



## Your Doctors

Dr C. Carey (f)  
Dr J. Wood (m)  
Dr M. D'Ambrogio (f)

### Telephone

**01409 241215**

### Practice Manager

Sue McLaren

### **OPENING TIMES**

**8am—6.00pm**

**Dispensary 9am-5pm**

Closed Saturday & Sunday

### **Enhanced Access**

Monday & Tuesday evening, by pre-booked appointment only.

**Call 111 for medical advice & direction: 999 for life-threatening emergencies.**

### **When to call 999?**

**You should always call 999 in a life-threatening emergency:** heavy bleeding, chest pain, collapse or losing consciousness, extensive/major burns, sudden facial or limb weakness, seizures, spinal injury, floppy unwell infant, severe allergic reaction, poisoning or overdose, headache with loss of consciousness **all need 999.**

If you are unsure what to do, dial 111 to be directed.



## BOWEL CANCER AWARENESS

No-one likes talking about the subject, but did you know that bowel cancer is one of the most common cancers in the UK, so it's important that we do keep talking about it and know when to get help with unusual bowel symptoms.

If you have any of the symptoms in the image, we want you to get in touch. Early detection of anything that needs treating will almost certainly lead to a better outcome and more treatment options.

### **BOWEL SCREENING**

National bowel cancer screening has now been extended to include anyone aged 50 to 74 years, with call-ups every 2 years. You will be sent a FREE at-home test which is easy to do. Once completed, you then post this back to the service for testing.

The test is called a faecal immunochemical test (FIT) to look for blood in a sample of your poo. This could be a sign of bowel cancer.

If blood is found in your poo, it does not always mean you have cancer. There are more common and less serious causes of blood in your poo, such as an anal fissure or bowel polyps.

If you're aged 75 or over, you can ask for a home test kit every 2 years by calling the bowel cancer screening helpline on **0800 707 6060**.

### **Know the symptoms of bowel cancer**



-  Bleeding from your bottom
-  Blood in your poo
-  A change in how often you poo, or regularly having diarrhoea or constipation
-  Losing weight but you're not sure why
-  Feeling very tired all the time but you're not sure why
-  A pain or lump in your tummy

If you have any of these symptoms, talk to your GP and ask about an at-home test.

**The most important post you'll receive**

The bowel cancer screening programme now includes everyone over the age of 50. You'll automatically be sent an NHS Bowel Screening Kit when you become eligible. Regular screening can detect early signs of bowel cancer, even before symptoms appear.

[peninsulacanceralliance.nhs.uk/bowel-cancer-screening](https://peninsulacanceralliance.nhs.uk/bowel-cancer-screening)

### **MORE INFORMATION**

#### **BOWEL CANCER UK**

<https://www.bowelcanceruk.org.uk/>

Tel: 020 7940 1760

#### **MACMILLAN**

<https://www.macmillan.org.uk/cancer-information-and-support>

Tel 0808 808 0000

#### **SCREENING HELPLINE**

0800 707 6060



# FROM THE DISPENSARY...

Just a reminder that if you are currently receiving tax credits from HMRC, these will no longer be paid after **5th April 2025**.

People receiving tax credits are being moved to Universal credit, so, to continue being entitled to free NHS prescriptions, you must now meet the Universal Credit criteria for help with health costs.

You can check if you are entitled to help with health costs before you claim, by using the eligibility checker on the NHS website:

<https://check-for-help-paying-nhs-costs.nhsbsa.nhs.uk/start>

As it is not an automatic switchover, please make sure you check first and apply if necessary, otherwise you **may be liable to charges**.



## We want your email address!

Delighted to say **Becky Andrew** will be back with us, fresh from her maternity leave, on 22nd April. She will be picking up her phlebotomy and admin role after the Easter break. Great to have her back with us again.

If you haven't already registered an email address with us, we'd love you to do so. Whilst we continue to use text messaging and letters for some communications, it may be easier and more environmentally-friendly to use email for some communications.

This does mean that **Claire Taylor**, who has been covering Becky's phlebotomy clinics, will be leaving us. Our thanks to Claire for all her hard work with us, and good luck with your nursing refresher training.

**If you would like to have this option, please let us know.**

We are delighted to introduce **Aimee Williams** to you, who is our new trainee dispenser. Aimee will be working two days a week with us, on Thursdays and Fridays, learning just what it means to be a dispenser. Aimee started with us at the end of March—welcome aboard!

Always ensure that your current contact details, whether that is a mobile phone, landline, email or main address, are up-to-date, to ensure the right information gets to the right person, and that we are able to contact you if we need to.

If you no longer use a landline number, that may be on your record, please let us know so we can remove that from file.

**Thank you!**



We will be closed for the Easter break on **Friday 18th April and Monday 21st April**. Please ensure you have ordered your repeat medication in plenty of time.

**KEEP UP TO DATE!**  
**BRADWORTHY SURGERY**  
is on **FACEBOOK**

