

### Newsletter – January 2021 Edition

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#### **Farewell to Dr Bisset**

It is with sadness we announce the departure, in February, of Dr Bisset from West Road where she has been a partner for 11 years. Dr Bisset said “I have very much enjoyed being part of the excellent team here, and working with the communities in the West End. I will be very sad to leave and will miss my colleagues and patients alike, but I am looking forward to a change in my working life where I will be working as a GP doing periods of remote and rural healthcare in Scotland, alternated with educational work back in Newcastle.”

Dr Bisset has been a wonderful colleague and great asset to the community; we wish her all the best and hope to keep in touch!

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#### **COVID Vaccinations**

The NHS is currently offering vaccinations to those at most risk of COVID 19.

When it is time for you to get your COVID vaccination we will call you – **It is important not to contact the NHS before you are called to ask when you can have the vaccine.**

Delivery of the COVID 19 vaccinations depends on vaccines being delivered. You will be told where to go for your vaccine and at what time when you are contacted.

We strongly encourage you to have your vaccination when it is offered to you. The injection will be given in your upper arm.

If you have any questions about COVID vaccinations you can visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

COVID-19 Vaccinations licenced to date contain no animal products and have been supported by the British Islamic Medical Association for rollout to at risk groups. You can read their statements at <https://britishima.org>

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#### **Flu vaccinations**

Anyone over the age of 50 can have a free flu vaccination. We have these available so please ring up to make an appointment. The vaccination will be delivered by a nurse or a healthcare assistant into your arm, and the appointment only takes five minutes. The nurse will be wearing full PPE to make the appointment COVID safe. If you have concerns about attending the appointment due to COVID 19 please call and talk to us. Flu remains a very serious illness.

## Stop the spread of COVID 19

During the latest lockdown we urge all members of the public to adhere to social distancing guidelines along with other COVID 19 measures. The new strain of COVID 19 is more infectious and is already in Newcastle. Please help to keep yourself and others safe. You can spread the virus even if you have no symptoms.

### Do

- ✓ try to stay at least 2 metres (3 steps) away from anyone you do not live with (or anyone not in your support bubble)
- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ wash your hands as soon as you get home
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards
- ✓ let fresh air into your home by opening windows, doors and air vents as much as possible

### Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean

## Let's talk cervical screening otherwise known as a smear!



My name is Lynda and I am the Health and Well-being Coach here at West Road Medical Centre. I appreciate cervical smear screening may feel like an invasion of privacy. There are a number of reasons why people do not attend. It is normal to feel apprehensive, embarrassed and even frightened. Our friendly nursing team are here to protect your privacy and are very willing to talk through any worries prior to your test. You are welcome to bring someone with you and we can provide telephone interpreters where needed.

### The facts:

- 99.8% of cervical cancer cases in England are preventable.
- Approximately 24% of cervical cancer cases are detected early by cervical screening.

### Useful links

### **What is cervical screening?**

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

### **Access information in another language**

<https://www.jostrust.org.uk/information/cervical-screening/what-is-cervical-screening>

Click on the tab in the top middle of the screen 'Choose your language'

### **How can you help?**

In an effort to establish why our patient's choose not attend their cervical smear screening appointments I am looking for females who would like to share their experiences. Your experience might just help another person to take the step of coming forward for theirs. I would like to reassure you that everything you tell me will be confidential. I am able to provide a telephone interpreters where needed. I would love to hear from you, please get in touch via reception or our website. We would like to talk to patients and also would love to hear from any volunteers who would want to share their experiences with other patients.

Let's help all eligible females to attend their cervical smear screening appointments on time to help reduce their risk of a cervical cancer.

Thank you – Lynda, Health and Wellbeing Champion and Assistant Practitioner

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### **Thank you!**

Lastly, we would like to say thank you to all of our patients for your ongoing support during the pandemic. We share all feedback with staff and the lovely messages we have received in recent months have been a real boost to morale.

As ever, if you do have any feedback about our services please feel free to let us know using the email address [west.road@nhs.net](mailto:west.road@nhs.net). Please note this email address is not for medical queries and these won't be responded to – you can register an 'e consult' on our website to do that and we will respond by the end of the next working day.