



# Practice Newsletter

## Spring 2018

### EASTER CLOSING and REPEAT PRESCRIPTIONS

Please note that the practice will be closed as follows during the Easter period: **Friday 30 March, Saturday 31 March, Sunday 1 April and Monday 2 April**. The last day for ordering prescriptions will be **Tuesday 28 March**. If ordered that day, your prescription will be ready for collection on Thursday 29 March, after 2pm

### Cervical Screening Key messages



- Reduce Your Risk is the theme for this year's awareness week
- Cervical screening is also known (colloquially) as a smear test
- Cervical screening is a normal part of staying healthy for women – don't let embarrassment get in the way
- If you have had the HPV vaccination you still need to be screened. The vaccination protects against 70% of HPV.
- Cervical cancer is the most common cancer in women under 35
- Cervical screening detects abnormal changes of the cervix **before** they become cancerous
- Cervical cancer can be prevented if the changes are found early enough
- Women over 25 are invited to have a smear test to check for any changes of the cervix
- 1 in 4 women do not attend for screening when invited
- 1 in 3 women under 29 do not attend for screening when invited
- 2 women lose their lives to the disease every day
- 9 women are diagnosed with the disease every day
- Don't wait – attending your cervical screening when invited can save your life
- The smear test can prevent you getting very ill and going to hospital
- The doctor or nurse will be happy to talk about the test, why you need it and what to expect.
- You can take someone with you as a chaperone when you go for your test
- Your carer or a member of your family can go with you to your test
- You can ask for your test to be done by a female doctor or nurse. If you are being examined by a male doctor a female nurse or doctor will also be there as a chaperone.

## **"ALL ABOUT FOOD"**



Free, interactive education event for  
Type 2 diabetic patients,  
Monday 9<sup>th</sup> April

Led by Beechwood Medical Practice  
diabetic specialist nurses Julie Davidson  
& Karen Dyer

Sessions will last 1 hour  
1<sup>st</sup> Session 4.00pm - 5.00pm (20 spaces)  
2<sup>nd</sup> Session 5.30pm - 6.30pm (20 spaces)

Venue: Seminar Room, Fishponds  
Primary Care Centre, Beechwood Road

Learn about:

- Understanding food labels
- Sensible portion sizes
- Carbohydrates
- Snack choices

Places are limited to 20 per session.  
Please speak to our reception team  
(0117 9082360)  
if you would like to register to attend.



## **WELCOME TO DR ROSIE CAMPBELL**



*We are very pleased to  
welcome back Dr Rosie  
Campbell, who is  
working at the practice  
until the end of June  
2018 to cover Dr  
Hannah MacIntosh's  
maternity leave.*

## **RAPID ACCESS TO PHYSIOTHERAPY PILOT**

*We are currently piloting a service which offers  
our patients the opportunity to receive same day  
specialist advice from a physiotherapist about  
your sore muscles, joints or spine  
(musculoskeletal) rather than needing to see a  
GP first.*

*You are eligible for the service if you:*

- *Have developed a problem with your muscles,  
joints or spine in the last six weeks. This may  
be a flare up of a pre-existing condition, or a  
completely new problem.*
- *Have not already seen anyone about this.*
- *Are aged over 18.*
- *Are able to travel to an appointment if  
required.*

*For more information please pick up a leaflet in  
the waiting room or ask one of our receptionists.*

## **PATIENT GROUP MEETING**

*Our next patient group meeting will be held on  
Wednesday 6<sup>th</sup> June at 6pm at Fishponds  
Primary Care Centre. Any patient is welcome to  
just "drop in" to a meeting if they would like, or  
please give your details to the receptionists if  
you would like to be included on our official  
mailing list. We ask group members for  
feedback on practice services and proposed  
changes and also use the meetings as an  
educational and networking opportunity.*

*Beechwood Medical Practice, Fishponds Primary Care  
Centre, Beechwood Road, Fishponds, Bristol, BS16 3TD.  
0117 9082360, fax 0117 9082354. Website  
[www.beechwoodmedicalpractice.co.uk](http://www.beechwoodmedicalpractice.co.uk)*