

Cedars Medical Centre



February 2024

Welcome to the latest issue of our surgery's newsletter

Welcome

We would like to welcome our new staff members who have recently joined the practice:

- **Dr Dockney** is a GP who works in the surgery on Mondays, Wednesdays and Fridays
- **Eve Henson** is an Advanced Nurse Practitioner.

Many of you may have met them already in the surgery.

Welcome to our new GP registrars-

A GP registrar is a **qualified doctor** who is furthering their training within the field of general practice.

- **Dr Harrison** – GP registrar (GPST2) who will be working the surgery in the until approx. December 2025.
- **Dr Ogunnika** - GP registrar (GPST2) who will be working in the surgery over the next year
- **Dr Oghale** - GP registrar (GPST2) and will be working in the surgery for the next 6-months alongside Dermatology at Leighton Hospital.

Foodbank Referrals

If you are struggling to provide a meal for yourself or your family due to the increase in cost of living – please speak to our reception team for advice.

Foodbank donations

The Surgery is now a designated drop off point for the foodbank. If you would like to donate any dry goods- please feel free to leave them in our collection box which is in our main reception.

New Telephone System

As part of our plan for improving access for patients, we have invested in an upgraded telephone system that will allow patients to request a call back from the surgery instead of waiting in a long queue. The system will keep your place and call you back when you are the next caller in line. Our telephone number will be changing on **Wednesday 13th March**, the new number will be **01270 443080** and will go live from 10am.

Please be patient with our staff during this transition, as we will be working very hard to make this change as smooth as possible.

Women's Health event

We will be holding a **Woman's Health Event** on **Tuesday 16th April** at the surgery from **6.30 - 8pm**. This event is our first to be held here at Cedars and is being led by expert Doctors from the local area. The women's health event will be a chance to join us to talk all about gynaecology issues including menopause, HRT, endometriosis and pelvic floor disorders.

Spaces will be **limited** and will be allocated on a **first come basis**. To book a space, please telephone or e-mail: contactcedars@nhs.net for the attention of Michaela who will confirm your attendance.



Look out for further
update information on
our website /
Facebook page during
the coming weeks ...



Pharmacy First Scheme

Patients can now get treatment for seven common conditions directly from their local pharmacy, without the need for a GP appointment or prescription.

The seven common conditions are: - sinusitis / sore throat / earache / infected insect bite / impetigo (a bacterial skin infection) / shingles / uncomplicated urinary tract infections in women (18-64yrs).

The Pharmacy First scheme was launched by the government and NHS England on 31 January 2024 to give patients quick and accessible care and ease pressure on GP services. You can get treatment for these conditions by walking into the pharmacy or by contacting our Reception Team who will be happy to provide support and advice and make the necessary referral.

Keep us Updated

If you change your name, phone number, address or email address, please contact the reception team. To offer our patients the best care possible it is imperative that we have the correct details to contact you. Kindly note – the surgery will need to see proof of any name changes.

Surgery will be closed for staff training - PLT (Practice Learning Time) from 1pm on the dates listed below.

Date	Closing time
Tuesday 19 March 2024	1pm
Tuesday 9 April 2024	1pm
Wednesday 15 May 2024	1pm
Tuesday 4 June 2024	1pm
Wednesday 17 July 2024	1pm
Tuesday 3 September 2024	1pm
Wednesday 16 October 2024	1pm
Tuesday 5 November 2024	1pm
For minor illness please visit your local Pharmacy or contact 111. For all medical emergencies call 999	



MEASLES

**Think you have measles?
Please inform reception staff
immediately!**

You can then be seen in a separate room and stop the infection spreading to others.

Measles symptoms:
high fever; sore, red, watery eyes; cough; aching and feeling generally unwell; a blotchy red brown rash.



The safest way to protect children and adults

UK Health Security Agency gateway number: 0203010
Download only resource www.gov.uk/government/publications/measles-outbreak

Travel Vaccinations

Please return any completed Travel Risk Assessment form back to reception at **least 8 weeks** prior to any travel date. This allows our Practice nurses to have enough time to review your request and administer your vaccination course appropriately.

If you have less **than 2 weeks** before travelling, we advise you to find an alternative location for your vaccinations (eg local pharmacy), as our Practice Nurses may **not** be able to facilitate this request within this short timeframe.

Prostate Cancer Awareness Month

💙 We will be raising awareness in the surgery regarding Prostate cancer and the signs and symptoms 💙

Are you at risk of prostate cancer?



1 in 8

In the UK, about 1 in 8 men will get prostate cancer at some point in their lives.



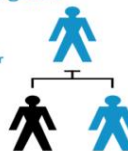
Prostate cancer is the most common cancer in men in the UK.

Over 50 years old

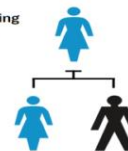
Prostate cancer mainly affects men over 50 and **your risk increases with age**. The average age for men to be diagnosed with prostate cancer is between 65 and 69 years.

Family history and genes

You are two and a half times more likely to get prostate cancer if your father or brother has been diagnosed with it, compared to a man with no family history of prostate cancer.



Your risk of getting prostate cancer is higher if your mother or sister has had breast cancer.



Ethnicity



Black men are more likely to get prostate cancer than other men. In the UK, about 1 in 4 black men will get prostate cancer at some point in their lives. If you're black, you may be more likely to get prostate cancer if you're aged 45 or over.



Speak to our Specialist Nurses
0800 074 8383* | prostatecanceruk.org
Check your risk in 30 seconds:
prostatecanceruk.org/risk-checker

© Prostate Cancer UK June 2022. To be reviewed June 2025.
Prostate Cancer UK is a registered charity in England and Wales (1000041) and Scotland (SC000855). Registered company 00003867.
*Call our Specialist Nurses from Monday to Friday 9am - 5pm, Wednesday 10am - 5pm. Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.