

Practice Newsletter

January 2024



hello
2024

**Happy New Year
from
Everyone at Teams Medical
Practice**

Practice Hours:

7.30am-6.00pm Monday and Tuesday

8.00am-6.00pm Wednesday, Thursday & Friday

Practice Closures: The practice is closed every Tuesday between the hours of 12.00pm- 1.00pm for staff meetings.

Dr Radcliffe has now left to start her maternity leave. She will be back in January 2025. We would like to wish her and her family a happy and healthy new year.

Teams Medical Practice feedback

We would love your feedback. Let us know what you think. We are sending patients I want great care texts. This gives you the chance to share your feedback. We also have form in the waiting or ask reception.

FEEDBACK IS
THE BREAKFAST OF
CHAMPIONS

Cervical cancer awareness month

January is Cervical Cancer Awareness Month.

Each year, more than 3,200 women are diagnosed with cervical cancer in the UK. This type of cancer can affect all ages.

About cervical cancer

There are two main types of cervical cancer. The most common is squamous cell carcinoma. This develops from a type of cell that covers the outside of the cervix, at the top of the vagina.

Very early-stage cervical cancer may not cause any symptoms. It is usually found and treated because of cervical screening tests (this includes a smear test)

Signs and symptoms of cervical cancer

Some of the common symptoms of cervical cancer can include:

- Vaginal bleeding unusual for you
- Changes in vaginal discharge
- Pain or discomfort during sex
- Pain in your lower back or pelvis.

Talk to your GP or practice nurse and get the symptoms checked. These symptoms can be embarrassing, but your GP or practice nurse will understand. The earlier cervical cancer is found, the easier it is to treat.

Cervical screening

[Cervical screening](#) is a way of preventing cervical cancer (cancer of the cervix). The first part of cervical screening is to have a smear test.

Did you know 1 in 4 don't attend their cervical screening test?

If you are worried about having a smear test, read our online community [blog post about 'overcoming smear fear'](#) helpful. This article covers ways to help make cervical screening work for you.

Get Fit this Jan!!!!

The start of January has become synonymous with lifestyle changes - many new-year's resolutions involve getting fit, losing weight, and changing eating habits.

It is all down to **the fresh-start effect** - most people believe choosing a set point, such as a new year, will help motivate them to reach a particular goal.

But research suggests this does not always work, particularly for fitness.

And there are a few reasons why those thinking about getting into exercise should bring their 2024 resolutions forward a few weeks.



Dry January 2023

WHAT IS DRY JANUARY?

Established in 2013 by the UK charity Alcohol Concern, DRY JANUARY is the non-profit organisations flagship campaign which has been changing the conversation about alcohol over the past number of years.

Taking part in the campaign is a chance to ditch the hangover, reduce the waistline, and save some serious £££ by giving up alcohol for 31 days.

Doing Dry January:

Enables you to take control of your relationship with alcohol.

Drives a conversation about alcohol: why do we drink it, what does it do, and how can we reduce the harm it can cause?



Patient Information.

Zero Tolerance – Abusive or Aggressive Behaviour

Our staff come to work to care for others, and it is important for all members of our staff to be treated with courtesy and respect. Aggressive or violent behavior towards our staff will not be tolerated under any circumstances. Anyone giving verbal abuse to members of staff, either in person or over the telephone, will be sent a letter from the Practice Manager advising that this behavior will not be tolerated. Any future violation of this policy will result in the removal from the Practice patient list.

Blood Pressure Machine: This is located at the back of the waiting area and is free to use at any time during surgery hours. If you have been asked to take a blood pressure reading, feel free to come and use the machine and hand in the slip to reception if you need any help just ask a member of the reception team.

Appointments:

Can we please kindly ask if you are calling the practice for sick notes, annual reviews, nurse's appointments, can you call back after 10am. This will help reduce waiting in the que and help us to deal with patients who need a same day appointment.

Please note just a phone call is still classed as a GP appointment. Be aware that if you are having chest, abdominal pain, ear ache the GP advises for a face-to-face appointment as this can require an examination. Staff will guide you and let you know accordingly.

Annual reviews

When you receive your text inviting you to come for your annual review can you please make sure you are booking this appointment in within the month. Nurse's appointments can be booked in up to 4 weeks in advance.

If you require your blood pressure, weight and height please be aware that we have a machine in the waiting area that's free of charge for patients to use during practice opening hours. Please note we closed 12pm till 1pm every Tuesday for staff meetings.

Prescriptions

Please note we do not do urgent prescriptions. You can order your medications up to 7 days in advance. The process will take 24-hours to process medications. This allows time for the doctor to sign the prescription off and then for the pharmacy to get it ready. If you are calling after 4pm on Friday, please note your medications won't be ready until the Tuesday as we are not open weekends. We have a lot of prescriptions to process on Monday morning from the weekend, so your patience is appreciated.

If you have been discharged from hospital and your medications have been changed. Please allow time for us to receive the changes from the hospital. We cannot issue any hospital prescriptions until we have all the documents required.

Updating information

If you have changed your contact details, address etc, can you please make sure you inform the practice. This helps us to keep your record up to date.

Fancy being a health champion?

Are you passionate about your GP Practice?

Would you be interested in volunteering alongside the GP's, nurses, staff, patients, and community members?

If so, please email the practice with your name and contact number to:

nencicb-ng.a85023@nhs.net (subject health champion interest)

Your interest will be passed onto Lesley Gooding our Practice Manager and Lead Health Champion.

Walking Group

Every Thursday at 10 am the health champions and patients/walkers gather outside the Practice. They go for a walk around the community and chat about the local area before stopping at the Teams Life Centre for a cuppa.

Everyone is welcome.

