

BRADSHAW MEDICAL CENTRE

Patient Participation Group -

NEWSLETTER Summer 2018

Welcome to the Summer 2018 Newsletter. We hope you find this of interest and would appreciate any comments you may have. We would also welcome your suggestions for topics to include in future editions.

STAFF NEWS

Dr Knox starting in August as a salaried GP.

CONTACTS FOR THE SURGERY

Centre open weekdays.

Normal hours: 8am – 6.30pm Monday to Friday.

Routine appointments: personally at Reception or phone 01942-483900 from 8am.

Appointments with a doctor can be made up to 1 week in advance for normal weekday surgeries.

To make an extended-hours appointment on a Monday, please contact the Centre from 12 mid day on the day.

Appointments with a nurse may be made up to 4 weeks in advance.

If you are unsure about whether your condition is urgent, phone the Centre. A Receptionist will give advice about what to do and take appropriate steps. Same day emergency appointments may be made after 8am either at Reception or by phone. If all morning emergency appointments are taken you will be asked to contact the Centre after 12 mid day to secure an afternoon appointment. If all

such appointments are filled your case will be referred to the GP who is “on-call”. You will be contacted by phone and if the doctor considers it necessary you will be asked to come to the Centre to see a doctor.

It should not be necessary for any patient to go to A&E during normal hours for matters which would normally be dealt with at the Centre.

Wigan Borough registered patients can book an appointment to see a GP or Nurse between 6.30pm – 8pm weekdays and 10am – 4pm weekends/bank holidays. This service is provided out of hub practices throughout the Wigan Borough. It may not be your own GP/Nurse that you see, but the GP/Nurse will be able to access your medical records (with your consent). For an appointment: telephone 01942 482848.

An out of hours GP may be contacted in the event of emergency by phoning 01942 829911. You may be asked to go to:-

The Lower Ince Health Centre, Claire House, Phoenix Way, Ince,
Wigan, WN3 4NW

You may wish to attend the Skelmersdale Walk-in Centre, 116-118 The Concourse, Skelmersdale, WN8 6LJ, open Monday to Friday 7am to 10pm, Weekends and Bank Holidays 9am – 5pm.

Inquiries about test results should be made between 11am and 3.30pm.

BREAST SCREENING

Patients are called for breast screening between the ages of 47 and 75 every 3 years. It is extremely important that you attend for regular screening. If you are in this age group and have not been called for screening or decided not to participate at the time but would now like to do so, please ring the Breast Screening Unit on 01942 774713.

If you wish to continue to be screened beyond the age of 75 you can request an appointment by contacting the Breast Screening Unit (01942 774713)

BREAST EXAMINATION

There is no right or wrong way to check breasts, but it is important to know how your breasts usually look and feel. That way, you can spot any changes quickly and report them to your GP.

BE BREAST AWARE

Get used to how your breasts feel at different times of the month. This can change during your menstrual cycle. For example, some women have tender and lumpy breasts especially near the armpit, around the time of their period. After the menopause, normal breasts feel softer, less firm and not as lumpy.

NHS BREAST SCREENING PROGRAMME

Five point plan for being breast aware:

- Know what is normal to you
- Look at your breasts and feel them
- Know what changes to look for
- Report any changes without delay
- Attend routine screening if you are aged 50 or over

Look at your breasts and feel each breast and armpit, and up to your collarbone. You may find it easiest to do this in the shower or bath, by running a soapy hand over each breast and up under each armpit.

You can also look at your breasts in the mirror. Look with your arms by your side and also with them raised.

BREAST CHANGES TO LOOK OUT FOR

See your GP if you notice any of the following changes:-

- Change in size, outline or shape of your breasts
- Change in look or feel of your skin eg puckering or dimpling

- New lump, thickening or bumpy area in one breast or armpit that is different from the same area on the other side.
- Nipple discharge that is not milky
- Nipple bleeding
- Moist red area on your nipple that does not heal easily
- Change in nipple position eg your nipple being pulled in or pointing differently
- Rash on or around nipple
- Discomfort or pain in one breast particularly

ALWAYS SEE YOUR GP IF YOU ARE CONCERNED

Breast changes can happen for many reasons and most of them are not serious. Lots of women have breast lumps, and 9 out of 10 are not cancerous.

However, if you find changes in your breast that are not normal to you, it is best to see your GP as soon as possible. This is important to rule out breast cancer. If cancer is detected, then appropriate treatment should be planned as quickly as possible.

CERVICAL SMEAR UPTAKE

2016-17 NHS Digital Statistics on the Cervical Screening Programme show a drop in the number of women of all ages being screened but only 62% of younger women (25-29 year olds) are being tested.

If women are embarrassed about having a test or worried about what the test results might say, they should talk to their GP who can explain why the test is important.

Of samples submitted by GPs and NHS Community Clinics, 94.8% of test results were returned 'Negative'.

In recent years, cervical cancer has become the most common cancer among women under the age of 35.

Although cervical cancer mortality rates have decreased by up to 70% since the introduction of the NHS cervical screening programme in 1988, there were still 726 deaths from the disease in England in 2014 and a total of 890 in the whole of the UK.

CARERS

Are you a carer looking after a partner, family member, relative, neighbour or friend who needs help due to ill health, old age, disability, mental health problems or drug/alcohol misuse? Wigan and Leigh Carers Centre offer a wide range of services and support across the Wigan Borough. For carers it can make the difference between finding support and being able to cope, rather than feeling isolated and alone.

One report says looking after yourself and making time to do the things you enjoy in life will help you keep things in perspective, give you fresh energy to carry out your role as carer and also give the person you care for a break from you! While it may feel difficult to leave someone else in charge for a while, it is good for everyone to have contact with a variety of trusted people.

Wigan and Leigh Carers Centre can be contacted for further information: telephone 01942 705959. www.wiganandleighcarerscentre.org.uk

Wigan and Leigh Carers Centre, 3-5 Frederick Street, Hindley, Wigan WN2 8BD.

Also, there is a free to attend Hub for Carers on the last Wednesday of the month from 1.30pm to 3.30pm at the Masonic Hall, Chapel Street, Pemberton. (For more information: please contact Shirley – 07792 757793).

ENJOYING THE SUN SAFELY

Whatever your age, the best way to enjoy the sun safely and protect your skin from sunburn is to use a combination of shade, clothing and sunscreen.

When the sun is strong or you're at risk of burning:

Spend time in the shade: between the hours of 11am – 3pm.

Cover up: with a t-shirt, hat and sunglasses.

Use a sunscreen: with a protection level of at least SPF 15 and 4 stars ****. Use it generously and reapply regularly.

For more information: visit www.cancerresearch.uk.org

MEDICATION AND HOLIDAYS

Remember to take enough medications with you on holiday to last your entire holiday, with a little surplus in case the holiday leaving date is delayed in getting you back home to get further medications.

MEDICATION REQUESTS

If you need to request medication but have not had this prescribed for 12 months or more, please make an appointment to see one of the GPs. Our reception staff will also advise you to do this should you contact the surgery regarding your medication.

MEDICATION AND FINANCE

NHS Primary care and medication management is monitored: to maintain overall financial balance. Investment has been made in 2016/17 and will continue to be made in 2017/18 – on schemes aimed at transforming NHS care by reducing activity in the hospital system and caring for more patients in a community based setting where it is clinically appropriate to do so. Now generic instead of branded medicines are being advocated where feasible to do so. Generic medicines tend to be cost-effective, but also patients can fare better when there is a positive attitude and can manage their own health.

MEDICATION AND COMMUNITY PHARMACISTS

One report says Community Pharmacists are able to give you advice on how to use your medicines; can highlight any possible side effects and can talk to you about any concerns you may have, making sure that you are taking your medication safely. This advice can be given on prescribed medicines as well as medicines sold under their supervision. This campaign is not seeking to replace GPs but to free them and the wider NHS network to manage the more complex and urgent needs of an ageing population.

SIGNS OF STROKE

The Act FAST campaign – designed to help people know and remember the signs of stroke and call 999 as quickly as possible if you notice even one of the signs in yourself or in others.

- FACE – has the face fallen on one side? Can you/they smile?
- ARMS – can both hands be raised and kept there?
- SPEECH – is the speech slurred?
- TIME – time to call 999.

One report says timely treatment can reduce the risk of disability and death, so calling 999 immediately, even if you are unsure, is essential. (People who are deaf, hard of hearing or speech impaired and are unable to call 999, can text the emergency services on 999 but need to register their phone in advance. To find out more go to emergencysms.org.uk).

DEFIBRILLATORS IN EMERGENCY

As well as there being a defibrillator at the Surgery, there is now available a defibrillator in both the Masonic Hall, Chapel Street, Pemberton, and Pemberton Taxis, White Street, Pemberton.

WIGAN BOROUGH AGE UK: AGE FRIENDLY PEMBERTON

You may see an Age Friendly flower logo in local Pemberton shop windows. These shops have agreed to provide emergency seating, patience and a glass of water to people aged 50+ in need (even emergency toilet where possible) - when out in the Pemberton area. (Under the umbrella of ambitionforageing.org.uk/wigan 01942 615895).

HEALTHY ROUTE DROP IN CENTRE

Central Park, Montrose Avenue, Wigan – Tuesday 12 June 2018 and thereafter - to stop smoking, healthy eating, losing weight, etc.

POSITIVE ATTITUDES, COFFEE MORNINGS AND SOCIALISING

ST BARNABAS, MARSH GREEN

Managing one's own health can be improved also by community coffee mornings. Have a chat, tea/coffee and a slice of toast at St Barnabas Church Hall, Kitt Green Road, Wigan WN5 0EF: Tuesdays 9am – 11.30am. A second hand sale is available every week, as well. (All ages – all welcome).

St Barnabas Friendship Group is held on Thursdays 1.30pm – 2.30pm. No charge to attend. All are welcome. (All ages). Refreshments: 50p.

(Queries: 01942 211545).

FUR CLEMT

Every Wednesday afternoon from 1pm onwards – book in advance – for afternoon tea (teas/sandwiches/cakes). Central Park, Montrose Avenue, Wigan, WN5 9XL. (Queries: 07727 057129).

ST FRANCIS CHURCH HALL

There is an over 60s Club on a Wednesday afternoon 1.45pm – 4pm (Games of Bingo, Dancing, Tea/Biscuits – often cake: there are many birthdays to celebrate)! . Please contact George Whalley 07858 731246.
