

Barn Close Surgery Newsletter

38-40 High Street, Broadway, Worcestershire, WR12 7DT

Tel: 01386 853651 Website: www.barnclose.co.uk



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The NHS requires medical practices in the UK to have a Patient Participation Group attached to their practice. Such groups are made up of patients who volunteer to serve on the PPG committee. They are in effect 'Friends of the practice'. Their role is to help and support the practice.

Learn, Laugh and Live!

Sounds good? This is the motto of the U3A, the University of the Third Age. This makes it sound a little daunting for some people but there are no qualifications needed and no exams to take.

We hear a lot about loneliness and its effect on mental health, particularly amongst people of retirement age. So if you are feeling lonely or bored why not join the U3A. The only qualifications you need are to be retired or partially retired and keen to meet new people and engage in activities.

Speaking as someone who moved into the area I have found it the ideal place to meet new people, form friendships and develop new interests.

From painting to reading for pleasure and all things in between, there is something for everyone. If you are feeling more energetic there are three walking groups to cater for people of various levels of fitness.

Interested? Get in touch with John Bissett on 01386 859319 or www.u3asites.org.uk/north-cotswold

Have You Missed Your Cervical Screening (Smear) Test?

Attendance for cervical screening has been falling year on year. Screening coverage has fallen over the last 10 years and attendance is now at a 19-year low. Coverage is going down across all age groups. The NHS cervical screening programme was introduced in 1988. Women are offered screening every 3 or 5 years depending on their age. Women aged 25 to 49 are invited for routine screening every 3 years, and those aged 50 to 64 are invited for routine screening every 5 years.

Cervical screening is not a test for cervical cancer; it is a **test to help prevent cancer**. Screening is intended to detect abnormalities within the cervix that could, if undetected and untreated, develop into cervical cancer. Cervical cancer mortality rates have decreased by up to 70% since the introduction of the screening programme. However, if everyone attended screening regularly, **83% of cervical cancer deaths could be prevented**. In recent years, cervical cancer has become the most common cancer among women under the age of 35.

Cervical screening checks a sample of cells from the cervix for early changes and for certain types of human papillomavirus (HPV)

Why do women not attend for this important screening?

- Many women do not attend for screening because:-
- they are embarrassed about having a smear test
- they are concerned about the procedure and wonder if it will be painful
- they are worried about the result of the test
- they do not think they are at risk
- access to screening and appointment times are inconvenient
- they are simply unaware of screening
- no female practitioners available
- not understanding the role HPV plays in cervical cancer development

However

Slight embarrassment or cancer which is worse?

The procedure is simple and may be a little uncomfortable but not usually painful.

Everyone may be at risk and a positive test means that treatment will be available and lives may be saved.

At Barn Close all the nurses and doctors doing these tests are female.

Have you missed your cervical screening test? If so either please make another appointment straight away or PLEASE DON'T MISS THE NEXT ONE!

Cervical screening is one of the best ways to protect yourself from cervical cancer.

Doctors

Dr N Townshend (m)

Dr E Billings (f)

Dr J Hughes (m)

Dr C Nyenyezi (f)

Dr L Clare (f)

Dr S Bourns (f)

PPG Members:

Chair & Secretary - Marion Davies

Hazel Bartlett

Derek Gibbons

Vice Chair - Margaret Harrington

Sue Stephenson

Practice Manager - Jean Taylor

Terry Waldron

Accessibility

If you require

This newsletter in an alternative format, please contact

Practice Manager

jean.taylor13@nhs.net

Age Concern

The new times for Age Concern Surgeries at the Signpost Broadway Offices will now be:

1st and 3rd Mondays
of each month from
10.00 a.m. to 2.00 p.m.

Recycling Inhalers

You can recycle your inhalers when they are empty at Boots and Morrisons.

Would you like to be notified when a new edition of this Newsletter is published?

If so, please sign up at:
www.barnclose.co.uk

Just click on 'Newsletter Sign Up'. It is on the home page towards the bottom.

Want to Feel Better and Enjoy Life More?

It's Thursday afternoon.

"We know we can both get out of the house and just pop in to relax and enjoy ourselves."

"It's nice to know I can have a chat with other people in a similar situation; knowing that my husband is enjoying himself and being looked after in the hall next door."

"I can choose which activities I want to do, what games I want to play and get help to do them if I need it."

"It's really friendly and a laugh. Just turn up. It's on every week."

"There's no charge, but we like to make a donation towards the tea, biscuits and cakes."

What are these folk talking about?

Today's Our Day. It has been running for four years now and is for carers and their cared-for.

It's for companions, family members, friends and carers. You can choose to join in activities with your cared-for; or spend some time with other carers in a separate room whilst volunteers are with your cared-for.

It's at the URC Hall and Jubilee Room, 77 High Street, Broadway WR12 7AL, every Thursday from 2-4p.m. Transport can be provided to get you there and home again.

Everyone is welcome. Why not pop in and try it, or ring Mark on 07949 296739 to find out more.

Broadway and District Cancer Support Group

We are a friendly group of people who have personal experience of cancer and have undergone various forms of treatment. Sometimes people find it helpful to attend a group where members talk openly and share their experiences and how they have coped with them.

Within the confidential environment of our meetings new members can pick up helpful information and tips on how to deal with some of the effects of treatment from people who have some understanding of what new and present members have been going through.

We are available to anyone who has, or had cancer and for partners and family who care for them.

We meet on the first Thursday of the month at Signpost premises at 4 Russell Square, (off the High St) at 3pm to enjoy a chat and cup of tea. We have occasional speakers and a summer outing if we can.

For more information contact Pat 01386 41055 or Jill 01386 858679

NHS Prescription Charges – How to Save Money

At the bottom of this page is information on NHS prescription charges including the Prescription Prepayment Certificate.

This costs £29.10 for three months or £104 for twelve months which is also payable, at no extra cost, over 10 monthly installments by direct debit.

This means that if you are regularly prescribed just one item per month you will be saving money and the certificate allows you to have as many items prescribed in the life of the certificate as your doctor wishes – there is no upper limit. You can also order a certificate by phone and it will be valid from that day, useful if you suddenly get a large multi-item prescription!

There are no restrictions on which medicines your doctor can prescribe for you and still be covered by the certificate.

So, for example, if you get two items per month on a regular basis and two more one-offs throughout the year you will save £130.

Surgery Opening Times

Mon to Fri 8.00am – 6.30pm

Appointment Line:

8.30am-1pm & 2pm - 5.30pm

Weekends: Closed

Dispensary: 8.45am–1.00pm
2.00pm –6.30pm

Surgery Contact Details

Main Line 01386 853651

Fax 01386 853982

Out of Hours 111

District Nurses 0300 123 7593
(now part of the Neighbourhood Team)

NHS Prescription Prepayment

A prescription costs £9 per item - but prepayment costs:

£29.10 for 3 months – card payment

£104 for 12 months – card or Direct Debit
(10 monthly payments of £10.40)

www.nhsbsa.nhs.uk/help-nhs-prescription-costs/prescription-prepayment-certificates