

# April 2024 update

## Childhood Immunisation Event



Location: St Ann's Road Surgery  
Date: Wednesday 3rd April 2024  
Time: 9am until 1pm

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.

Do you want to learn more about the vaccinations that your child is offered?



Are you worried if they are safe for your child?

Why not pop down to St Ann's Road Surgery on Wednesday 3rd April to discuss childhood vaccinations with our doctors and nurses – they are happy to talk through any questions or concerns that you have.

### Vaccines:

- ✓ Help to protect you and your child from many serious and potentially deadly diseases.
- ✓ Protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated.
- ✓ Undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced.
- ✓ Sometimes cause mild side effects that will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days.
- ✓ Reduce or even get rid of some diseases – if enough people are vaccinated.

Dear patients,

I am delighted to announce to you that we have **appointed a new Practice Manager** for our surgery. They will be in post within the next month and myself and the rest of the team are very happy to welcome them to our practice – I'm sure you all will be too.

This month, we are hosting a **patient event all about childhood immunisations**. You might remember in last month's newsletters we highlighted the importance of vaccinations. If you have any questions about vaccinations – why not come along to the practice on **Wednesday 3rd April between 9am and 1pm** and speak to one of our Doctors or Nurses?

We held our latest **patient participation group (PPG) meeting** on the 28th March – we discussed practice recruitment, winter access funding and travel vaccinations. A big thank you to all patients who come to the meeting!

We will be holding **our next PPG meeting soon** – the date will be announced on our website. If you would like to join our PPG, please complete our PPG joiner form on our website.

Your **feedback is really important to us** - it helps us to improve our service which myself and the team always want to do. You can feedback to us online or through paper forms in reception. This month we will also be sending surveys to patients about their appointment experience.

Inspected and rated

Good



For more information visit:  
<https://haringeygp.co.uk/>

## April is Bowel Cancer Awareness Month

Know the symptoms of bowel cancer



- Bleeding from your bottom
- Blood in your poo
- A change in how often you poo, or regularly having diarrhoea or constipation
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.

Bowel Cancer is the fourth most common cancer. The earlier that bowel cancer is diagnosed, the more treatable it's likely to be. Which is why this April we are promoting Bowel Cancer Screening to our patients.

It is very important to know the signs and symptoms of Bowel Cancer and to complete your **self-test** if you are sent one.

The **NHS has a free bowel cancer screening programme** that is available to everyone aged 60 to 74.

If you are sent one of the self-test kits, please do complete this. It could save your life.

We know that stomach or digestive issues can be embarrassing, but if you have any of the symptoms above or notice a change – please speak with one of our GPs.

## Cervical Screening– Important information

**Cervical screening is a free NHS test and is one of the best ways you can protect yourself against cervical cancer.**

- Cervical screening checks the health of your cervix and helps find any abnormal changes before they can turn into cancer.
- All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening. You'll get a letter in the post inviting you to make an appointment. How often you are invited depends on your age.
- Nurses perform this test. They will talk you through the screening and make you feel as comfortable as possible.

**The NHS have made a helpful video to explain how cervical screening is done.**

- You can watch this here <https://www.nhs.uk/conditions/cervical-screening/what-is-cervical-screening/>
- If you are sent a letter to book your screening test, please book an appointment with one of our nurses.
- Please try not to put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.