

NEWSLETTER SEPTEMBER 2018

PRACTICE WEBSITE

Visit our practice website for details of our opening hours, services, up to date practice news and other health links.

www.houghtonmedicalgroup.nhs.uk

Surgery Closures

Monday 27th August – Bank Holiday
Wednesday 5th September 12-6pm staff training
Wednesday 14th November 12-6pm staff training

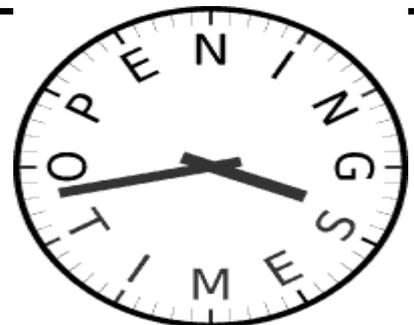


Pneumonia Vaccines

Are you aged 65 or over? If you have never received a pneumonia vaccine book your appointment now with Shelley, our Health Care Assistant. You only need one vaccination in your lifetime. Patients with other chronic diseases are also eligible regardless of age – please ask at reception.

Surgery Opening Times

Monday	8.30am-12pm	13.30pm-6pm
Tuesday	8.30am-12pm	13.30pm-6pm
Wednesday	8.30am-12pm	13.30pm-6pm
Thursday	8.30am-12pm	13.30pm-6pm
Friday	8.30am-12pm	13.30pm-6pm



We are now closed at lunchtime between 12-1.30, If you require routine medical advice during this time call 111. For urgent queries call the surgery number for further instructions.

Text Message Reminders

We have now have a text message reminder system to remind patients of the date and time of their appointments. It also makes cancelling appointments much easier with no need to ring the surgery.

To use the service search "MJog Messenger" in the App Store or Google Play Store. If you need any help with this just ask our reception staff.

Please let us know if you change your mobile number so we can update our computer system. We will also be using text message reminders to invite patients in for annual check-ups with the practice nurses and for flu vaccines.

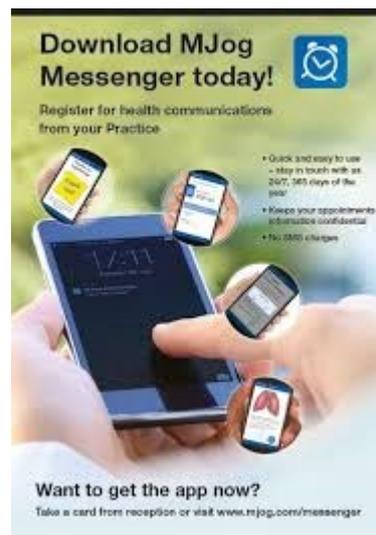
NEW APP FOR TEXT MESSAGING

For all patients who currently receive texts from us you may have recently had a text from us informing you about the new app which is available: 'MJog Messenger'.

The app allows you to access your healthcare messages easily and quickly.

Why you should install MJog Messenger

- * It is free and makes responding to messages extremely quickly and easy.
- * Get your health information direct
- * Instant notifications let you know when a new message is received.
- * Messages are sent securely and you can PIN protect access to MJog Messenger.

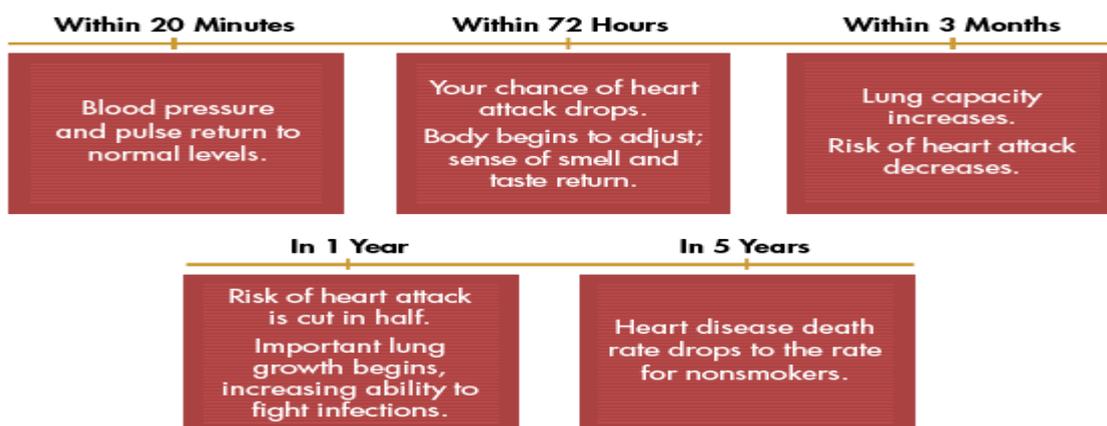


Go to: www.mjog.com/messenger

Smoking Cessation

Our Health Care Assistant Shelley runs smoking cessation clinics for anyone interested in quitting smoking. If your smoking status has recently changed please inform the surgery so we can keep your records up to date.

What Happens When you Quit Smoking



Flu Vaccines

Flu vaccines are available for eligible patients from September

Flu vaccines will be available from the middle of September. This year, in line with NHS guidance, we will be using two different vaccines – patients aged 65 and over will receive a different vaccine to those aged under 65. This is because some vaccines work better in the over 65s. If you are 65 or over we will have your vaccine in stock at the end of September.

We will also be vaccinating two and three year olds with the flu nasal spray. If your child is eligible we will send you a text reminder or a letter. The nasal spray will be available from the beginning of October.

3 simple steps to help protect you and your family from Cold & Flu Viruses

Both the cold and flu viruses are extremely hardy—as well as being airborne, the flu virus can live on surfaces for up to 2 days, and cold viruses can survive as long as 7 days. Touching these surfaces with your hands and then touching your nose or eyes is a key way to spread infection. Although hands and surfaces may look clean, you need to clean and disinfect to kill germs and viruses.

Following these 3 steps can help to prevent the spread of cold and flu viruses..

WASH

Wash your hands regularly with an antibacterial soap or hand wash to remove viruses

SPRAY

Spray surfaces that people often touch with their hands like door handles, taps and kitchen surfaces with an antibacterial spray to 99.9% of bacteria and remove viruses.

WIPE AWAY

Wipe away using a clean cloth or an antibacterial disposable wipe, to help prevent spreading bacteria or viruses which build up on

Have you had your flu jab?

Don't put it off. Get your flu jab straight away.

STAY WELL THIS WINTER

NHS

A woman in a blue NHS uniform is smiling.

Is your child aged 2 or 3?
The free flu nasal spray can protect your child

STAY WELL THIS WINTER

NHS

A woman in a blue NHS uniform is holding a young child.

Common childhood illnesses

Looking after an unwell child



Healthcare professionals in Washington have developed an app aimed at people looking after young children, as well as those about to become parents.

It gives easy-to-understand guidance on common ailments affecting children, as well as advice on when and where to seek further treatment. The app, which is also available as a 64-page booklet, has been created by the Washington Locality in association with NHS Sunderland Clinical Commissioning Group (CCG).



BREAST SCREENING What you need to know

- Over 2 million women go for breast screening every year in the UK.
- Women aged between 50 and 70 get breast screening invites in the post every 3 years.
- You must be registered with a GP. Register at nhs.uk or your local clinic.

Most women now survive breast cancer, and survival rates are going up thanks to earlier diagnosis and better treatment and care.

Breast cancer is the most common cancer among women in the UK. 1 in 8 women in the UK will develop breast cancer at some point in their lives.

Survival rates for breast cancer: 41% (2004-2007), 77% (2008-2012), 100% (2013-2017)

CANCER RESEARCH UK

SPOTTING BOWEL CANCER EARLY CAN MAKE A DIFFERENCE

When bowel cancer is diagnosed at the earliest stage, more than 9 in 10 people will survive the disease for 5 years or more... ..But fewer than 2 in 10 people are diagnosed at the earliest stage.

When cancer's detected at an earlier stage, there's a better chance of surviving it. Get to know your body. Tell your GP about any unusual or persistent changes. Register with a GP so you will receive bowel screening kits when eligible. That's people aged 50-74 in Scotland and people aged 60-74 in the rest of the UK.

IT SAVES LIVES

LET'S BEAT CANCER SOONER
cruk.org/spotcancerearly | cruk.org/bowelscreening

CANCER RESEARCH UK

Jo's cervical cancer trust

Cervical Screening: What you need to know

Cervical screening (smear test) is NOT a test for cancer, it's a screening test to detect abnormalities at an early stage in the cells of the cervix

Each year around five million women in the UK are invited for cervical screening, **saving 5000 lives**

Cervical screening only takes **5 minutes** and it could **save your life**