

Welcome to The Summer Edition



Newsletter

From Benchill Medical Practice



Staff News:

The Practice would like to welcome two new GPs to the team - Dr Ryan starts with us on 29th July and Dr Packer on 27th August. We hope you will all welcome them to the team. We are also in the process of recruiting a new member of staff after a long serving member of reception has moved on to a new venture, we appreciate your patience as our new team member is trained and settled into the practice.

Hub Appointments All of our registered patients now have access to Weekend and Evening GP, Nurse and Healthcare Assistant (HCA) appointments (this is in addition to the Monday Evening appointments we offer at the surgery). Please ask a member of staff for more details about the 'Community Hub Weekend and Evening Appointments' for more information about how to book. Please note: these appointments are not at Benchill Medical practice but at surgeries around South Manchester.

Did you know?  As well as GP appointments at our surgery, we also have Nurse Appointments available until 7.30pm on Monday evenings? If work prevents you from coming to the surgery during the day, please ask for availability. Please note, you can book Nurses appointments weeks in advance.

Contact details  we have been using a text messaging service which is proving to be quite useful to the practice in order to contact our patients quickly. Please ensure we have your correct mobile number on file in order for us to use this method of contact. Should you receive a text from us asking you to book your annual review appointment please call Reception.

Do You Care For Someone?

If you look after your partner, or a relative or friend who is ill or disabled, you are a carer, even if you don't think of yourself that way. Benchill Medical Centre is committed to offering support to carers and keeps a register of patients who are carers or who have a carer. If you are a carer, please identify yourself to the reception staff and we can make a note of this in your records and offer you a FREE NHS health check- Please book your appointment at Reception.

We work closely with Manchester Carers Network who regularly offer workshops around a number of topics, from cookery to manual handling to support you with the work you do for the people you care for. Please see our carers noticeboard in the waiting room or our Facebook page.

Flu season

Please look out for upcoming notices regarding our flu clinics this year. We expect a delivery of flu vaccines at the end of September. If you are over 65 years old, have a Chronic disease, pregnant or a carer you are entitled to free flu vaccine. If you do not meet the criteria, you can have your vaccine at most chemists in the area. Speak to Reception if you are unsure.

Car Parking -

Parking restrictions are going to be brought in at Brownley Green for the public car parks on site, the date is yet to be confirmed. These restrictions will mean any car that is not parked within a marked bay, not displaying a blue badge, restricting access, blocking other vehicles will receive a parking ticket/fine. There will also be a time limit on parking to prevent the public from parking on site and leaving their car all day, this time limit will be clearly displayed in each carpark when the restrictions come into place.

Sun advice

Just in case the sun decides to grace us for any extended period over the Summer- please take care when enjoying outdoor activities. Sunburn increases your risk of skin cancer. Sunburn does not just happen on

holiday. You can burn in the UK, even when it's cloudy. There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October. Make sure you: spend time in the shade between 11am and 3pm - make sure you never burn - cover up with suitable clothing and sunglasses - take extra care with children - use at least factor 30 sunscreen

Breast Screening Breast screening is currently offered to women aged 50 to 70 in England. About 1 in 8 women in the UK are diagnosed with breast cancer during their lifetime. If it's detected early, treatment is more successful and there's a good chance of recovery. Breast screening aims to find breast cancers early. It uses an x-ray test called a mammogram that can spot cancers when they're too small to see or feel. The earlier the condition is found, the better the chances of surviving it. **Have you missed your screening mammogram ?....if so you do not need a referral from your GP to get another appointment - if you phone 291-4444 they will arrange a new appointment for you.** For further info on breast screening- please see following website: <https://www.nhs.uk/conditions/breast-cancer-screening/>

Bowel Cancer screening Bowel cancer is a common type of cancer in both men and women. About 1 in 20 people will get it during their lifetime. Screening can help detect bowel cancer at an early stage, when it's easier to treat. NHS bowel cancer screening is only offered to people aged 55 or over, as this is when you're more likely to get bowel cancer: if you're 55, you'll automatically be invited for a one-off bowel scope screening test, if it's available in your area. If you're 60 to 74, you'll automatically be invited to do a home testing kit every 2 years. If you're 75 or over, you can ask for a home testing kit every 2 years by calling the free bowel cancer screening helpline on 0800 707 60 60 **Not returned you bowel cancer screening kit ?....this can also be rearranged by phoning 0800-7076060..no GP letter is needed.**

Hospital Follow Up Appointments.

Not heard from the hospital with a first appointment?... you can telephone Manchester ICG who deal with all of our referrals on **947-0770** and they will be able to advise you further.

Are you chasing up a follow up appointment?.... you can phone the Consultant's Secretary directly or if you are under Wythenshawe Hospital their Appointments Dept. is **291-5120** - option 1 and they will be able to advise you further. We are very happy to help you if you are still having problems after calling any of the above.

Should you have any further problems after contacting the hospital then please do not hesitate to let us know and we will be happy to try to assist you further

Self Help Services - This website provides details of services in your local area that can provide support and advice, tools and techniques to help you take control of your life.

www.selfhelpservices.org.uk/directory-of-services

Urgent & emergency care services in England

If you're worried about an urgent medical concern, call 111 and speak to a fully trained adviser. For less urgent health needs, contact your GP or local pharmacist. Use the following link for more information.

<https://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx>

We are always trying to increase the number of people that follow us on FACEBOOK, this helps us to quickly promote any news relevant to our patients and the surrounding community. PLEASE help by 'liking' our page and sharing our news.

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Or Alternatively www.benchillmedicalpractice.co.uk

