

Strawberry Hill Medical Centre

Patient Participation Group (PPG) Newsletter

December 2018

National Cancer Screening Campaigns

The Practice is working closely with our national screening colleagues to increase the uptake within these screening areas:

Breast Screening

All women aged 50 to 70 are invited for breast screening every 3 years.

Please ensure you attend your appointment when you are invited. The surgery will be able to tell you if you are due for screening.

"I don't go a bundle on this but it picked up my cancer very early"

Christmas & New Year Practice Opening 2018/19

Mon 24 th Dec	Normal Hrs
Tues 25 th Dec	Closed*
Wed 26 th Dec	Closed*
Thurs 27 th Dec	Normal Hrs
Fri 28 th Dec	Normal Hrs
Sat 29 th Dec	Closed*
Sun 30 th Dec	Closed *
Mon 31 st Dec	Normal Hrs
Tues 01 st Jan	Closed*
Wed 02 nd Jan	Normal Hrs

*Please call NHS 111 for all medical advice or 999 for emergencies.

Bowel Screening

Bowel screening is offered to all men and women aged 60 to 74 every 2 years.

For a free home testing kit call 0800 707 6060.

"My husband doesn't like this but after one go now does it when it comes in the post. What a star!"

Cervical Screening

Women are invited for cervical screening every 3 years aged 25 to 49 years and every 5 years aged 50 – 64 years. Please speak to reception if you think you are due to have a cervical screening and have not received a screening letter.

"I'm so glad I was screened as a problem was picked up early"

7 day working/Extended Hours

From 1st October patients have access to appointments with a GP surgery every weekday evening and in the morning on Saturday and Sunday."

We are working together with other surgeries in West Berkshire so that these additional appointments will be located across all surgeries on a rotation basis.

(Continued on page 2)

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Appointments are available at Strawberry Hill Medical Centre on Monday evenings weekly and Saturday morning twice a month.

To arrange an appointment please contact reception and they will advise of the specific dates, times and locations.

These appointments are particularly useful if you find it difficult to attend the surgery during the week.

Flu Vaccinations

Flu vaccinations are currently offered free of charge to the following groups, those over 65, pregnant women, children from 2 to 10, carers and to those with chronic and long term conditions.

Please ask for advice from reception if you are not sure whether you are eligible or click to see [who should have the flu vaccine](#)

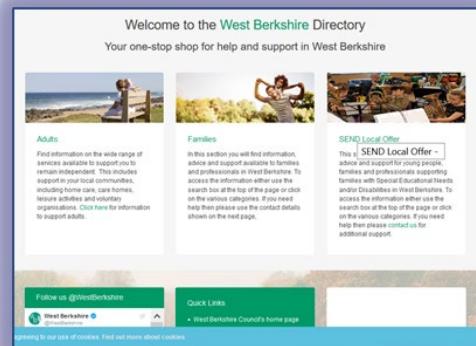


Patient Information Point (PIP)

Located on the ground floor – full of information and leaflets on health and wellbeing, posters about health events and the Blood pressure pod. Go and have a look and get a print-out of your blood pressure.

Information about health and social care and facilities / activities etc. in West Berks - a one stop shop

Are you looking for information about Health, social care or local and national voluntary support? While you are in the PIP why not take a look at the new [West Berkshire Directory](#) It offers a wide range of information.



Talking Therapies / Health Coaches

For Talking Therapies you can self refer:

Tel: 0300 365 2000

E-mail:

talkingtherapies@berkshire.nhs.uk

Health Coaches are available on a Friday here at the practice. Please see website for more information.



Interactive Website

[Our website](#) has information both about the Practice and National health guidelines.

New forms are added regularly, so if there is something you think would be useful, that may save a trip or a phone call to the surgery, please let us know via the 'contact the practice' form.

We received a fabulous comment on the NHS Website:

Using the website.....

'I don't have to waste time trying to get through to a doctor on the phone.

I don't have time to wait in a telephone queue at 8am - I'm on the train to work!

I needed some medication - I did it online.

Then I wanted to speak to my GP about a problem - I did it online.

And when I needed to sort out a referral to a specialist - you guessed it, I did it online!

Finally—the NHS has joined the 21st century!'

Do you want to lose weight and keep it off?

Free 12 week programme from Wednesday 9th January at Northcroft Leisure Centre.



Kickstart your weight loss

Portion sizes

Local daytime & evening sessions

NEW COURSE Northcroft Leisure Centre, Northcroft Lane, Newbury, RG14 1RS
Wednesday 9th January – 27th March 2019
13:00-14:30

Please call to book!

FREE 12 week programme

Healthy Snacks

Eat4Health
Free support for better health

HEALTHY LIVING
PHYSICAL ACTIVITY
WEIGHT MANAGEMENT
HEALTHY SNACKS

Want to lose weight... and KEEP IT OFF?

The FREE weight management, nutrition and exercise programme serving West Berkshire, Wokingham, Reading, Slough, Windsor, Ascot and Maidenhead.

Need more information? Get in touch today!

0118 449 2036

www.eat-4-health.co.uk

info@eat-4-health.co.uk

[Eat4Health Berkshire](https://www.facebook.com/Eat4HealthBerkshire)

[@Eat4HealthWB](https://www.facebook.com/@Eat4HealthWB)

[@eat4healthberks](https://www.facebook.com/@eat4healthberks)

 Solutions4Health

 Reading

 West Berkshire

 Wokingham

 Slough

 Windsor and Maidenhead

Smoking Cessation Clinic

We are fortunate to have a trained Smoking Cessation Advisor at the surgery. Saskia will be really pleased to support any patient who is motivated to quit smoking. Do contact her if you are such a person.

Please telephone 01635 917917 to make an appointment. Saskia would love to hear from you.



Consultation regarding West Berkshire Budget Proposal 2019/20:

<https://info.westberks.gov.uk/budgetproposals>

Closes on 23rd Dec 2018

**There are a number of cuts.
Your views are needed.
The Council is consulting on cuts on:**

- [Adult Substance Misuse Service \(Swanswell\)](#)
- [Age UKs Handyperson Service](#)
- [Alcohol Screening and Brief Advice Service](#)
- [Cancer Rehabilitation Programme](#)
- [Eat4Health \(Adult Weight Management Service\)](#)
- [Get Berkshire Active](#)
- [Mencap Family Advisor Service](#)
- [Mental Health First Aid Training](#)
- [Planning and Transport Policy Advice and Self-Build Register](#)
- [Relate \(Newbury\)](#)
- [Smoking Cessation Service \(Smokefreelife\)](#)
- [Special Needs Advice and Counselling Support Service \(SNACS\)](#)
- [Supported Employment for People with Disabilities](#)
- [Volunteer Centre West Berkshire](#)



Patient Participation Group (PPG)

All patients and staff of the Practice are members of the PPG but to be included in mailings patients must sign up. Currently, of the 21700 registered patients 1169 have signed up.

An Organising Committee is formed from members of the PPG who have expressed an interest. Any patient may self nominate to be elected to the Committee at the yearly AGM.

**Strawberry Hill Medical Centre
would like to wish you a very
Happy Christmas and a
Healthy New Year.**

