**WATERLOO MEDICAL CENTRE**

A building with a tall tower in the background

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**PATIENT NEWSLETTER**

**SPRING 2025**

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| **UPCOMNG BACK HOLIDAYS**  Please note, the Surgery will be closed on the following days  Easter Friday 18th April  Monday 21s April    May Day Monday 5th May  Spring Bank Monday 26th May  Please order your prescriptions in good time  If you need medical assistance whilst we are closed, please contact a Pharmacy that is open or call 111 – Please ONLY attend A&E for emergencies. |

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| **Unattended Appointments**  As we all know, it is extremely difficult to get appointments at any Surgery and we always strive to accommodate our patients as much as we are able to, however, it can be very frustrating when patients do not attend their pre-booked appointments with the GP or Nurse, thus preventing other patients from being seen.  In the months from 1st January to 30th April this year, **239 appointments were not attended**  This is a huge improvement for the same period for last year which was over 500!  Please ensure you cancel any appointment you are unable to attend in good time to allow others to be seen hence not wasting the clinicians time.  We do have a Practice policy on DNA’s (did not attend), whereby after three consecutive DNA’s, a warning letter will be sent and any subsequent failures to attend thereafter may result in removal from our Practice List |

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| **Ashton Social Prescribing**  Social Prescribers help people to make new connections within the community and can signpost people to local groups, activities etc.  If you are aged 18+ and wish to improve your health and wellbeing, please see one of our receptionist for further details   * Become Active * Socialise * Find interests * Get help * Get involved |

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| **Health Screening**  It is extremely important that we all take good care of our health, if you are due and called for screening, please ensure you attend the appointments, they could be lifesaving, these include  **AAA** - AAA screening can help find an abdominal aortic aneurysm early. This means it can be monitored and treated, if needed, so it’s less likely to burst (rupture), which can be life threatening. All men living in England are invited for abdominal aortic aneurysm screening the year they turn 65  **Bowel Screening** – Screening is vital in helping the NHS detect bowel cancer at the earliest stage, when it is more likely to be successfully treated.  **Breast Screening** - Last year alone, NHS breast screening services detected cancers in 18,942 women across England, which otherwise may not have been diagnosed or treated until a later stage, and the most comprehensive review to date found around 1,300 deaths are prevented each year by the breast screening programme.  Women registered with a GP are automatically invited for NHS breast screening for the first time between the ages of 50 and 53, then every three years until their 71st birthday – while women aged 71 and over can self-refer for screening  When you receive your invitation, please don’t put it off. It could just save your life.  **Cervical Screening** - Cervical screening, which used to be called 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 |