

# WRAFTON HOUSE NEWSLETTER

Autumn 2017

## NHS HEALTH SCREENING

Many of our patients in the past have not responded to all the screening services available to them. If you have any symptoms which are worrying you, please make an appointment. You can make an appointment with a male or female Doctor and if you wish you can have a chaperone with you. A small embarrassment (For you not the Doctor or Nurse) in the early stages can ensure early detection which leads to a better recovery and survival with less invasive procedures being necessary. Changes in bowel habit, a cough which has been lingering for over 3 weeks, any suspicious lumps, changes in moles.

### **ROUTINE SCREENING PROGRAMME**

**Cervical Screening with a Practice Nurse** (smear test) for women between ages 25 - 64 years.

**Breast Screening** (Mammography) for women aged between 50 - 70 years.

**Bowel Screening**, a kit will be sent to you in the post for ages between 50 - 74 years.

## SEASONAL FLU CLINICS

We are now getting into the "Flu" season - if you are one of the "High risk" groups please ensure you make an appointment as soon as possible.

We want to protect as many of our patients as we can.

It is highly recommended for the following high risk groups:

1. Everyone over the age of 65.
2. Chronic respiratory disease
3. Chronic Heart disease.
4. Chronic liver disease
5. Chronic Kidney disease.
6. Diabetes
7. Immunosuppressed e.g. those on prolonged courses of oral steroids
8. HIV infection.
9. For people living in residential or nursing homes, carer and health care workers.
10. Pregnant women.
11. Children 2,3 and 4 year olds and all children over 6 months of age in high risk groups.

### **MOBILE TELEPHONE NUMBERS!**



Please remember to let us know if you change your telephone number.

This enables you to receive text messages to remind you of booked appointments.

Also, if you have requested a telephone consultation from a Doctor it is very frustrating for the Doctor when we have the incorrect number.

## NHS News

The local Clinical Commissioning Group is asking for your views on a series of proposals which will affect our patients. These proposals are designed to make best use of the money available to the local NHS, while continuing to help as many people as possible to live healthier, longer lives and avoid preventable illnesses.

The proposals are about:

- Tightening up existing rules so that people who smoke or whose weight is classified as "obese" are required to make improvements to their health before non-urgent surgery - unless a longer wait for surgery would be harmful.
- Limiting the routine prescription of food supplements, as well as medicines and products that can be bought without prescription for short-term conditions and minor ailments.
- Restricting the prescribing of Gluten-free foods.
- Stopping NHS funding for female sterilization procedures.
- Reducing or stopping the availability of NHS funded IVF (In Vitro Fertilization) and specialist fertility services except in exceptional circumstances. West Essex CCG is also consulting its residents on this issue.

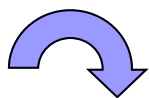
You can view or download the documents and give your views by going to the following web-site address:

[www.healthierfuture.org.uk/nhsletstalk](http://www.healthierfuture.org.uk/nhsletstalk)

The consultation closes on Thursday 14th September 2017, and as part of the consultation there are a series of public meetings to seek your views on these proposals, and details of those events can also be found on the website above.

If you need any more information, please feel free to contact the CCG by calling 01707 685140 or emailing:

[engagement@enhertscgg.nhs.net](mailto:engagement@enhertscgg.nhs.net)



### Staff News

Our Practice Nurse, Anne Parry, will be leaving us in September. I am sure many of you, like us, will be very sorry to see her go. She has been with Wrafton House for over 15 years and will be a big loss to the Surgery.

I am sure you will join us in wishing her well in whatever she chooses to do.

Kate Jackson, a very experienced Community Matron will be joining us in October to lead the nursing team.

We will also have a new secretary, Marie Lay, joining the team.

### NHS CHOICES

[www.nhs.uk](http://www.nhs.uk)

If you are happy with our service we would be very grateful if you would take the time to write a review on the above web-site. It is nice to have compliments and it gives everyone a boost.

Of course if you are unhappy we still value your feedback and hope that we can use it to improve our service.

### MEDICATION REVIEWS

It is very important that you attend for your medication review. If on your repeat prescription it asks you to attend, please make an appointment with one of our Doctors. If you are asked to have a blood test, please pick up the form and have the blood test before coming for your review.

All of these reviews are designed to offer you the best care possible - to ensure you are on the correct medication and that the dose does not need changing.

If you fail to book a medication review you may have your medication taken off our repeat list until you have a review.



### CHRISTMAS



**On a lighter note there are approximately 120 days until Christmas. One way to have extra money for Christmas is to give up smoking. We have a very successful Stop Smoking Programme. Please book an appointment with Lesley, our Health Care Assistant who we are sure will be able to help you give up.**