

# GREAT STAUGHTON SURGERY

57 The Highway, Great Staughton, Cambridgeshire, PE19 5DA

**NEWSLETTER January and February 2018**



surgery tel: 01480 860770 / fax: 01480 862893

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website: [www.great-staughton-surgery.co.uk](http://www.great-staughton-surgery.co.uk)

	MORNING Appointments 8:30 – 12:00	AFTERNOON Appointments 2:30 – 5:30
MONDAY	Dr Johnson & Dr Shields	Dr Shields
TUESDAY	Dr Johnson & Dr Shields	Dr Johnson
WEDNESDAY	Dr Johnson	Dr Johnson
THURSDAY	Dr Johnson or Dr Shields	Dr Johnson or Dr Shields
FRIDAY	Dr Shields	Dr Shields

If you use the **non-emergency patient transport**, the telephone number has changed:  
It is now a local code tel no: **0345 603 8117** (Lines are open: Monday-Sunday, 8am-6.30pm)  
Details are available from our website: <http://www.great-staughton-surgery.co.uk/info.aspx?p=12>

## Our Dispensers - Did you know?

A Pharmacist is clinically trained and is able to prescribe and well as answer clinical queries. Our dispensers are able to issue your repeat medication and help you with questions relating to your prescription, but may have to ask for a Doctors advice as they are not clinically trained and cannot prescribe.

Please be aware **we do not have Pharmacists** at the Surgery, however we do have qualified dispensers who can help you.

## Happy New Year!

If one of your New Year's Resolutions was to quit smoking or to manage your weight then come and see one of our Nurses who can give you extra support.



## Just a friendly reminder!

Your hospital consultant is able to issue you a sick note (if required) following a procedure. The hospital should also give you results of any tests they have taken there, which were requested by your consultants.

**Congratulations Dr Grady!**  
**We are pleased to announce**  
**Dr Grady has given birth to a**  
**baby boy in November.**

If you are living with pain due to your joints, muscles or nerves then you can access **NHS Physiotherapy** advice and treatment directly from DynamicHealth, provided by Cambridgeshire Community Services NHS Trust. To find out more, simply visit: <http://www.eoemskservice.nhs.uk/home>, or take a look at their Facebook or Twitter page.



## Importance of Breast Screening

Breast cancer is the most common type of cancer in the UK, it can affect both men and women. All woman aged 50 to 70 in the UK are invited for 3 yearly mammograms as part of the NHS Breast Screening programme. Although once over 70 you are no longer automatically invited to screening, you can be screened every 3 years by contacting the local breast unit or by calling the Surgery. Breast Screening involves the use of a mammogram to check the breast for signs of cancer- it can spot cancers that are too small to see or feel.

### Signs and Symptoms of breast cancer - knowing what to look out for:

Appearance: change in outline/shape of breast (especially those cause by arm movements or by lifting the breasts). Any puckering or dimpling of the skin.

Feelings: Discomfort or pain in one breast that is different from normal, particularly if new and persistent.

Lumps: Any lumps, thickening or bumpy areas in one breast or armpit which seem to be different from the same part of the other breast and armpit. This is very important if new.

Nipple Change: Nipple discharge, new for you and not milky. Bleeding or moist reddish areas which don't heal easily. Any change in Nipple position – pulled in or pointing differently. A nipple rash on or around the nipple.

If you have any changes to your breast please make an appointment with your GP straight away. You may not have cancer but if you do, then it's good to be diagnosed and treated early as it means you are more likely to survive.

If you have any questions about screening, please contact the National Helpdesk on 020 3682 0890, or contact the Cambridge Breast Unit on: 01223 217627.

### PPG Latest Meeting Information

Our next patient event will be 12.30 on **Wednesday 24 January 2018** at the Surgery. The group will be taking a look at visiting the Surgery from the perspective of a patient living with Dementia. This may be useful if you are a carer or have a family member who you would like to help.

**Thank you** for buying a Christmas raffle ticket, we raised over £350!



## Would you put it on a billboard

If the answer is no then think before you strip. Snaps, sexts, nudes, fanpics can be sent in an instant but the consequences will be with you for a long time.

For advice, help or to make a report, call 101 or visit [camb.police.uk](http://camb.police.uk)

### Cambridgeshire Hearing Help 2018 Sessions

Tuesday 23<sup>rd</sup> January

Tuesday 24<sup>th</sup> April

Tuesday 24<sup>th</sup> July

Tuesday 23<sup>rd</sup> October

A walk in session where you can have your hearing aid cleaned and new batteries fitted.

Congratulations to **Kirsten** who has passed her Diploma Level 3 in Clinical Healthcare Support and to **Charlotte** who has passed her NVQ Level 2 in Pharmacy service skills.

### **Thank you!**

Thank you to everyone who donated to the Poppy Appeal in Reception. We managed to raise £53.45.