

The Banks and Bearwood Medical Practice Newsletter

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Welcome to the Practice

Dear Patients

The Banks and Bearwood Medical Practice continues to be very busy. We thought you might be interested in some statistics about us. As of May 2019, there are **9439** patients (up from 9377 as of 1 January 2019). Of these, **18.3%** are under 18, **60.6%** are aged 18-65 and the over 65s make up the remaining **21.1%**.

All our staff work on a part-time basis. We have **8** GPs and **2** GP Registrars, **1** Prescribing Advanced Nurse Practitioner, **2** Chronic Disease Nurses, **2** Treatment Room Nurses and **1** Healthcare Assistant.

There are **11** receptionists and **6** administrative staff.

In May 2019, a total of

4516 appointments were made (all clinicians). Regrettably, **142** (3.1%) of these were missed.

In that month, no less than **9098** prescriptions were issued, but fortunately about 98% of these are now sent electronically to the pharmacy of the patient's choice! In addition, **3573** sets of test results were received and reviewed.

Routine screening percentages as at 31 August 2018 were:

Smear tests: **75.2%** (national average 71.3%)
Mammograms: **63.9%** (national average 71.9%)
Bowel Cancer: **61.6%** (national average 59.4%)

We would love to improve our screening rates further and you can read more information later in the newsletter.



Sarah Wilson
Practice Manager



Sue Thomas
Surgery Manager

Spring/Summer Edition
June 2019

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Have you signed up for online services?

In the last newsletter, we wrote about the advantages of registering for our online services.

You can order repeat prescriptions as well as requesting telephone appointments.

If you haven't yet had time to get round to it, please may we encourage you to do so? It is a straightforward process.

When you register to use the online system we will ask you to bring in a form of photo ID, such as a passport or driver's licence. There is a short form to complete which can be downloaded from our website and filled in before coming to the surgery with your photo ID if you wish to take advantage of the service.



You are of course welcome to use our services in the traditional way if you prefer.

Users of on-line services will also find it easy to use the NHS app which is being launched later this year. It will also be possible to book appointments online for blood tests, cervical smears and flu vaccinations.



Ladies - have you had an invitation?

Simply put, around 1 in 8 women will be diagnosed with breast cancer. The risk increases with age, so from 50 years old, therefore, you will be invited to have regular mammograms for early detection of symptoms.

A mammogram is a screening that uses a very low dose X ray to check whether there are any signs of the disease in the breast tissue, which would be impossible to diagnose from a physical examination.

The sooner a problem is identified, the better the patient's outlook for recovery.

Around 1 in 25 women who are screened will be called back for a further test and of these, around 1 in 4 will be diagnosed with breast cancer.

Although a mammogram takes only a few minutes, some ladies say that they find the process uncomfortable as the X ray equipment is pressed against the breast. Please be assured that this discomfort will last only a very short time.

There is no need to feel embarrassed about having a mammogram. The X ray technicians are always women and are fully trained to be sensitive to your needs. You will be asked to take off your clothes above your waist during the test and the technician will then position your breasts in turn on the equipment to ensure that the screening is clear and accurate. Two images are taken of each breast to provide a complete view.

Mammogram invitations are sent



every 3 years but the test itself doesn't treat or cure cancer.

Between screenings, it's still important for you to check yourself on a regular basis, to feel for any lumps or bumps, and also by looking in the mirror in case you can see anything that appears odd to you. Full instructions may be found at <https://www.nhs.uk/common-health-questions/womens-health/how-should-i-check-my-breasts/>

Gentlemen - this could be a lifesaver

An abdominal aortic aneurysm (AAA) is a bulge or swelling in the aorta, the main blood vessel that runs from the heart down through the chest and tummy. An AAA can be dangerous if it isn't spotted early. It can get bigger over time and could burst, causing life-threatening bleeding.

Abdominal aortic aneurysm is far more common in men over 65 and for this reason, all men are invited for a screening test when they turn 65.

*All men are invited
for screening at 65*

You will receive a letter in the post inviting you to arrange an appointment to have a scan.

Your doctor may also ask you to have a test if she or he feels you are at risk of an AAA, perhaps because you have a family history of the condition.

If you're a man over 65 and haven't been screened before, you can ask for a test.

The test involves a simple ultrasound scan and takes around 10-15 minutes.

Please do take advantage of your invitation to have an AAA scan. 87% of Banks and Bearwood patients invited have accepted a test. That's pretty good, but shall we try to improve our percentage?

It costs you nothing and could save your life.

Go outdoors

We're very lucky to live in a part of the UK that has so many outstanding natural features that make it a real pleasure to go outside and enjoy them.

On our doorstep we have Longham Lakes, a haven for birdwatchers and coarse fishing fans. Walkers looking for a short, level route will appreciate the two-mile trail around the lakes.

To the West, cross over the Sandbanks Ferry to the Isle of Purbeck. A great way to enjoy this is by bus, taking the More bus Breezer 50. With superb views in all directions, the bus goes as far as Swanage and runs year round.

Further afield to the East lies the New Forest and Exbury Gardens is a beautiful spot to spend a day outdoors. Exbury has 200 acres of woodland and riverside grounds, with 20 miles of pathways around the gardens. For train enthusiasts, Exbury boasts its own steam railway which takes in parts of the gardens that cannot be reached on foot. Between July and September, go by train to Brockenhurst where you can pick up the hop-on, hop-off New Forest Open Top bus all the way down to the gardens. Present your bus ticket at the entrance to Exbury for a 20% discount.

You might prefer to stay at home and enjoy your own garden, taking advantage of all the work you have put in to keep it looking lovely. Keep your hoe handy right now as weeds will spring up from nowhere! If you go in for pots and baskets, remember to keep them well watered; plants, like people, get dehydrated very quickly.



Stay safe in the sun

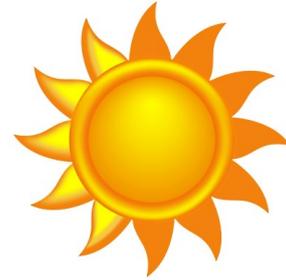
As the warmer days arrive our thoughts turn towards holidays and weekends spent outdoors in the sunshine.

Most of us who have been abroad for a sunshine holiday will be well aware of the risk of sunburn and dehydration. Sunburn increases the risk of skin cancer and dehydration can be very serious. Keep a bottle of water handy to counteract the risk of dehydration.

Regrettably, there remains an idea that you can't get sunburnt in the UK or on a cloudy day. This is very wrong and it is no less important to take steps to protect yourself in your own garden than on a Mediterranean beach. It's not the heat that burns!

The main things to remember are:

- Stay in the shade as much as possible between 11 am and 3 pm, when the sun is highest overhead
- Slip on a hat with a good brim all round
- Keep covered with a t-shirt or other loose clothing
- Use generous amounts of sunscreen, at least factor 30, paying close attention to areas that are often forgotten, such as ears, feet and backs of knees
- Reapply sunscreen frequently, especially if you have been swimming and the product has worn off



Critically important is to ensure that babies and children are protected from potentially damaging sun exposure. Babies under 6 months should not be kept in direct sunshine at all. It takes just one episode of sunburn to cause problems in the future.

Enjoy your summer, but take care of yourself in the sun!

Flu Clinics 2019

Flu vaccination appointments will be available to book from September 1st 2019. If you remain eligible to receive the annual flu vaccination, please ring reception (after 10am) to book your appointment in one of the dedicated flu clinics.

If you are eligible to receive the flu vaccination free on the NHS we would ask that you consider getting it done at the Surgery. Having your flu vaccination at the Surgery means that your medical record is available if it is needed. The flu vaccination programme is also a vital income stream for the Practice and is im-

portant in allowing us to retain staff and the services we can offer patients throughout the year.

Eligible patients are those born on or before 31st March 1955. Eligible younger patients are those with long term health conditions such as COPD, diabetes, chronic heart disease or heart failure, chronic neurological conditions including Parkinson's disease, motor neurone disease, multiple sclerosis and stroke, asthma requiring regular use of a steroid inhaler, kidney disease at stage 3 or above or who are immunocompromised due to a condition or medication. Pregnant

ladies and carers are also eligible to receive the flu vaccine.

Many school children now receive the flu vaccine in school and those eligible to receive the vaccination at the Surgery will receive a letter.

Further information about vaccination programmes can be found at <https://www.nhs.uk/conditions/vaccinations/>

Get your flu jab - it's your best shot at stopping the flu

Kinson Food Bank

Kinson and West Howe Food Bank operates from St Andrew's Church Centre, Millhams Road, Kinson, Bournemouth BH10 7LN.

Set up in 2011, it became partnered with Trussell Trust in 2014. Around 30-40 families from Kinson and the surrounding area are helped each week. The circumstances may vary but simply not having any money to buy food is the main criterion, perhaps due to loss of work, big bills to pay, homelessness or marital break-up.

29 volunteers help to sort and manage the supplies that are brought in and make up bags of food for those in need. A listening ear and cup of tea is also on the menu.

A red voucher system operates and people can access the vouchers from schools, social workers, GPs, youth workers, churches, Kinson library and the Citizens Advice Bureau.

Opening hours are Monday, Wednesday and Friday 12-4pm.

If you would like to contribute there is a list of up-to-date needs on the website but tinned meat, fish, vegetables, pasta and noodles are always needed.

kinsonwesthowe.foodbank.org.uk/



Our surgery addresses:

The Banks Medical Centre
272 Wimborne Road
Bournemouth
BH3 7AT

Bearwood Medical Centre
Knights Road
Bournemouth
BH11 9ST

**Opening Hours:**

Monday
08.00am - 6.00pm
Tuesday
08.00am - 8.30pm
Wednesday
08.00am - 6.00pm
Thursday
08.00am - 6.00pm
Friday
08.00am - 6.00pm
Saturday and Sunday
Closed

Queen of Puddings

Ingredients:

75 g/3oz white breadcrumbs
1 lemon zest grated
1 pint milk
25g/1oz butter and extra for greasing dish
50g/2oz caster sugar
3 egg yolks
Jam

For the meringue:

175g/6oz caster sugar
3 egg whites

Try this yummy pudding - it's inexpensive and simple to make

Method:

1. Preheat the oven to 170C/325F/Gas 3
2. Butter the inside of ovenproof dish.
3. Gently warm the milk in a saucepan and add the butter, lemon zest and sugar, stir until dissolved.
4. Add the breadcrumbs and allow to stand for about 15 minutes. Beat the egg yolks and stir into the cooled breadcrumb mixture.
5. Transfer to an ovenproof dish and bake in the oven for about 25-30 minutes until the custard is set.
6. Warm the jam and spread an even layer over the base. For a more luxurious pudding use assorted fruits such as berries or even tinned peaches.
7. Whisk the egg whites until stiff enough to stand in peaks the fold in the caster sugar carefully.
8. Pile the meringue on to the base and completely cover the jam/fruit.
9. Reduce the oven temperature to 150C/300F/Gas 2 and return the pudding to the oven for about 25-30 minutes until the meringue is crisp and golden.

Banks and Bearwood Practice Health Champions

Who are we?

We are a group of volunteers working with The Banks and Bearwood Medical Practice trying to identify areas of need in our community which we could possibly help with. We hope this will ultimately contribute to the well-being of our neighbourhood.

We are not medical professionals, but we have experienced many of the trials of life and understand how big a struggle you may be facing.

We do understand the difference it can make to talk things over with someone who has been there, done that and wore the t-shirt.

Please help us to help you, by telling us what you need. You

don't have to be referred by a doctor or nurse, and there are self-referral forms available in the waiting rooms for you.

Why not come along to our monthly get-together? It's FREE! We've got all sorts of ideas for themed coffee mornings. We recently had a great sing-along morning; do you have any ideas for a fun activity or would you like to hear a talk from a representative of a helping organisation?

Perhaps you've seen some of the Champions in the waiting room, or even had a quick chat with one of them. Please don't be shy, speak to us, we're there to help.



Would you like to become a Champion? We're always looking for new recruits so please contact us via the surgery.



Join us for a cuppa and a chat on the third Wednesday of the month, from 10 - 12 in the front lounge at the Bearwood Community Centre.

Next date: 17 July 2019
See you there!

Altogether Better