



Severn Fields News

>>> Monthly
Newsletter

April 2019

Missed Appointments:

Throughout March we had a total of 300 appointments that were not attended. This is an average of 14 appointments per working day which could have been re-booked. If for any reason you cannot attend your appointment please call the surgery on 01743 281950 or reply CANCEL to your reminder text.

- Self refer to the midwives on 01743 261085
- Please allow 1 week before calling for blood results
- Order a repeat prescription through P O D on 0333 358 3509
- Please allow 72hours for prescriptions to be processed. 48hours for the surgery and 24hours for it to arrive at the chemist.

POD Statistics

Throughout February Prescription Ordering Direct (POD) took **2,018** calls from patients at Severn Fields.

These calls resulted in a total NHS saving of **£5,962.79.**

The saving is generated by POD discussing prescription items with patients and advising them if they are over ordering or removing items that are no longer needed.

To order your prescription through POD please call **0333 358 3509.**

Please allow 48hours for the surgery to process a request and a further 24hours for it to reach your chosen pharmacy.

Rowlands Pharmacy offer help and advice for many common ailments—these include:

- Coughs
- Cold
- Eczema
- Hayfever
- Ear Ache
- Warts
- Athletes Foot
- And many more



Ask the Pharmacy for more details! **01743 462929**





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Goodbye

Sadly, Dr Clowes retired at the end of March.
He will be missed by both staff and patients
and we wish him all the best in his retirement.

PATIENT GROUP

At Severn Fields we appreciate all forms of feedback on the surgery and how it's run. We invite any of our patients who wish to help make improvements to the surgery to join our Patient Group.

The Patient Participation Group will:

1. Consult with the practice on service development and improvement
2. Contribute to, and be kept informed of, practice decisions
3. Represent the views of the patient body and provide feedback on their needs and concerns
4. Contribute to the design of and participate in the review of the practice patient survey
5. Promote good health and higher levels of health education by encouraging activities within the practice.

We aim to gather as broad a spectrum of patients as possible to get a truly representative sample. We need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

Meetings are held quarterly i.e. every 3 months



How To Check Yourself

testicular cancer

monthly self-exam



*examine by rolling the testicle
between thumb and fingers
use slight pressure*



1.
***cup one testicle at a
time using both hands***
*best performed during or
after a warm bath or shower*



2.
***feel for lumps, change in
size or irregularities***
*it is normal for one testis to be
slightly larger than the other*



3.
***familiarize yourself with the
spermatic cord & epididymis***
*tube like structures that connect
on the back side of each testicle*



sharing saves lives.

tcafinfo.org



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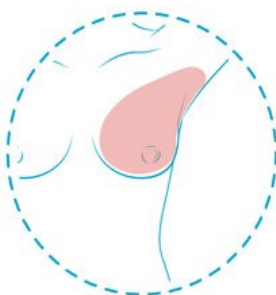
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How To Check Yourself BREAST SELF EXAMINATION



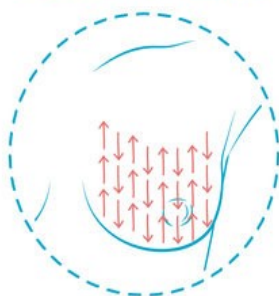
ONCE A MONTH,
2-3 DAYS AFTER PERIODS



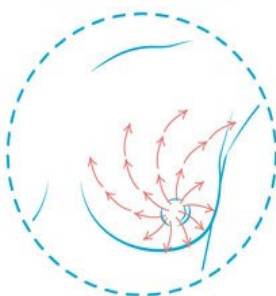
EXAMINE BREAST AND ARMPIT
WITH RAISED ARM



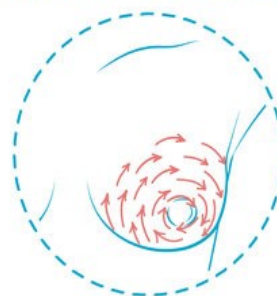
USE FINGERPADS WITH
MASSAGE OIL OR SHOWER GEL



UP AND DOWN



WEDGES



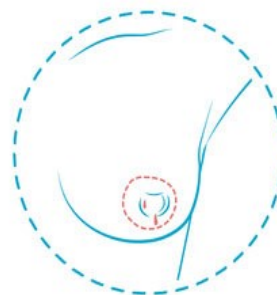
CIRCLES



EXAMINE BREASTS IN THE MIRROR
FOR LUMPS OR SKIN DIMPLING...



...CHANGE IN SKIN COLOR
OR TEXTURE...



...NIPPLE DEFORMATION,
COLOR CHANGE OR LEAKS OF ANY FLUID