

Dr C Ciobanu
Principal GP

Locum GPs:
Dr Hamdulay
Dr Wilson
Dr Ahmad



Issue 2019 /78 – Spring
Haverfield Surgery Newsletter.

Extended opening
hours available on:
- Monday evening
- Tuesday evening
- Thursday evening

Cervical Screening. Don't Ignore Your Invite.

Cervical screening is not a test for diagnosing cancer. It is a test to find out whether the cells of the cervix show any changes which indicate an increased risk of developing cancer in the future.

Why should I attend for cervical screening?

If changes in the cells of the cervix are seen and treated early, cervical cancer may be prevented in the future. The development of cell changes in the cervix into cancer occurs over a number of years, which is why the screening test is effective when offered three yearly in women aged 25 to 49, and five yearly to women ages 50 to 65.

IMPORTANT.

DO NOT PUT OFF YOUR CERVICAL SCREENING, it only takes 10 minutes of your time, and it's one of the best way to protect yourself from cervical cancer.

You will be contacted via letter when your screening is due. If however you have missed or failed to respond to an invite to attend, please call the surgery.



Spring into Good Health:

The Easter break can do a lot of damage to our waistlines and health. In many homes there are lots of sweets and goodies on offer which could mean some of us gain a few extra pounds.

With the summer holiday season looming, perhaps it's a good time to think about getting fitter.

Eat better:

Eating a healthy, balanced diet is important, as well as cutting portion sizes try swapping sweet snacks for fruit, and fizzy beverages to water or juice. Make sure you eat five portions of fruit and vegetables per day.

Get more exercise:

Getting more exercise is a great way to loose weight. While it can be hard to fit exercise into our busy schedules, little changes can go a long way. You don't have to join the gym, an exercise DVD, vigorous housework, energetic gardening or washing the car all help towards daily exercise targets.

Cut down on alcohol & Quit smoking:

Whilst it can be difficult, both of these will have real benefits to your health, and will help with weight loss as well as lowering blood pressure.

WAITING TIMES – We expect patients to be seen within 20 minutes of their appointment time and in the event of a delay we will offer an explanation.

Please be patient and polite to staff at all times.

ELECTRONIC PRESCRIPTION SERVICE (EPS)

We are now able to offer patients the choice of using the Electronic Prescription Service. This is an NHS service which gives you the chance to change how your GP sends your prescription to the place you choose to get your medicines or appliances from. If you would like further information about the service, please ask the staff in a pharmacy offering EPS or ask one of the practice reception team for further details.

Are you a carer?

If you give unpaid help and support to a family member, friend or neighbour who would not be able to manage without you, then you are a carer. The person you look after might have a physical or learning difficulty, be ill or frail, have mental health problems or misuse drugs or alcohol. They may be your child, partner or parent, or a friend or neighbour, and they might live with you or live elsewhere. Whatever your situation, make sure you let us know you are a carer by completing one of our Carers Registration forms available from the Practice or downloaded from our website and hand it in to the Practice for the attention of Anne Denny, Carers Champion. Anne will then contact you to discuss how we can help and support you.

APPOINTMENT REMINDER TEXT MESSAGING SERVICE

We offer a messaging service where we send you a reminder of your booked appointment.

It is essential that you let us know your **current mobile number** in order for you to use this service.

Please speak to a member of the reception team if you wish to opt out of this service.

Patients Participation Group

The PPG is an effective way for patients and the surgery to work together. Here at Haverfield we have a group which comprises of patients and practice members. The group meets approx. 2/3 times a year.

We would very much welcome new members, so if anyone is interested in joining please contact the surgery or email kim.church@nhs.net.

You can also join the virtual group which is just a matter of giving your email address to reception.

Travel Immunisations -



Please make a telephone appointment with our Nurse to discuss your requirements and allow plenty of time before you travel.

ACCESSIBLE INFORMATION STANDARD

The practice normally communicates with patients via letter or telephone.

The Accessible Information Standard applies to patients who have information or communication needs relating to a disability, impairment or sensory loss. It also applies to parents and carers of patients who have such information or communication needs, where appropriate.

Individuals most likely to be affected by the Standard include people who are blind or

Self Care for Healthy Living

Staying healthy is important for everyone, even if you are living with a long term condition. This means eating healthily, exercising regularly, quitting smoking & drinking in moderation.

The practice is able to refer to weight loss & exercise programmes where applicable and the **Hertfordshire Stop Smoking Service** can be contacted on 0800 389 3998 or **Text Quit** to 07800 001 337.

Online Appointment Booking and Access to Records –

Some of you may be aware that we have an online booking system called Patient Access. If you would like login details for this please complete a registration form available from Reception or download from our website.

You can also apply to have online coded access to your medical records (aged 16yrs+). Please ask at Reception if you would like to make an application.

Is there anything you would like to see on the Haverfield Newsletter? Please contact Kim via email – kim.church@nhs.net or ask at reception.
Thank you.