

Western Elms Newsletter January 2019

CERVICAL CANCER PREVENTION WEEK 21 - 27 JANUARY 2019

Smear tests aren't easy for everyone, but they can save lives.

- **2 women lose their lives to the disease every day**
- **9 women are diagnosed with cervical cancer every day**
- **75% of cervical cancer can be prevented by cervical screening (smear tests)**

The number of people going to cervical screening (a smear test) is lower than ever. Together we can encourage and empower more women and people with a cervix to take up their invitation. We want everyone eligible for a test to know what a smear test is for, why they're so important and the ways to make it easier.

Cervical cancer is preventable. The impact of a cervical cancer diagnosis is far reaching both emotionally and physically. Screening is offered to women aged 25 to 64. Screening is a very useful weapon in the arsenal against cancer. It aims to detect abnormal cells in the cervix that could, if undetected and untreated, develop into cervical cancer. If screening finds these cells we can refer women for effective treatment. Speak to reception to book in for your cervical screening today.



HAPPY NEW YEAR! From the team at Western Elms Surgery. There are exciting times ahead for the surgery, as this year our new building will be open...



7 DAY WORKING

Western Elms, Circuit Lane and Tilehurst Potteries practices work together as a cluster to offer our patients additional appointments in evenings and weekends:

Mondays and Tuesday evenings are at Western Elms Surgery, Wednesday is at Tilehurst and Thursday is at Circuit Lane. Friday evenings and Sundays are currently covered by Westcall. Saturdays are worked on a rotation and you will be advised where your appointment is on booking.

This means you will be able to be seen at a different surgery who will also have access to your notes, with your consent. Please ask to speak to a duty manager for more information.

FRIENDS AND FAMILY

In December 131 people said they were extremely likely to recommend our surgery to Friends and Family! Thank you to everyone who takes time to fill out a form. If you would like to fill one out you can find them at the reception desk!

ONLINE SERVICES

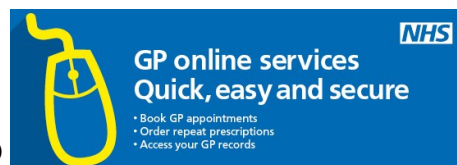
Sign up to GP online services and you will be able to use a website or app to book or cancel appointments online and order repeat prescriptions!

How can I start using GP online services?

1. Take photo ID (passport or driving licence) to the reception desk and tell them you would like to register for online services.
2. Fill in the short registration form that you are given.
3. Once you have signed up, you will receive a letter with your unique username, password and instructions on how to log in,

I'm not good with the internet - Where can I get help?

You may speak to a member of reception who can help you to set up your account. Alternatively there are a number of different services for people who need internet training such as UK online centres or your local library.



PATIENT PARTICIPATION GROUP

Would you like to find out what's going on at the surgery behind the scenes or have your say and provide suggestions? Then why not join the PPG? We would love to see some new faces at our next meeting!

Our next meeting is on Wednesday 23rd January 1.30pm at Oddfellows Hall, we would love to see you there! Please email us on we.patientgroup@nhs.net or let us know at reception if you would like to attend. Your comments and suggestions can make a difference.

NEWSLETTERS

Do you keep up with our monthly newsletters? If you would like one electronically please email us on we.patientgroup@nhs.net we can then add you to our virtual group and you will be sent one each month to your email along with a set of the PPG meeting minutes.

GIVING BLOOD SAVES LIVES

By giving blood, every donor helps us meet the challenge of providing life-saving products whenever and wherever they are needed.

Most people can give blood. You can give blood if you:

- are fit and healthy
- weigh between 7 stone 12 lbs and 25 stone, or 50kg and 160kg
- are aged between 17 and 66 (or 70 if you have given blood before)
- are over 70 and have given blood in the last two years

