



Appointments are now on the system for those who are eligible to book their flu jabs. These can be booked by following the link sent out to you by text, or by contacting reception on the main Surgery telephone number 01206 250691.

### **Covid Boosters**

As the Surgery will not be administering the Covid boosters this autumn, patients who are eligible for this can book this on-line using NHS.uk, via the NHS App or by calling 119.

### **Surgery News**

We are very sorry to let you know that Dr Corinne Mangan one of our Salaried GPs is leaving the Practice, as she is taking up a new job in Suffolk. She has been a wonderful colleague to work with and will be sadly missed, but we want to wish her every success in her new job.

### **NHS App**

We are trying to encourage as many patients as possible to download and use the NHS App, as this is the easiest way to order repeat medication and view medical information such as test results and immunisation records. If patients need help with using the NHS app then they can visit [nhs.uk/helpmeapp](https://nhs.uk/helpmeapp) for further information.

### **October is Breast Cancer Awareness Month**

Who has breast screening?

Each year more than 2 million women have breast cancer screening in the UK. The NHS Breast Screening Programme invites all women from the age of 50 to 70 for screening every 3 years. This means that some people may not have their first screening mammogram until they are 52 or 53 years. If you are older than 70, you can still have screening every 3 years, but you won't automatically be invited. To make an appointment, talk to your GP or your local breast screening unit.

If you are younger than 50, your risk of breast cancer is generally very low. Mammograms are more difficult to read in younger women because their breast tissue is denser. So, the patterns on the mammogram don't show up as well. There is little evidence to show that regular mammograms for women below the screening age would reduce deaths from breast cancer.

Breast screening is also for some trans or non-binary people. Talk to your GP or Gender Identity Clinic about this.

#### **What is breast screening?**

Cancer screening involves testing apparently healthy people for signs that could show that a cancer is developing.

Breast screening uses a test called mammography which involves taking x-rays of the breasts. Screening can help to find breast cancers early when they are too small to see or feel. These tiny breast cancers are usually easier to treat than larger ones.

It is important to remember that screening will not prevent you from getting breast cancer but aims to find early breast cancers.

Overall, the breast screening programme finds cancer in around 9 out of every 1,000 women having screening.

#### **Information in other formats**

GOV.UK: Breast screening: helping women decide in English and other languages

**[www.gov.uk](https://www.gov.uk)**

[GOV.UK: Breast screening easy guide](#) – information for people with learning disabilities, people with low levels of literacy and non-English speakers

**Surgery Training Afternoon**

Along with all other surgeries in the area we will be shut from 12 noon on Thursday, 19 October 2023 for staff training. If patients require urgent care on this afternoon, then they can contact 111 for assistance.

**Patient Participation Group**

The Patient Participation Group will not be meeting in October.

**Sue Mitson – Operations Manager**