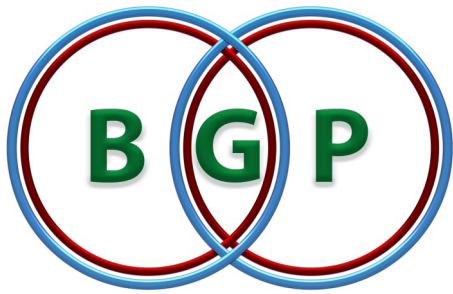


BARTLETT GROUP PRACTICE



MONTHLY NEWSLETTER

MAY 2024 / VOL. 009

TOP NEWS

- Cervical smears
- National Walking Month
- Forces veterans



May 12th is International Nurses Day. The theme this year is 'Our Nurses. Our Future'. Join us in thanking our nursing team, and nurses all over the world for the work they do and the services they provide.

YOU SAID

WE
DID

You said: There's often a wait on the phone and I can't hang on.

We did: There's now the option when you are in the queue to be updated with your queue position so you know how many people are in front of you. Additionally, if you want to be held virtually in the queue, this is now offered to you again so you don't have to wait on the phone if you don't want to.

Bank Holidays

We will be closed on the 6th May for the bank holiday.

We will also be closed on the 27th May for the bank holiday.

If you require a prescription, please make sure you leave enough time for us to fill this for you.

Should you need medical help during our closed hours, you can use NHS 111 online or on the phone, visit a walk in centre or minor injuries unit, or for emergencies you can attend A&E or dial 999.

We will re-open again on the following Tuesday's.

A FOCUS ON...

CHRONIC CONDITION REVIEWS

Every year, we invite patients to complete checks for their annual medication review.

For some conditions there are a lot more tests and information we need to gather before that review can take place.

In this month, we are explaining our asthma medication reviews and what's involved and why we need certain bits of information from you.

Living with asthma can be challenging, but with regular care and monitoring, you can lead a healthy and fulfilling life. The annual asthma review is an essential aspect of asthma management, providing healthcare professionals with an opportunity to assess your current condition, provide valuable feedback, and adjust your treatment plan if necessary.

People with asthma have swollen (inflamed) and "sensitive" airways that become narrow and clogged with sticky mucus in response to certain triggers.

Asthma symptoms often occur in response to a trigger. Once you know your triggers, trying to avoid them may help control your asthma symptoms.

You'll should have contact with your doctor or asthma nurse to monitor your condition.

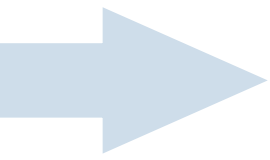
These appointments may involve:

- talking about your symptoms – for example, if they're affecting your normal activities or are getting worse
- a discussion about your medicines – including if you think you might be experiencing any side effects and if you need to be reminded how to use your inhaler
- breathing tests

It's also a good chance to ask any questions you have or raise any other issues you want to discuss.

So what happens at your review?





ASTHMA

Firstly, you will be recalled either in or just before your month of birth. You will be sent a questionnaire that asks about your current symptoms and how you are managing .

Depending on your response, our recall team will be able to see if you require further review if there is poor management evident, or if you have concerns yourself.

The team will then invite you to book in for an asthma review with our dedicated asthma nurse. They can assess your current symptoms and decide with you if there is to be any change in your medications, or management plan.

Getting your full review is super important to ensure you are getting the best care.

ASTHMA CAUSES



POLLUTION



PETS



DUST



CHEMICALS



MOLD



INFECTIONS



HEREDITY



FOOD

ASTHMA SYMPTOMS



FREQUENT
COUGHING



SHORTNESS
OF BREATH



FEELING
TIRED



WHEEZING



COMMON
COLD



ALLERGIES



CHEST
PAIN



TROUBLES
WHILE SLEEPING

Cervical Smears

WHAT IS A CERVICAL SMEAR?

Cervical screening (a smear test) is a test to check the health of the cervix and help prevent cervical cancer. It's offered to women and people with a cervix aged 25 to 64.

All women aged 25 to 64 are invited by letter to cervical screening (a smear test) to check the health of their cervix. Everyone with a cervix should go for cervical screening.

During the screening appointment, a small sample of cells will be taken from your cervix.

The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called "high risk" types of HPV.

If these types of HPV are not found, you do not need any further tests.

If these types of HPV are found, the sample is checked for any changes in the cells of your cervix. These can be treated before they get a chance to turn into cervical cancer.

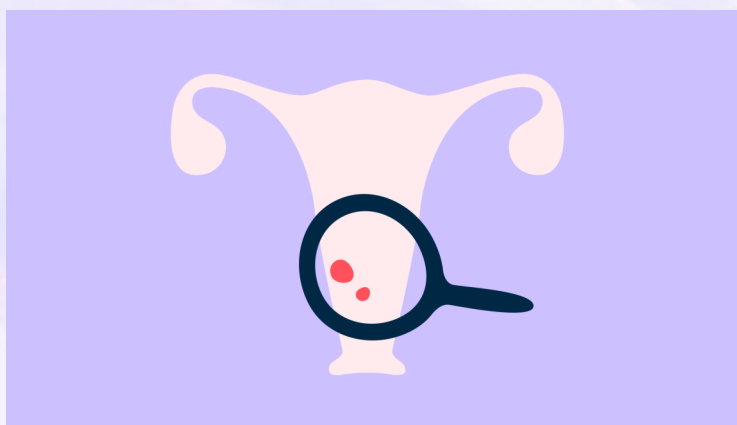
IMPORTANT

Try not to put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.

Due to high demand for appointments, we have started a waiting list for cervical smear appointments. This means once you contact us, we will add you to a waiting list and contact you when a date becomes available.

It is important that you should not be on your period during the test or two days prior or after. This is because it can wash the cells away and you may have to return for another appointment.

If you cannot make your given appointment, please let us know. This way we can offer your appointment to someone else on the waiting list and reduce missed or not attended appointments.



Saturday Clinics

We have been trialling running some smear clinics on the weekend as we are aware not everyone can make during the week.

Unfortunately, there have been lots of patients not attending these appointments which has equated to 2 full clinics of nurses time being lost.

If you know you are unable to attend, please let us know ahead of time.

We'd love to be able to keep offering these clinics, but if clinics are consistently not attended, we won't be able to.

Can I opt out?

It's your choice if you want to go for cervical screening. But cervical screening is one of the best ways to protect you from cervical cancer.

If you do not want to be invited for screening, contact us and ask to be taken off the cervical screening list.

You can ask at a later date to be put back on the list at any time if you change your mind.

For more information to help you decide, read the NHS cervical screening leaflet on the GOV.UK website.



Cervical screening. The facts.

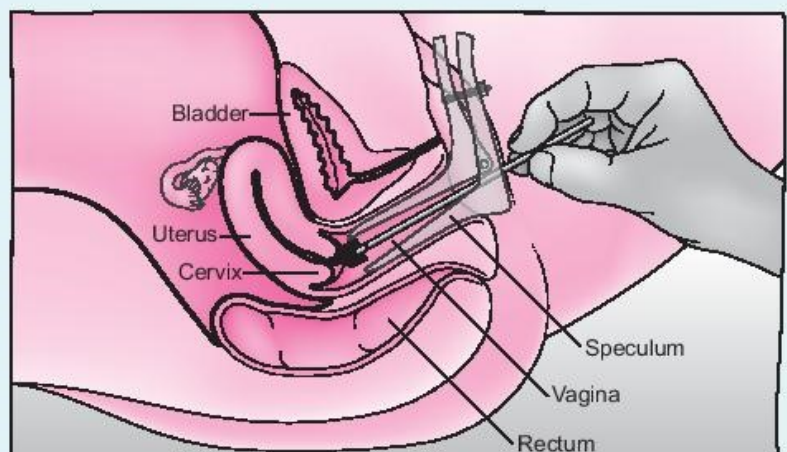
Facts about cervical screening in the UK

1. Cervical screening saves 5,000 lives a year
2. It is **NOT** a test for cervical cancer, it is a screening test to detect abnormalities in the cells of the cervix at an early stage
3. The majority of examinations are undertaken by practice nurses in GP surgeries
4. Nine out of ten cervical screening test results come back normal.

Please don't ignore your invitation. It takes just a few minutes and it could save your life.

What happens during cervical screening?

1. You will be asked to undress from the waist down and to lie on an examination bed
2. An instrument called a speculum will be inserted into your vagina so the cervix can be seen by the sample taker
3. A specially designed brush is used to gather cells from the cervix
4. The sampled cells are immersed in a vial of preservative fluid and sent to the laboratory
5. Results will be received in two to six weeks.



MAY IS NATIONAL WALKING MONTH!

National Walking Month is celebrated every year in May. During this month, we're encouraged to embrace the #MagicOfWalking and recognise the numerous health and happiness benefits of walking and wheeling. Walking is not only an excellent way to improve our health but also helps us stay connected to our community, reducing feelings of loneliness and isolation.



LIVING STREETS
PUTTING PEOPLE FIRST

88% of people saw an overall improvement in mood after going for a walk, according to a study by Mind.

To celebrate National Walking Month, here are 20 tips to help you incorporate 20 minutes of walking into your daily routine:

- Invite friends for a walk: Share the joy of walking with others.
- Take a post-work stroll: Wind down after a busy day.
- Explore local parks: Discover green spaces in your area.
- Walk during phone calls: Multitask while staying active.
- Use stairs instead of lifts: A simple change that adds steps.
- Walk to nearby shops: Combine errands with exercise.
- Enjoy a lunchtime walk: Refresh your mind and body.
- Walk your dog: Both you and your furry

friend will benefit.

- Join a walking group: Socialise while staying fit.
- Walk to school or work: Skip the car ride when possible.
- Take a family walk: Bond with loved ones outdoors.
- Explore your neighbourhood: Notice details you've never seen before.
- Walk to public transport: Skip the parking hassle.
- Walk to a local café: Sip your coffee while strolling.
- Walk during TV commercials: Use those breaks wisely.
- Walk to the library: Combine reading and walking.
- Walk to the park: Enjoy fresh air and greenery.
- Walk to meet colleagues: Discuss work while moving.
- Walk after dinner: Aid digestion and unwind.
- Walk for a cause: Participate in charity walks or fundraisers.

Remember, walking is not only good for your physical health but also contributes to mental well-being. So, let's lace up our shoes and celebrate the joy of walking this National Walking Month!





**NATIONAL
WALKING
MONTH**

#TRY20

CHECK LIST

TIP 1

**INVITE FRIENDS
AND FAMILY
FOR A WALK**



TIP 2

**A WALKING
MEETING**



TIP 3

**LET NATURE
GUIDE YOU**



TIP 4

**WALK TO AND
FROM WORK**



TIP 5

**GET
SNAPPY**



TIP 6

**TRANSFORM
YOUR STREET**



TIP 7

**WALK TO
THE SHOPS**



TIP 8

**SCAVENGER
HUNT**



TIP 9

**HAVE AN
ADVENTURE**



TIP 10

**LET THE
KIDS LEAD
THE WAY**



TIP 11

**GET
CREATIVE**



TIP 12

**TREAT
YOURSELF**



TIP 13

**GET
PICKING**



TIP 14

**EVENING
STROLL**



TIP 15

**A MINDFUL
MEANDER**



TIP 16

**WALK
THE
RAINBOW**



TIP 17

**PREPARE
FOR THE
WEATHER**



TIP 18

REACH OUT



TIP 19

**POWER WALK
TO THE FINISH**



TIP 20

**SHARE YOUR
HIGHLIGHTS**



Bartlett Group Recommends..... Mean and Green Mac and Cheese

Ingredients

400g macaroni pasta
2 heads of broccoli (about 800g), chopped into florets
1 tablespoon lower-fat spread
1 tablespoon plain flour
500ml semi-skimmed milk
1 teaspoon mustard
100g spinach, chopped (fresh, or defrosted and excess water squeezed out)
150g peas (fresh or frozen)
100g lower-fat cheese, grated
0.5 teaspoon fresh grated nutmeg or ground cumin
1 teaspoon black pepper
100g breadcrumbs (optional)

Method

1. Cook the pasta in a pan of boiling water, according to the packet instructions – about 10 minutes. About 5 minutes before the pasta is cooked, add half the broccoli florets to the pan. Once ready, drain the pasta and broccoli and tip them into a casserole dish or roasting tin.

[Cauliflower makes the perfect swap for broccoli in this recipe.](#)

2. To make the sauce, melt the spread in a saucepan over a medium heat. Add the flour and whisk quickly until it creates a paste, then add a small amount of the milk and whisk. Once the mixture is smooth, add a little more milk and keep whisking until smooth. Repeat until all the milk is in.

3. Turn up the heat and bring the mixture to the boil. Mix in the mustard, spinach, peas and remaining 8 florets of broccoli, then lower the heat and let simmer for 5 to 10 minutes. While it's simmering, pre-heat the oven to 200C (180C fan, gas mark 6).

[Sweet potato, squash, pumpkin or mushrooms are great in place of the green veg in the sauce. Just make sure you cut them up small so they soften enough to mash!](#)

4. Pour the sauce over the macaroni and broccoli, mix well until everything is covered, and spread evenly across the dish. Sprinkle over the breadcrumbs if using, and then bake in the pre-heated oven for 20 to 25 minutes, or until golden and bubbling. When it's ready, remove from the oven and leave to cool for 5 minutes – then plate up and tuck in!



GREEN initiatives

We have now completed the work on the installation of solar panels for our Frimley Green site.

We are hopeful that these panels will help us to reduce our carbon footprint, as well as help with rising energy costs.

Since the installation on the 12th April, we have :

⇒ Removed **233.82kg** of Co2 from the atmosphere

⇒ Planted the equivalent of **14.15** trees

We are also signed up as members of the Green Impact for Health toolkit, which helps us to make eco friendly choices as a practice and allows us to monitor our actions.



TOP *tips*

Are you thinking about starting to book holidays for the summer? Or maybe you've already booked somewhere? Have you thought about these things:

1. Do you need any vaccinations? Check if you do by booking in for a travel phone call with our nurses.
2. Is your passport in date? Make sure it won't expire and check if you need to renew or get a visa.
3. Do you need to carry medicines with you? Do you have enough in your supply for the length of your travel?

WE CAN ALL HELP TO **REBUILD GENERAL PRACTICE**

REBUILD

GENERAL

PRACTICE

KEEP PATIENTS SAFE. PROTECT THE NHS. REBUILD GENERAL PRACTICE

We wanted to let you all know about a campaign our surgery is part of called Rebuild General Practice.

As you will all know, general practice has been in crisis for many years. This is down to decades of neglect from successive governments and it is putting patient safety at risk.

As GPs we want our patients to know – we're on your side. We want to be there for you and your family whenever you need us. But this is getting harder and harder.

We know that currently:

- There are 6 million more patients on the books
- GPs carry out 400 million annual appointments
- 90% of NHS contact is in primary care

If you want your GP to be there for you and your family, you can help us. Take a look at the campaign video below and feel free to share far and wide.

Find out more:

www.rebuildgp.co.uk/for-our-patients

<https://bit.ly/3JCmvXU>—View the video (you may also see this playing on the TV in our practices)

#RebuildGP

KEEP PATIENTS SAFE. PROTECT THE NHS. REBUILD GENERAL PRACTICE.

We are a group of GPs calling for a proper, long-term plan to Rebuild General Practice.

We are calling for:

A PLAN TO
RETAIN
THE GP
WORKFORCE

FAIR FUNDING
AS PART
OF THE
WIDER NHS

GREATER
FREEDOM
AND
AUTONOMY

REBUILD

GENERAL

PRACTICE



Armed Forces veteran friendly accredited GP practice

We are an Armed Forces veteran friendly accredited GP practice.

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.



To find out more, ask your nurse or GP.

ARE YOU A FORCES VETERAN?

Let us know by filling out a simple form so we can make sure this is reflected on your medical record.

This helps us to signpost you to services that are available to veterans such as OPCourage and OPRestore.

Speak to one of our receptionists who can help you for more information.



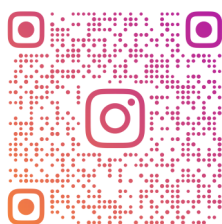
We're on Facebook & Instagram!

Why not give us a like or a follow?

We post helpful and up to date information about what's going on in the practice as well as useful links to helpful websites and apps.

You can find us by searching

[@BartlettGroupPractice](#)



BARTLETTGROUPPRACTICE

Practice Stats

Over the month of April (1st – 30th) we have had:

17,758 phone calls into the practice

8703 medication requests

277 people did not attend their booked appointment

294 people used the Healthier Together app

We also have:

28,364 patients registered with us

17,899 patients using online access