

Circuit Lane Newsletter February 2019

CONGRATULATIONS!

Congratulations to Fernie, Jacki, Sally and Parminder following recognition by the CCG of "the fantastic work to support the reduction in HbA1c > 75 with a 7% reduction" which has been shared in the GP newsletter!

We've also had an overwhelming compliment from a patient about the diligent care he has received.



WELCOME...

A huge welcome to Dr Jenni Eggleston, who has joined the surgery this month as one of our Associate GPs. Dr Eggleston was a trainee at Western Elms three years ago.

Welcome!

Dr Eggleston will be working on Monday and Tuesday mornings. We are sure you will all see her around very soon.

DID YOU KNOW?

Did you know you can now complete your asthma review or contraception review online via our practice website?

It will then be reviewed by one of our in house Pharmacists.

Other reviews you can submit online are:

- ◆ Blood pressure
- ◆ Breathlessness
- ◆ Epilepsy
- ◆ Smoking



Visit www.circuitlanesurgery.co.uk to complete yours today!



7 DAY WORKING

Western Elms, Circuit Lane and Tilehurst Potteries practices work together as a cluster to offer our patients additional appointments in evenings and weekends:

Mondays and Tuesday evenings are at Western Elms Surgery, Wednesday is at Tilehurst and Thursday is at Circuit Lane. Friday evenings and Sundays are currently covered by the South Reading Hub. Saturdays are worked on a rotation and you will be advised where your appointment is on booking.

This means you will be able to be seen at a different surgery who will also have access to your notes, with your consent. Please ask to speak to a duty manager for more information.

PATIENT PARTICIPATION GROUP

Would you like to find out what's going on at the surgery behind the scenes or have your say and provide suggestions? Then why not join the PPG? We would love to see some new faces at our next meeting!

Our next meeting is on Wednesday 3rd April 6.30pm at the surgery. We would love to see you there! Please let us know at reception if you would like to attend. Your comments and suggestions can make a difference.

BOWEL CANCER SCREENING

What is bowel cancer screening? What does it involve?

Bowel cancer is the second largest cause of cancer deaths in the UK and survival rates are greatly improved if an individual is diagnosed early. Bowel cancer screening aims to detect bowel cancer at an early stage, before people experience any symptoms, and when treatment is more likely to be effective. The later a diagnosis is made, the more difficult bowel cancer is to treat.

Bowel cancer screening can also identify polyps (small growths on the inner lining of the bowel), which are not cancerous, but may develop into cancer in future. Once identified they can be removed which reduces the risk of bowel cancer developing. NHS bowel cancer screening is only offered to people of all genders 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, also known as flexible sigmoidoscopy, if it's available in your area.
- if you're aged 56 – 60 you can self-refer for to the programme for flexible sigmoidoscopy, if it's available in your area, by calling the freephone helpline on 0800 707 6060.
- 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 bowel cancer screening helpline on freephone 0800 707 60 60.

More information is available at www.nhs.uk/conditions/bowel-cancer-screening/

ONLINE SERVICES

Sign up to GP online services and you will be able to use a website or app to book or cancel appointments online and order repeat prescriptions!

How can I start using GP online services?

1. Take photo ID (passport or driving licence) to the reception desk and tell them you would like to register for online services.
2. Fill in the short registration form that you are given.
3. Once you have signed up, you will receive a letter with your unique username, password and instructions on how to log in.

GIVING BLOOD SAVES LIVES

By giving blood, every donor helps us meet the challenge of providing life-saving products whenever and wherever they are needed. Most people can give blood. You can give blood if you:

- are fit and healthy
- weigh between 7 stone 12 lbs and 25 stone, or 50kg and 160kg
- are aged between 17 and 66 (or 70 if you have given blood before)
- are over 70 and have given blood in the last two years

There are many places in Reading that you can donate including at The Salvation Army, Tilehurst Church of Jesus Christ and the Calcot Centre. Find your nearest venue at:

<https://my.blood.co.uk/SessionFinder>

