

HIGHGATE MEDICAL CENTRE

OCTOBER 2024 NEWSLETTER



Self Care

Visit www.nhs.uk

Minor cuts and grazes, bruises and minor sprains.
Coughs and colds.
Sore throat.



Pharmacy

Minor ailments
Bites and stings
Upset Stomach
Medication advice



NHS 111

Feeling unwell?
Need medical advice?
Don't have a GP to call?



GP Advice

Out of hours
Call 111
Persistent symptoms
Chronic pain
Long term conditions



Urgent Care Centres

Breaks and sprains
X-Ray and Ultrasound
Cuts and grazes
Fever and rashes



A&E or 999 Emergencies only

Choking
Chest pain
Blacking out
Serious blood loss

BREAST CANCER AWARENESS MONTH

October marks the beginning of Breast cancer Awareness month, a nearly 40 year tradition focused on supporting patients and their families, enhancing access to care, and raising awareness about the life saving importance of early screening.

TOUCH, LOOK, CHECK

Anyone can get breast cancer. Get to know your normal by checking your breasts regularly.

The aim of the [NHS Breast Screening Programme \(BSP\)](#) is to reduce deaths from breast cancer by detecting cancer at an early stage, when treatment is more successful.

In England, breast screening is offered to individuals registered as female* between ages 50 and 71. The first invite is offered to women between ages 50 to 53, and they are then offered screening every 3 years until age 71. Females aged 71 or over can self-refer every 3 years. The breast screening test is a mammogram, which is done by a female mammographer at a clinic or mobile breast screening unit.

Refurbishments at the Surgery

September - December 2024

The surgery is having some internal refurbishments to increase the number of rooms to accommodate our expanding workforce.

The works commence Monday 23rd September and will last approximately 3 months. Services will not be affected but there may be restrictions on parking on site due to builders vehicles and equipment. We therefore request patients park sensibly on Highgate Road – please do not park on the entry to Storer Close.

Updates will be posted on our website and on our Facebook page.

NHS APP

The NHS app allows you to access a range of NHS services. You can download the NHS app on your smartphone or tablet.

Please visit the link below:

<https://www.nhs.uk/nhs-app/>

Friends and Family Test Feedback (FFT)

Each week we send out feedback questionnaires to a random selection of patients. If you receive this questionnaire, we would be very grateful for your response so we can understand what we are doing well and where we can improve.

Last month 66% rated very good.

A number of patients said it was hard to get a blood test appointment – We currently have Kirsty with us on a Wednesday doing these and we can also refer you to Charnwood surgery, Mountsorrel.

Book your Flu or RSV Vaccine Today:

Call the surgery 01509 816364

Flu Vaccinations

You can get the free NHS flu vaccine if you:

- Are aged 65 or over
- Have certain long term conditions
- Are pregnant
- Live in a care home
- Are the main carer for an older person or disabled person, or receive carers allowance
- Live with someone who has a weakened immune system.

RSV Vaccine

- You're pregnant- the vaccine is recommended during every pregnancy (from 28 weeks onwards) to help protect your baby after they're born
- You're aged 75 to 79
- If you turned 80 on or after 1 September 2024, you're eligible for the RSV vaccine until 31 August 2025

Registering With A GP Surgery Now Made Easier

Register with Dr MK Lakhani's Practice Online

You don't need proof of address or immigration status, ID or an NHS number to fill out the form.

You will be registered within 48hours.

This service is part of the NHS, so your personal information will be kept safe.

**Register with Dr Mk Lakhani's
Practice**



Scan the QR Code Above

"New Horizons"

Bereavement Support Group at Barrow Upon Soar- A group of 20-25 people.

First Monday of the month 2.00pm – 3.00pm

At the Methodist Church, North Street

New members welcome, for more information to call Kate Morley 01509 412982 or Pauline Ranson 01509 416928

Visit our website on www.highgatemedicalcentre.nhs.uk