

"SURGERY SNIPPETS"

- a newsletter for our patients.

January - March 2018

REDUCING YOUR CANCER RISK

To kick start the New Year we're **promoting healthy living** and reminding you that –



One in every two smokers will die from a smoking related illness. Don't be the one.

It's never too late for you to stop smoking. Take the first step today.

Find help and advice at DontBeThe1.tv

MAKING SMOKING HISTORY in Greater Manchester

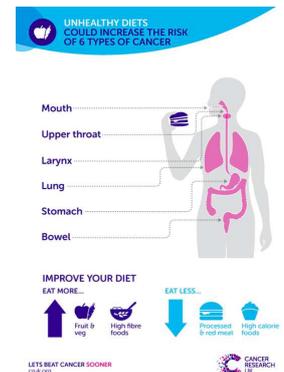
Book an appointment on 0161 905 4711 with our HCA or nurse if you want help quitting.

"Healthier diets could help prevent 1 in 10 cancers"

– pick up a leaflet or find out more from Cancer Research UK at www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer

We've explained before that detecting cancer early, is key to successful treatment. No-one wants to receive a cancer diagnosis but there are many effective treatments now that can mean years of active life ahead.

Along with **promoting healthy eating habits & giving up smoking**, we're also encouraging our patients to take up the **free NHS screening available**. The aim of screening is **to detect early changes** in the body **before they've developed into any noticeable symptoms**. Find out more at www.cancerscreening.nhs.uk



UPTAKE OF SCREENING SERVICES - whilst we're on the topic, a review with Cancer Research UK shows that our patients are **more likely** to engage in breast & bowel screening, but **less likely to engage in cervical cytology (smear test) screening**. As a reminder -

WOMEN AGED 25 onwards NEED CERVICAL SMEAR TESTING

every **3 years** if aged **25 – 49**; every **5 years** if aged **50 – 64**; or if aged **over 65** those who haven't been screened since age 50 or have had recent abnormal result.

We have **multiple female clinicians** trained to take smear tests at the practice & we offer a **range of appointment times Monday – Friday**, from **first thing in the morning to early evening**. Don't put it off! Book your appointment on **0161 905 4711**.

If you can't attend on weekdays, we can book you a **Saturday appointment from 08:00 – 14:00** at the Trafford Hub site in Sale Moor.

Please note: Family Planning clinics no longer offer routine smear testing.

PS: If you think you've missed your breast screening invitation, ring 0161 291 4444 to book appointment, or ring 0800 707 6060 for a bowel screening kit.

FAREWELL & GOOD LUCK to Dr Burgess

“It is with mixed emotions that I find myself writing in “Surgery Snippets” for the first time. I have been privileged to be part of the WRMC team for over 17 years. It has been an honour to get to know many of our patients, and to have been involved in their care.

However, the time has come for me to return to my “homeland” - Scotland, to be closer to my own family and friends. While I am looking forward to new challenges in the future, I can’t seem to find the right words to express just how much I will miss my patients & incredibly supportive colleagues at WRMC.

I know the team at WRMC will continue to provide an excellent, supportive and caring service to its patients. I would like to take this opportunity to thank my partners, staff and patients for all the kindness that I have been shown while working here & to wish you all good health and happiness for the future.”

Whilst we’ll miss Dr Burgess hugely, we’re excited for her new adventure & wish her all the very best.

We’re consequently delighted to report that **Dr Oliver Hobman** will be staying with us, but changing his role from salaried GP to GP partner at the beginning of March 2018. We are also currently recruiting an advanced nurse practitioner with the aim of reducing waiting times for appointments for our patients.

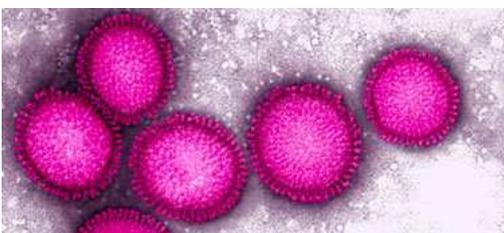
TRAFFORD CENTRAL NEIGHBOURHOOD WORKING

As Trafford Clinical Commissioning Group makes progress towards GP practices “working at scale” to improve resilience and stability, we’re fortunate within **Trafford Central**, [Sale area] that all 6 practices have a cohesive and productive working relationship. To that end, we’re progressing plans to develop a quarterly newsletter across the patch; combining aspects of area-wide activity & practice specific news.

MEASLES OUTBREAKS

- there are currently outbreaks of measles in the Manchester area. These have occurred as the number of children vaccinated against measles is not at a high enough level to protect these outbreaks. We’re therefore keen to ensure all children over 12 months & adults are fully vaccinated.

The greatest priority is to protect those children who’ve not yet received 2 doses of MMR vaccination, so we’ll be reminding them about booking a vaccination appointment with our nurses on 0161 905 4711.



FLU IS NOW CIRCULATING IN THE COMMUNITY

If you’re “at risk” and have not yet had your vaccination, please ring us on 0161 905 4711 & we’ll aim to arrange a same day appointment for you [vaccine stock permitting]

BANK HOLIDAY & TRAINING CLOSURES - SPRING 2018

The surgery will be closed on the following dates: Friday 30th March, Monday 2st April; Monday 7th & 28th May. The surgery will also be closed for a Trafford-wide training event on the afternoon of Weds 24 January & Thursday 26 April from 1pm. Should you need urgent medical attention that cannot wait until we re-open, one of the services below may be able to help:

NHS 111 (24 hour NHS advice line)	111
Minor injuries unit, Altrincham General Hospital	0161 934 8300 (8am-8pm w’days; 10am-6pm w/e & b/hs)
Trafford Urgent Care Centre, Trafford General Hospital	0161 747 4978 (8am-8pm)