

Autumn is upon us! That means there's lots going on within the Practice and beyond that you can get involved in, with plenty of opportunities to improve your health and protect against unwanted illness.



STOPTOBER **1st – 31st October**

Smoking causes 7/10 cases of lung cancer. Stoptober (or stop during October) is the month when people come together to try to quit smoking. Quitting smoking is not only good for your health, but it will also save you significant amounts of money.

If you quit smoking for 28 days, you're five times more likely to stop smoking altogether!

Visit www.nhs.uk/better-health/quit-smoking for more information!

We are now booking appointments for Flu Vaccinations!

We have contacted all patients who are eligible – if you haven't heard from us then please ask at reception!

We have a walk-in Flu clinic on Saturday 21st October – if you are eligible please just turn up between 9.00 – 11.30am!

Some patients will be eligible for a vaccination against COVID-19.

We will contact you to arrange an appointment. If you haven't heard from us then you can check your eligibility here:

www.nhs.uk/conditions/covid-19/covid-19-vaccination

If you're aged 70 to 79 you are eligible for a shingles vaccination!

Shingles can be very painful and it can be dangerous to others if they have low or no immunity to shingles. Contact us today to arrange your vaccination appointment.

BREAST CANCER AWARENESS **1st – 31st October**



Are you aware there are different signs of breast cancer? These can include:

- A lump or swelling in the breast, upper chest or armpit
- A change to skin, such as puckering or dimpling
- A change in the colour of the breast – it may look red or inflamed
- A nipple change, for example it has become pulled in (inverted)
- Rash or crusting
- Unusual liquid (discharge) from either nipple
- Changes in size or shape of the breast

Breast cancer is rare in men but can occur – more often if you're over the age of 60.

More information is available by visiting:

www.breastcancer.org

www.knowyourlemons.org

Please make an appointment with your GP if you have ANY concerns!

WORLD MENOPAUSE DAY - 18th October

18th October is World Menopause Day. This year the focus is on '**Menopause: Misinformation and Management**'. There will be a programme launching on the 18th about the misinformation surrounding the menopause. To find out more and to access the programme, you can visit the link below.

Menopause symptoms are wide-ranging and can affect your daily life. Some women will notice no symptoms while others will experience debilitating symptoms. Let's shine a light on the effect of the menopause on women and support them through this time and beyond.

www.thebms.org.uk/publications/world-menopause-day-2023

Have you received an invitation from us to attend for an annual review?

For our patients with chronic illnesses, we offer annual reviews and we will contact you - usually around the month of your birthday. It is important you attend so that we can monitor your condition and discuss any concerns you may have.

So if you've heard from us recently:

Don't delay – make that appointment today!

CARERS RIGHTS DAY

23rd November

Caring Costs in so many ways and it's important that you have the right support too!

Visit www.carersuk.org for more information and support.

If you are a carer, please make sure the practice is aware. We offer a carers pack with lots of help and support, as well as annual health checks and a more flexible approach to accessing our services.



SELF CARE WEEK – 13th – 19th November

Are you looking after yourself? Incorporating the practice of self care into our everyday lives can help us to live as healthily as possible – and there's evidence to suggest being as healthy as we can also helps us to better cope with life's challenges when they come our way.

Visit www.selfcareforum.org for more help and information

We now have a First Contact Practitioner based within the practice!

They can see patients for a range of musculoskeletal issues – ask at Reception for more information.

Please remember we now have one Practice telephone number – 01642 915188

Prescription Queries - option 2 between 10am – 12pm and 2pm – 4pm.

Test Results - option 3 between 10am – 12pm and 2pm – 4pm.

Our new website is under construction and will shortly go LIVE!

Please visit us online at: www.westbournmedicalcentre.nhs.uk

Patient Participation Group

We are always keen to welcome new members to our Patient Participation Group – the more the merrier! We value your insights into how we can grow and improve as a Practice. Please ask at Reception about how to get involved.

DNA CORNER

As a practice we do understand that sometimes appointments can be missed for a genuine reason – if you think you are due an appointment or may have missed one please call us to check!

Across August and September 2023 our practice had **211 appointments** missed!

This equates to **3640 minutes** of wasted consulting time for our clinical staff.