



Don't carry the worry of cancer with you

If something in your body doesn't feel right,
talk to us. Tests could put your mind at rest.
Until you find out, you can't rule it out.
Contact your GP practice.



Help Us to Help You

We know that many people worry about cancer but sometimes put off getting checked because they hope the symptoms will go away or think they will get bad news. But finding cancer early makes it more treatable and can save lives. It's important that if you are worried about a symptom that could be cancer, to contact your GP practice. To rule out cancer, your GP may refer you for tests. Whatever the result, your NHS is here for you. Don't carry the worry of cancer with you, if something in your body doesn't feel right, contact your GP practice. Until you find out, you can't rule it out.

Possible symptoms of cancer

Different types of cancer all have their own symptoms. General symptoms which could be a sign of cancer can include:

- a new lump or swelling anywhere on your body
- sweating a lot (particularly at night) or a high temperature that lasts a long time or keeps coming back
- feeling more tired than usual
- unusual bruising or bleeding (such as bleeding from your bottom, blood in your pee or vomiting blood)
- pain anywhere in your body that's not usual for you
- losing weight without trying or feeling less hungry than usual
- needing to pee more often or more urgently, or pain when you pee

For more information on cancer signs and symptoms go to

www.nhs.uk/cancersymptoms

Did you know:

- People are more likely to regularly check their bank balance (80%), the weather forecast (70%), sport results (42%) and upcoming entertainment such as TV shows (41%), than they are to check for changes in their body (39%) - despite this being vital to spot potential signs of cancer.
- Nearly three in 10 people (29%) often put off a visit to their GP because they are afraid of the potential diagnosis – even though catching cancer early makes it more treatable and can save lives.
- 49% of people do not recognise that unexplained weight loss is a potential sign of cancer



How to cope in hot weather

Heatwave: how to cope in hot weather

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. When hot weather hits make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- not drinking enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people – especially those over 75 and female
- those who live on their own or in a care home
- people who have a serious or long-term illness including heart or lung conditions, diabetes, kidney disease, Parkinson's disease or some mental health conditions
- people who are on multiple medicines that may make them more likely to be badly affected by hot weather
- those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease
- people who spend a lot of time outside or in hot places – those who live in a top-floor flat, the homeless or those whose jobs are outside

Tips for coping in hot weather

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees.

Check the temperature of rooms, especially where people at higher risk live and sleep.

For more information visit <https://www.gov.uk/government/collections/heat>





NELFT Mental Health Direct

Tel: 0800 995 1000

Talking Therapies in Redbridge

0300 300 1554 - option 1

Minor eye conditions

Care Optics, 14 The Broadway, Woodford Green 020 3551 6075

Eye Clinic, 449 Woodford High Rd,

Woodford Green 0203 951 7192

Ellis Bass Optometrists, 25 High St. Barkingside 020 8550 9288

Missing and or un-booked Barts Hospital appointments

0345 602 9906 and quote your NHS number.

Need to find your NHS number?

<https://www.nhs.uk/nhs-services/online-services/find-nhs-number>

Need to chase a referral?

MRI or USS ring Healthshare Diagnostics on 0330 1273229

ENT ring TNW Communitas 0208 683 6734

24 ECG, ECG, 24 BP ring OMNES Healthcare 0203 189 4604

Dermatology ring DMC 0207 635 1012

Family Planning & Sexual Health Services:

Barking Hospital

Upney Lane, Barking IG11 9LX

020 8970 5724

All East Sexual Health Clinic Stratford

40 Liberty Bridge Rd, E20 1AS

0208 496 7237

Eligible for a Covid 19 Vaccination?

Contact the following local pharmacies

- Osbons
- Churchfields
- Pyramid
- Britannia
- Day Lewis
- Wanstead

Submit an e-consult using the NHS APP

Services>Contact your GP surgery for a document or update

Services>Contact your GP surgery about a health problem

Submit an e-consult using our website

www.theshrubberiesmedicalcentre.co.uk/appointments



Did not attend Appointment

In May & June, we booked **5672** appointments.

250 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

I have completed graduation in physiotherapy from Uttar Pradesh, India (2013). I also pursued and earned a master's degree in musculoskeletal physiotherapy in 2015, further establishing my expertise in the management of musculoskeletal (MSK) conditions. My professional journey is marked by extensive experience in the management of patients with MSK issues. My commitment to improving patients' quality of life has been a driving force in my career. In February 2023, I moved to the United Kingdom, settling in London, a city I have grown to love.

I currently work as First contact physiotherapist in primary care and visit different GP surgeries in Woodford area. If you would like to know what to expect from a first contact physiotherapy consultation please follow the link to know more <https://vimeo.com/574370220>

I aspire to become an independent non-medical prescriber which would expand my skill set and benefit patients.

Outside of my professional life, I have a passion for badminton and enjoy playing this regularly, additionally I am a big fan of watching cricket, an avid food enthusiast and enjoy exploring new cuisines along with being a decent cook myself. If you are dealing with any musculoskeletal issues, please book an appointment with me and I will be happy to help.

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**



Reeti Singh