

Monkseaton Medical Centre & Bridge Medical

Patient Newsletter

Spring 2022

Welcome to your Spring Newsletter

We hope you are enjoying the welcome return of spring, with lighter, longer days, the start of warmer weather and lifting of Covid restrictions.

Social distancing is no longer required including healthcare settings, although masks are still required in healthcare settings unless you are exempt. PCR and lateral flow tests are not available to most patients unless they are required for work (front facing health care staff) or you have specific medical conditions.

It may still be a daunting time for some as we've all braved the Covid-19 pandemic for over 2 years. Please remember to keep yourself safe by:

- **Washing your hands regularly**
- **Meeting outside or keeping windows open**
- **Wearing a facemask in all healthcare settings to keep you and vulnerable patients safe**
- **Getting vaccinated and boosted at the right time**



TOGETHER
Let's fight COVID-19



Join our Patient Participation Group



Our Patient Participation Group (PPG) has some fantastic new members and we always welcome more. Would you be interested in joining us? It would give you an opportunity to have a say on how our services can be improved and provide helpful feedback to our staff. The PPG meets 3 times per year for an hour. Members are involved in some of the practice campaigns, such as Flu Clinic and our annual Christmas Hamper campaign organised with the local school. If you are interested in joining, please contact our Deputy Practice Manager, Janet Pallace, who will be happy to give you more information.

As we all try to navigate our way through living with Covid, please remain polite and courteous to our reception staff who are working very hard to meet your needs.



Cancer Screening



- Cancer screening is a test that looks for early signs of cancer in people without symptoms.
- It can help spot cancers at an early stage, when treatment is more likely to be successful. Cervical screening can even prevent cancer from developing.
- Cancer screening is for people with no symptoms at all. If you have symptoms, don't wait for a screening invitation - tell your GP as soon as possible.

If you have missed your screening due to the Covid-19 pandemic we will be contacting you via letter or text to advise you how to access this now.

There are 3 national screening programmes in the UK.

Please remember when ringing these helplines you will be asked your name, your date of birth and NHS number.

Bowel cancer screening is offered to people aged 60-74 in England, Wales and Northern Ireland.

Call the free bowel cancer screening helpline on 0800 707 60 60 or email ghnt.nbcsp@nhs.net if:



*you have missed your appointment due to covid and would like to re-arrange

*you are over 75 and would like to continue with bowel screening

*you have not had your result after 2 weeks from when you sent off the testing kit

*you want to know more about bowel screening

*you do not want to be invited for bowel cancer screening

Breast cancer screening is offered to women, some transgender men and some non-binary people aged 50-70 in the UK. Breast cancer screening has changed this year. You will receive an invite to attend for your breast screening and it will be up to you to ring 0191 282 0202 to book your appointment at a time that is convenient for you. Patients of Monkseaton Medical Centre and Bridge Medical should be invited in August 2022, if they are due.



Cervical screening is offered to women, some transgender men and some non-binary people aged 25-64 in the UK. Cervical screening is available at your GP Surgery, the Shiremoor One to One Centre (contact on 0191 297 0441) or an out of hours appointment is available (contact 0191 486 2195)



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Cancer Screening

North Tyneside detection rates for prostate and bowel cancer have not gone down as a result of the Covid-19 pandemic. There has been a reduction in diagnosing **breast** and **lung cancer** - so it is important that women attend for breast screening in August.

If you are a smoker over the age of 40yrs and have symptoms that might suggest lung cancer please see your GP:

- cough for more than 3 weeks
- increasing shortness of breath
- persistent chest pain
- coughing up blood



Health Checks

Following our in-house patient questionnaire in 2021 you asked us what health checks we offer. Here's what's available to those patients who are eligible. Please contact reception for more information

- 8 week baby check
- Post natal check
- New patient registration checks for people who have just joined the practice
- NHS Health checks are 5 yearly for those aged 40-74 who are not already having reviews for heart or vascular disease
- Contraception and HRT checks for patients receiving these medications
- Mental health yearly check
- Learning disability yearly check
- Long term condition yearly check (or more frequently for some conditions)
- Medication reviews are done by the pharmacy team
- Over 75 check for patients not already seeing the pharmacy and nursing team for reviews



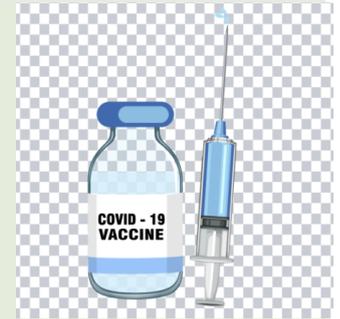
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Spring boosters

Our Spring Booster campaign is underway – all patients over the age of 75 are eligible for a Spring Booster 6 months after their last dose. Patients who are over 12 with a weakened immune system are eligible for a Spring Booster 3 months after their last dose. You will be invited to a clinic when you become eligible. If you feel you have been missed please contact the surgery.



We are continuing our regular covid booster clinics. If you wish to have any dose of the vaccine (1/2/3/booster) please contact the surgery to book an appointment. We are running clinics both at Monkseaton Medical Centre and Bridge Medical now.



You will be sent a link when we have the dates of our next covid clinics, please follow this link to book your jab. We would be grateful if you could ensure your most recent mobile number is on your GP record.

If you are over 18 and 3 months have passed since your last vaccination you can use this link to book a vaccine www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination

Please be aware Monkseaton Medical Centre would never ask for payment or your bank details to book the COVID-19 vaccine. If you receive a request for payment to book your vaccine please DO NOT divulge this information.

Please visit our dedicated coronavirus page which may answer any further questions you may have.

www.monkseatonmedical.nhs.uk/coronavirus-information

www.bridgemedical.nhs.uk/coronavirus-information

Monkseaton Medical Centre

Phone

0191 252 1616

Website (eConsult)

monseatonmedical.nhs.uk

Bridge Medical

Phone

0191 253 2578

Website (eConsult)

bridgemedical.nhs.uk

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Tribute to Practice Nurse

Kerry Llewellyn

December 1962 – April 2022

A special tribute from friend and colleague Janet Pallace.

As some of you are aware our Practice Nurse, Kerry, has fought a hard battle with cancer over the last 3 years. Her strength and courage have helped her through this. It is with great sadness that we inform you that Kerry passed away peacefully and with all her loved ones by her side on the 22nd of April 2022.

One of Kerry's wishes after talking to her family was to inform "her" patients of her battle as she cared and had the utmost respect for them hence why they were referred to as "hers".

Kerry started originally at Monkseaton Medical Centre in 2002 and then moved to Blyth Medical before settling at Dr Smith and Partners in 2011. The Partners of Monkseaton Medical Centre joined forces with the partners of Northumberland Park in 2016 and Bridge Medical was born. Kerry decided to stay with the practice as she told us this was due to the bond she had with the patients. Kerry worked between both sites and when the pandemic hit us all in 2020 Kerry continued to work from home, checking on "her patients" to make sure they were okay and supported throughout the pandemic. Despite going through chemotherapy, Kerry put her patients first. As demonstrated Kerry would always go above and beyond for the patients and staff.

I can say on behalf of anyone who has worked with her that she will be greatly missed.

On a personal level I have had the privilege of knowing Kerry nearly 20 years as a colleague and friend.

Kerry leaves an amazing strong beautiful family behind, but I know she will be looking down on them with love.

Kerry lived her life to the full and this poem, I feel, is something everyone should think about.

All about the dash

At the funeral of a friend

He referred to the dates on the tombstone

From the beginning...to the end

He noted that first came the date of birth

And spoke the following date with tears,

But he said what mattered most of all

Was the dash between those years

For that dash represents all the time

That they spent alive on earth.

And now only those who loved them

Know what that little line is worth

For it matters not, how much we own,

The cars...the house...the cash.

What matters is how we live and love

And how we spend our dash.

So, think about this long and hard.

Are there things you'd like to change?

For you never know how much time is left

That can still be rearranged.

If we could just slow down enough

To consider what's true and real

And always try to understand

The way other people feel.

And be less quick to anger

And show appreciation more

And love the people in our lives

Like we've never loved before.

If we treat each other with respect

And more often wear a smile,

Remembering this special dash

Might only last a little while

So, when we say our goodbyes

With your life's actions to rehash...

Would you be proud of the things they say

About how you spent YOUR dash?