

Welcome To The Bramcote Newsletter!

Welcome to the newest edition of the Bramcote Surgery newsletter and the first one of 2024!

Happy New Year!



Follow us on Facebook!

<https://www.facebook.com/Bramcotesurgerypractice/>

Our Contact Details

Our Phone Number: 0115 922 4960

Our Email Address: nnicb-nn.patients.c84112@nhs.net

Our Facebook Page: bramcotesurgerypractice

Our Website: <https://www.bramcotesurgery.co.uk>



Missed Appointments

During the month of December, we had 52 missed appointments, this works out to around 7 hours of wasted appointment time!

It is important to call us before your appointment to cancel or rearrange so we can offer this to another patient.



Nurse Vacancy.

We have a Practice Nursing Vacancy!

If this is something that interests you, please contact us on 0115 922 496 or

nnicb-nn.patients.c84112@nhs.net

Did you know we have an early bird clinic on a Wednesday morning?

We provide an early morning clinic GP or a Nurse. This starts at 07:15 every Wednesday morning, perfect for the early starter!

Self Help for Minor Illness

Common ailments can often be treated by yourself at home using medicines that are available over the counter from your local pharmacy (chemist shop) or supermarket. NHS Choices has advice on their web site, or you can phone NHS 111. Your local pharmacist can also advise you on minor illnesses.

Self-help guide

You can use the NHS Choices Self-Help Guide to get advice on many conditions, including how you can treat them at home and when to seek further help.

If the symptoms persist or worsen, or if you are at all unsure, please contact us or call NHS 111 for advice.

Your pharmacy

Pharmacists are qualified to offer advice on many common ailments. Ask your local pharmacist for more information.

Free medicines without a prescription

For many common conditions you can use the Minor Ailments Scheme to get certain medicines from a pharmacy without a prescription. If you get free prescriptions the medicines are free. Otherwise you pay the usual prescription charge or the normal selling price of the medicines, whichever is lower.

Our Website

Don't forget you can find the latest updates on events happening at the surgery and within the NHS on our newly refurbished website:

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



Who Is on Today?

If you are ever wondering which days our GPs are here:

Dr Andrew Hopwood- Tues, Wed, Thurs, and alt Mon & Fri Mornings

Dr Munish Bhuchar- Tuesday, Friday

Dr Nafisa Chowdhury- Monday, Tuesday



Stop Smoking for 2024

Quitting smoking is much easier with the right support. There are lots of options to choose from. Make 2024 the year you quit smoking for good! Quit smoking this January - visit Better Health - NHS (<https://orlo.uk/Gyumg>)

Dry January



January is an ideal time for a clean sheet. If you've had a festive season steeped in alcohol, then 31 alcohol-free days in January might be just what your body needs.

70% of people who 'go dry' for January report better sleep, and 66% report having more energy. At such a tough time of the year, most of us could use better sleep and more energy. Why not give it a try?

To support you with Dry January, you can download the Try Dry app. The Try Dry app helps you track any changes, access support, and monitor your progress, all from your phone.

What is breast screening?



Cancer screening involves testing apparently healthy people for early signs of cancer.

Breast screening uses a test called mammography which involves taking x-rays of the breasts. Screening can help to find breast cancers early when they are too small to see or feel. These cancers are usually easier to treat than larger ones.

It is important to remember that screening will not prevent you from getting breast cancer but aims to find early breast cancers.

Overall, the breast screening programme finds cancer in around 9 out of every 1,000 women having screening.

Who has breast screening?

The NHS Breast Screening Programme invites all women from the age of 50 to 70 registered with a GP for screening every 3 years. This means that some people may not have their first screening mammogram until they are 52 or 53 years.

If you are older than 70

In England, Wales, and Northern Ireland you can still have screening every 3 years, but you won't automatically be invited. To continue to have screening contact your GP or your local breast screening unit.

If you are younger than 50

Your risk of breast cancer is generally very low. Mammograms are more difficult to read in younger women because their breast tissue is denser. So, the patterns on the mammogram don't show up as well. There is little evidence to show that regular mammograms for women below the screening age would reduce deaths from breast cancer.