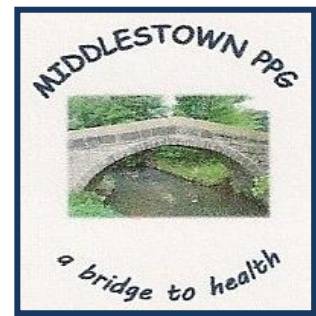


## MIDDLESTOWN PATIENT PARTICIPATION GROUP

### NEWSLETTER

Spring 2014



#### HELP YOURSELF WITH NHS SCREENING

Screening is the process of identifying people who may be at increased risk of developing a disease or condition. Generally the earlier an illness is found the more effectively it can be treated. Sometimes the decision about whether to take up a screening offer isn't straight forward or you may find the procedure involved embarrassing - please talk to anyone from the practice team if you have any concerns or worries.

In our area the uptake for breast and cervical screening is good but can always be improved. The uptake for bowel screening isn't as high as we would like. Bowel cancer is the 3<sup>rd</sup> most common cancer in the UK. The symptoms of blood in the stools or diarrhoea don't always appear till later in the illness. Using the FOB Kit (stool sample) that comes in the post is an easy way to detect the disease early.

Please remember that if you experience any symptoms you are worried about (bleeding, diarrhoea or breast lump or changes) don't wait for your screening appointment, tell your doctor straight away.

The following have NHS screening programmes:

**Breast cancer:** Women aged 49-70 invited by post every 3 years. Women over 70 can self-refer, screening carried out at Seacroft Hospital 0113 264 8164.

**Cervical cancer:** Women aged 25-49 every 3 years and aged 50-64 every 5 years (invited by post). Please talk to the practice nurse if you are struggling to get an appointment, we can usually find a convenient time.

**Bowel cancer:** Men and women aged 60-69 every 2 years. Those over 70 can self-refer (0800 707 6060).

**Abdominal Aortic Aneurysm (new screening):** Men aged 65 are invited to have an ultrasound test which can detect swelling of the aorta (main blood vessel of the body). Men aged over 65 can self-refer.

**Prostate cancer:** There is no national screening but please talk to your doctor if you have any worries about increased risk or urinary symptoms.

**Cardiovascular risk (heart disease) screening:** Anyone over age 40 can self-refer to the practice team via reception.

Useful website: [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)



Check out the NHS Choices website - information from the NHS about conditions, treatment, local services and healthy living.

#### PPG ANNUAL GENERAL MEETING

Tuesday 6 May 2014, 7pm

Middlestown Medical Centre

#### ALL PATIENTS INVITED

Expressions of interest from patients to join the PPG can be sent to Susan Gilbert, Practice Manager. If there are more interested people than vacancies an election will be held on the night.

#### CORRECTION

Healthwatch Wakefield - new address:  
11-13 Upper York Street  
Wakefield WF1 3LQ

**ATTENTION ALL WORKING PATIENTS**

**DO YOU NEED A REVIEW?**

**Nurse and Health Care Assistants Appointments**

Late night sessions are available by appointment **ONLY**  
Contact the surgery for details of appointment times

This service is not for acutely ill patients, any emergency outside normal working hours will still have to use the on call service by ringing  
111

**THANK YOU** to all the patients who completed the PPG feedback forms in January. Your tremendous response is very much appreciated. The information you have provided is very useful. We will be looking at this and speaking to the Practice, together with other specialist groups, with a view to responding with activities designed to meet your needs.

We noted that many of you indicated interest around Mental Health issues. As this appears to be the major issue arising from this feedback exercise we will be responding to this by having specialist literature available for you on Tuesday 13 & Thursday 15 May when there will be PPG Members in the surgery.

It is possible we shall have specialist advice and assistance available from two organisations, Rightsteps & Bethany, but this has yet to be confirmed.

We look forward to seeing you in May when you will also be able to talk to PPG Members about any areas of interest to you concerning the Middlestown Practice.

**NEW BRANCH SITE OPENING TIMES**

**Emley:** Monday 9-10.30am; 4-6pm  
Tuesday 9-10.30am  
Wednesday 9-10.30am; 4-6pm  
Thursday No surgery  
Friday 4-6pm

**Flockton:** 11-12.30 on Monday, Tuesday, Wednesday & Thursday  
Friday: No surgery

These changes take effect from  
**Monday 7 April 2014**



*You asked us about ..... the Practice said .....*

**Temporary Residents:** When people are visiting the area and are in need of non urgent medical advice or treatment they are advised to phone 111 or attend the Walk-in Centre. If this is not possible or practical for any reason we would offer advice or treatment from the Surgery. If visitors are running out of regular medication we advise them to contact a pharmacist who can liaise with their GP at home to have a prescription faxed or sent electronically.

**Systemonline problems accessing repeat prescriptions:** Contact the Practice Manager who will try to resolve any issues.

Have an appointment? →



We have been asked a few times where is the bridge on our logo. It is the Packhorse Bridge in Clayton West. It is a one-horse width bridge, used from the 16<sup>th</sup> century for transporting wool, and once was the main crossing over the River Dearne.

You can e-mail your thoughts and ideas to us at:

[Middlestown.ppgroup@wakefieldccg.nhs.uk](mailto:Middlestown.ppgroup@wakefieldccg.nhs.uk)

Please be aware that we cannot enter into any discussion regarding your own health, the treatment you receive from the surgery, handle any complaints or deal with any other confidential issues arising from your own personal circumstances.



You can also view this Newsletter on our PPG webpage at [www.middlestownmedicalcentre.nhs.uk](http://www.middlestownmedicalcentre.nhs.uk)  
Please pass this Newsletter on to family or friends after you have finished with it.