etc.

As the independent champion of health and social care services in Shropshire we want to hear your experiences of trying to get specialist NHS support, like physiotherapy, talking therapies, hospital scans and consultations.

Lynn Cawley, Chief Officer, told us, "By sharing your story, we can use your feedback to help the local NHS better understand your challenges and improve how people access the care they need. So, if you've got something to say about GP referrals, don't just talk to your friends and family – tell us too."

Complete our survey: [https://www.smartsurvey.co.uk/s/HWS\\_getting\\_a\\_referral/](https://www.smartsurvey.co.uk/s/HWS_getting_a_referral/)

Healthwatch Shropshire is the independent health and social care champion in Shropshire. It gathers the views and experiences of patients, service users, carers, and the general public about services including hospitals, GPs, mental health services, community health services, pharmacists, opticians, residential care and children's services. It also has statutory powers that it can use to influence service provision by encouraging improvements.







UK Health  
Security  
Agency

**NHS**

# Shingles vaccination

## Who's eligible?

Aged  
**70-79** years?

Everyone aged between 70 and 79 years is eligible for the shingles vaccine up to 79 years of age.

**Protect yourself from the pain of shingles – speak to your GP surgery about having your vaccine today!**

**i**mmunisation

The safest way to protect children and adults

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