

FILEY SURGERY

Spring 2025 Newsletter

From April the Filey Surgery will change how we call patients for their annual review for their long-term condition(s).



Rather than calling patients at different dates throughout the year, they will be contacted and asked

to book their annual review appointment during their BIRTHDAY MONTH.

This new system is designed to be simpler for everyone and make it easier for patients to remember when their annual review is due.

During the first year to 18 months, this change could mean you are asked to attend earlier or later than you expect, you may also be called twice in one year to bring you in line with your birthday month, but please be reassured the change in the recall system is clinically safe and any patients who require monitoring sooner will be contacted.

We will continue to send invites via the NHS app, SMS text, phone call or letter.

Memory Support Advisor



If you are concerned about your memory, or the memory of a loved one, book a chat with Lisa our Memory Support Advisor via the reception team. Lisa works for Dementia Forward seeing patients 1 day a month at the Surgery.

Surgery Facebook Page

Why not check out our Facebook page for upcoming events, useful information and health campaigns.



Thank you
to our

1359

Facebook
followers.

As an Armed Forces accredited GP practice, we will be sharing a moment of celebration for the 80th anniversary of VE Day.



On Thursday 8th May we will remember the service and sacrifice made so we can enjoy the freedoms we have today.

If you are a veteran, please let us know so we can add this to your medical record. This helps your GP to better understand any military related health conditions that you may have. It also ensures that you are referred, where appropriate, to dedicated health and wellbeing services for veterans.

North Yorkshire Citizens Advice holds a drop-in session for serving personnel, their families and veterans providing advice on benefits, energy, debt, housing and can also signpost to specialist legal advice. These sessions are held on a Monday and Tuesday from 9.30am to 12.30pm at 13-15 Northway, Scarborough, YO11 1JH, their helpline number is 01748 902020.

Did you know we have a Community Well Being Practitioner attached to the Surgery?

Many things affect your health and wellbeing. GPs say a lot of patients feel isolated or lonely, or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions. That's where social prescribing comes in. It starts with a conversation. The link worker is there to listen to you and put you in touch with the people and activities that might help you to feel better.



They can help to connect you to all the different services, support, activities and opportunities that exist locally. Whether you need help at home, want to discover more about local activities or find out about benefits and support services that exist they can help you. Their aim is to work with you to support you to live as independently as possible.

If you think that you, or someone you are close to, would benefit from this service please contact the Surgery on 01723 515666, choosing option 1, to arrange a referral.

Self-Book Appointments

We are enabling patients to self-book some routine Nurse and Health Care Assistant clinics online. You will receive a text message with an attached link which lets you choose your preferred date, time and staff member. We understand not everyone will be able to use this facility, so we are still at the end of the phone for patients who prefer to ring us.

What types of screening are offered by the NHS in England?

Cervical Screening

- Age: Offered to people with a cervix aged 25 to 64.
- Frequency: Routine screening is offered every three years up to 49 years of age and every five years from 50 to 64 years of age.

Bowel Screening

- Age: Offered to men and women aged 50 to 74.
- Frequency: Every two years.
- Test: A home test kit (FIT kit) is automatically sent via post for collection of a small poo sample, which is then tested for blood.
- If aged 75 or over, you can request a home test kit by calling the bowel cancer screening helpline on 0800 707 6060.

Breast Screening

- Age: Offered to women aged 50 to 70.
- Frequency: Every three years.
- Test: A mammogram (breast X-ray) is used to detect early signs of breast cancer.
- How to get screened: You will be automatically invited when you reach 50, and then every three years until you reach 71.

Screening in pregnancy

- Screening for hepatitis B, HIV and syphilis (infectious diseases).
- Screening for Down's syndrome, Patau's syndrome and Edwards' syndrome.
- Screening for sickle cell and thalassaemia.
- 20-week screening scan to check the physical development of the baby.
- Diabetic eye screening – available if you are pregnant and have type 1 or type 2 diabetes.

Screening for newborn babies

- A physical examination, which includes the eyes, heart, hips and testicles.
- Hearing screening.
- A blood spot test to check if the baby has any of the 9 rare conditions.

Diabetic eye screening

- From the age of 12, all people with diabetes are offered regular diabetic eye screening to check for early signs of diabetic retinopathy.

Abdominal aortic aneurysm (AAA) screening

- Is offered to men when they turn 65 to detect abdominal aortic aneurysm (a dangerous swelling in the aorta). Men over 65 can self-refer.

Screening saves lives

Don't be the one missing out...

More information and the benefits of screening are available from
<https://www.nhs.uk/conditions/nhs-screening/>

Staff Update

We are pleased to confirm Dr Nwinee will be staying at the Surgery after successfully completing his GP training.

We also welcome Vicky to the reception team, and Jill Ponder who will join the surgery as the HR and Governance Lead.

Hay Fever Season

The first wave of hay fever symptoms often appears with the release of tree pollen, which typically occurs from late March to mid-May.

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

In line with NHS England guidance, most hay fever medications, including antihistamines, nasal sprays, and eye drops, are now available over the counter and are no longer routinely prescribed by GPs, so we please ask you seek advice and purchase them from a pharmacy.

The Surgery will be closed over the following dates:

Good Friday – 18th April

Easter Monday – 21st April

May Day – 5th May

Spring Bank Holiday – 26th May

Summer Bank Holiday – 25th August.



If you need help whilst we are closed visit NHS 111 online or phone 111 for advice on urgent medical concerns.

Phone 999 for life threatening emergencies.

The Surgery team would like to say a very big thank you for all the cards, cakes, presents and great feedback we receive from our patients, it is very much appreciated.

