

## When you're invited to your breast screening

Save the date, it could save your life

### Help us, Help You

Breast cancer is the most common type of cancer in women in England, the chance of getting breast cancer increases as you get older.

Regular breast screening is one of the best ways to spot a cancer that is too small to feel or see yourself – it saves around 1,300 lives each year in the UK.

Anyone registered with a GP as female aged from 50 up to their 71st birthday will be invited for NHS breast screening every 3 years. You'll automatically get your first invite for breast screening between the ages of 50 and 53. You'll get a letter in the post inviting you.

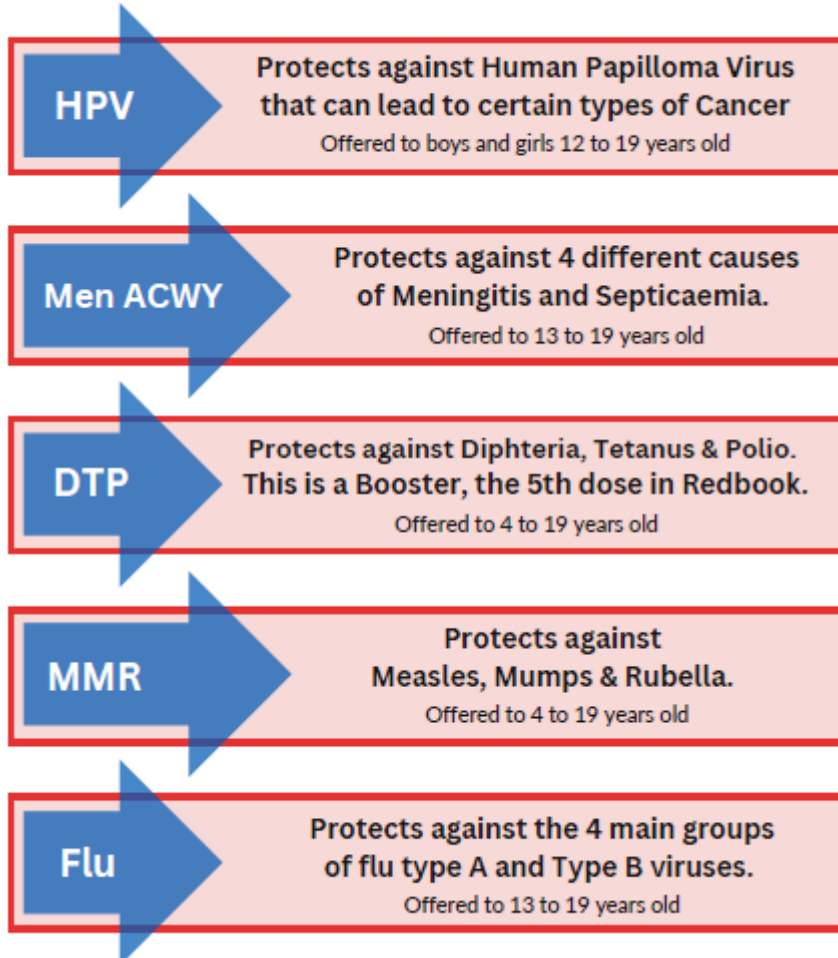
Finding cancer early can make it more likely that treatment will be successful.

Breast screening can detect cancer long before you can even feel it. Or more likely, put your mind at rest.

**So when you're invited, save the date, it could save your life.**



## School Vaccinations Explained



## Has your child missed their vaccination at school?

Go to [www.schoolvaccination.uk](http://www.schoolvaccination.uk) or click the QR Code to find your nearest 'Catch Up' clinic.



## Norovirus

Norovirus, also called the winter vomiting bug, is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant but usually gets better in about 2 days.

### Symptoms include

- Nausea and vomiting
- Diarrhoea
- High temperature
- Abdominal pain
- Aching limbs

Certain individuals, especially young children, older adults and those with weakened immune systems, are more prone to severe symptoms which can lead to dehydration. Those experiencing these symptoms should ensure they drink plenty of fluids to prevent this.

If you have diarrhoea and vomiting, please do not visit hospitals and care homes or return to work, school or nursery until 48 hours after your symptoms have stopped and don't prepare food for others, as you can still pass on the virus during this time. Alcohol gels do not kill norovirus. Wash your hands with soapy warm water and clean surfaces with bleach-based products where possible to help stop infections from spreading.



## Kooth Digital Mental Health Service

Kooth Digital Health is the UK's largest and longest-serving digital mental health service and has worked with the NHS for 20 years. With mental health services often overwhelmed, too many people don't get the help they need. Their services are free at the point of use and don't have any thresholds or waiting lists so you can find support today. They currently operate one service for children and young people (Kooth) and one for adults (Qwell).



kooth

**You're not alone**

Access support from other young people and professionals, all at your own pace

[www.kooth.com](http://www.kooth.com)

*"We're here for you. Our team of mental health professionals is here to support you. You can talk to us about whatever's on your mind."*

*We offer:*

- *Free, anonymous support: our chat service is free, and you don't even have to give your name.*
- *Real people, not bots: the professionals you speak with in our chat service are real people who want to listen to you.*
- *A safe space to talk: the Kooth chat service is a safe space for support accredited by the British Association for Counselling and Psychology (BACP)."*



Qwell

**Whatever's on your mind,  
we're here to listen**

Free digital mental wellbeing support for adults across the UK

[www.qwell.io](http://www.qwell.io)

**"We offer a variety of anonymous support options to meet your needs"**

### **Professional support**

Our accredited team is here to support you through all things big and small. No referral needed, just join the chat queue when you are ready to chat.

### **Community support**

Our peer-to-peer forums are moderated to maximise safety and allow people to discuss issues together in a facilitated environment.

### **Personal development tools**

Our suite of self-help tools offer the ability to create journals, track your mood and set goals."



## Your Contact Details

Please ensure we have the most up to date information for you. Have you changed address, got a new contact number or email address? Have you nominated a next of kin?

**Email** is now our preferred way of keeping you up to date.



## Feedback

We value constructive feedback that helps to drive improved services, so don't hesitate to share your thoughts.

If your feedback relates:-

1) **THE SHRUBBERIES MEDICAL CENTRE MON – FRI 8.00 – 18.30** please ask for a feedback form at reception or go to our website

[Feedback - The Shrubberies Medical Centre](#)

2) **HEALTHBRIDGE DIRECT EVENING & WEEKEND CLINICS**

Go to their website [Contact – HealthBridge Direct](#)

Or phone **020 3981 3500**

## And a warm welcome to

...our new recruits Eva, Faye and Sadie. We are delighted that they have joined the team.

## Patient Participation Group

We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact **Michelle Greene 07941 077350**

## Did not attend Appointment

In January & February, we booked **5751** appointments.

**245** patients did not attend (DNA)

**If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.**

**To cancel your appointment:**

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)

## Who's who!

**Dr Nadia Bashir**

**MBBS, BSc, MRCGP (2010) DRCOG (2008) DFSRH (2011)**

Dr Bashir qualified from the Royal Free and University College London Medical school and completed her GP training locally in Barking and Havering in 2010. Dr Bashir has an interest in undergraduate medical education and is a GP tutor for the Royal Free and UCL Medical school.