

# WHATS NEW?

## STAFF NEWS

On 1<sup>st</sup> April 2019 we welcomed our new GP partner Dr Kiran Raza, who will be working with us on Thursdays and Fridays replacing Dr Macdonald now he has reduced working to Monday and Tuesdays. She will be a wonderful asset to our team!

## MISSED APPOINTMENTS

We are sure you are aware that sometimes it can be difficult to get a routine appointment with a doctor or a nurse at the practice.

We have recently audited the amount of missed/none cancelled appointments for the past 6 months and the figure is:-

519

This is a terrible waste of clinical time and causes long waiting times for patients requesting appointments.

We urge anyone no longer requiring a booked appointment to please cancel to allow other patients to use these.



Please like us on Facebook



**Public Health England** is advising the public to make sure they have had 2 doses of the MMR vaccine so they are fully vaccinated against Measles.

The MMR vaccines are usually given during the NHS Childhood Vaccination Programme. The first dose is given when a child is around 13 months old and a second dose is given at 3 years 4 months old. Adults and older children can be vaccinated at any age if they have not yet been fully vaccinated.

Measles can lead to serious and potentially life-threatening complications such as infections of the lungs (pneumonia) and brain (encephalitis) and full-vaccination is the best way to protect you against the illness.

If you are unsure as to whether you or your child has been fully vaccinated (had 2 doses of the MMR vaccine), please ask at reception who can check your vaccination record and book an appointment with the Practice Nurse if necessary.

For more information about Measles and the benefits, risks, side effects and myths of vaccination please visit:

<https://www.nhs.uk/conditions/measles/>

<https://www.nhs.uk/conditions/vaccinations/>



## Trafford Psychological Therapies Service

- ❖ Are you feeling low and it just won't shift?
- ❖ Do you worry excessively and have a head full of 'what ifs'?
- ❖ Are you stressed or anxious every day?
- ❖ Do you have panic attacks?
- ❖ Feel afraid to leave home?
- ❖ Can't be on your own?

If you answered YES to one or more of the questions listed above then you are not alone.

Click on the link below to explore the types of help available to our patients and how you can self-refer in to the service.

<https://www.gmmh.nhs.uk/tpt>

# BARRINGTON MEDICAL CENTRE

## NEWSLETTER SUMMER 2019

[www.barringtonmedicalcentre.co.uk](http://www.barringtonmedicalcentre.co.uk)

### THE CERVICAL SCREENING PROGRAMME (SMEAR TEST)

Participation in cervical screening has hit a 20-year low. The aim of the NHS Cervical Screening Programme is to reduce the number of women who develop cervical cancer and reduce the number who die from it. Screening saves an estimated 5000 lives a year. All women who are registered with a GP aged 25 to 49 will be invited every 3 years, those aged 50 to 64 will be invited every 5 years, and women over 65 will be invited if they have recently had abnormal tests.

The most effective method of preventing cervical cancer is through regular cervical screening, which detects any early abnormal changes to the cells in the cervix. These changes are fully treatable but if undetected and untreated, can lead to cervical cancer. For younger women the HPV vaccination can help prevent 7/10 cases of cervical cancer. If a woman does develop cervical cancer, survival and cure rates are high if the cancer is picked up early.

For more information about the Cervical Screening Programme and Smear tests, please speak to a Practice Nurse or visit the following websites:

<https://www.nhs.uk/conditions/cervical-screening/>  
<https://www.jostrust.org.uk/>

**A Smear test only takes a few minutes. Is your test overdue? Book yours today and reduce your risk of developing Cervical Cancer.**



#### HAVE WE GOT YOUR PHONE NUMBER?

Please inform reception if you have updated your telephone numbers in case we need to contact you by phone.

Or text us on **07903593236** with your initials, date of birth and mobile telephone number.



**Choking.  
Chest pain.  
Blacking out.  
Blood loss.**

**A&E or 999**  
Emergencies only



**Unwell?  
Unsure?  
Confused?  
Need help?**

**Call 111**  
out of hours



**Vomiting.  
Ear pain.  
Stomach ache.  
Back ache.**

**GP Surgery**



**Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.**

**Pharmacy**