

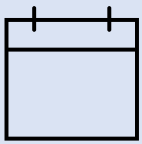


**Welcome to
Hingham Surgery.**

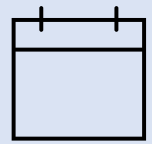
Hingham Surgery Newsletter

*Issue 45
(Summer)*

Our aim is to provide you with a caring, friendly and efficient service and to be approachable and accessible.



Appointment DNA's



In May alone we had 85 appointments that were missed.

This equated to over 24 hours of clinician time that could have been spent seeing other patients.

We understand that there will be circumstances where you can no longer attend an appointment or may no longer require it.

If this is the case please let us know as we could offer these appointments to other patients.



Contact Information



Have you recently updated your contact details?

Please make sure you inform us when you update your contact details.

We can then keep our records as up to date as possible.

Can we contact you by text?

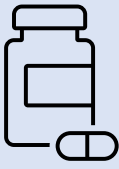
If so, please let the receptionist know so we can record your consent on your record.

We may text you:

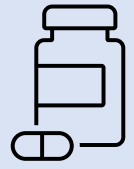
- To send survey/questionnaires which save directly into your record
- With a link so you can send photos to the clinician of your rash or lump for example
- Ask you to update clinicians on your treatment or wellbeing
- Invite you to health screenings or vaccinations
- Send referrals letters or summaries
- Contact you if you miss an appointment e.g. at outpatients
- Contact you if you are not able to answer a phone call
- Send you test results or ask you to call to discuss your results
- Send you general public health messages about COVID 19, flu clinics, mental health or wellbeing services
- In relation to research projects, unless you have objected

You can object at any time by getting in touch with us.

If you share a mobile phone with someone, please be mindful that they may see information about your health.



Prescription Requests.



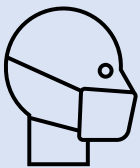
Please remember that we need at least three FULL working days to process your prescription request.

Please note you are able to order your medication one week in advance before it is due.

Please remember when ordering medication at the weekend or over bank holidays, we still need three complete working days to process your request.

You can request your medication via the NHS App, Online Services and via our website.

If you don't have access to the internet you can call us after 14:00 on 01953 850237



Wearing Face Coverings In the Surgery.



We would kindly request that any patient attending with respiratory symptoms wears a face mask.

Please be aware that for your protection and that of others, we may ask you to wear a face mask if respiratory symptoms are observed.

Urine Samples

We will not accept samples in anything other than our sample pots. These are available from Reception.

Nurses Section

Stay Safe in the Sun!

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. For more information on how to stay safe in the sun, scan the QR code or visit:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Make sure you:

- Spend time in the shade between 11am and 3pm
- Never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 30 sunscreen



My Type 1 Diabetes

MyType1Diabetes is a free digital resource with tailored support to help adults live well with their type 1 diabetes. Scan the QR code to sign up today or visit <https://www.mytype1diabetes.nhs.uk/>



Healthy Living for people with Type 2 Diabetes

Healthy Living for people with type 2 diabetes is a free online service Designed to help you live well with type 2 diabetes. Get support at home, work, or on the move. Scan the QR code to sign up today or visit www.healthyliving.nhs.uk



Drink less

Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money.

Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.

Scan the QR code or visit the link below to find out some simple tips and tools to help you start cutting down today.

<https://www.nhs.uk/better-health/drink-less/>



Nurses Section

Breast Screening

NHS breast screening checks use X-rays to look for cancers that are too small to see or feel.

Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71. You'll get a letter in the post inviting you.



For more information on breast screening in our area, scan the QR code or visit:

<https://www.nnuh.nhs.uk/departments/breast-screening/>

Cervical Screening

Cervical screening (a smear test) checks the health of your cervix. The cervix is the opening to your womb from your vagina.

NHS cervical screening is not a test for cancer, it's a test to help prevent cervical cancer. It saves thousands of lives from cervical cancer each year in the UK. In England cervical screening currently prevents 70% of cervical cancer deaths. If everyone attended screening regularly, 83% could be prevented.

All women and people with a cervix aged 25 to 64 should be invited by letter.

For more information on cervical screening, scan the QR code or visit:

<https://www.nhs.uk/conditions/cervical-screening/>



Blood Pressure Monitoring

Please remember to return your Home Blood Pressure Monitors on time.

We have a waiting list for these so it's imperative that we have these back in the Surgery so they can be tested and cleaned, ready for the next patient.

Nurses Section

Free NHS Apps

Did you know there are several free NHS apps available to better your health. Scan the QR code or go to www.nhs.uk/better-health to find out more.



Active Norfolk

Active Norfolk is the Active Partnership for Norfolk, funded by Sport England to help Norfolk residents to live a healthy and active lifestyle. They offer several activities including Running, Flexibility & Balance, and Exercise classes.

To find out about upcoming activities, scan the QR code or visit <https://www.activenorfolk.org/public/activity-finder/>



Menopause

- Menopause is when your periods stop due to lower hormone levels. This usually happens between the ages of 45 and 55.
- It can sometimes happen earlier naturally. Or for reasons such as surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy), cancer treatments like chemotherapy, or a genetic reason. Sometimes the reason is unknown.
- Perimenopause is when you have symptoms before your periods have stopped. You reach menopause when you have not had a period for 12 months.

There are several websites available with more information on the menopause and how to help your symptoms, these include:

<https://rockmymenopause.com/>



<https://www.menopauseandme.co.uk/en-gb>

<https://www.menopausematters.co.uk/>

