

Welcome, thank you for taking the time to read our latest newsletter

We hope you find this issue informative and valuable. If you have any questions about anything you read, please speak to a member of our team. More information regarding the surgery can be found at: crossroadsurgery.co.uk

Bowel Cancer Screening

We are raising awareness of Bowel Cancer Screening and the importance of completing your at-home test when it is sent in the post.

Bowel Cancer Screening was introduced in the UK, 20 years ago and since then, it has saved thousands of lives.

Cancer screening is for people with no symptoms. Bowel screening aims to find cancer early, or to find changes in your bowel that could lead to cancer before they are noticeable.

If you are aged between 50 and 74, you will be sent a bowel screening at home test in the post. All the instructions are included on the box and just a tiny bit of poo can help find cancer early, when it is easiest to treat. The test is quick, you do it at home, and just a tiny sample of poo is needed.

Please visit cancermatterswessex.nhs.uk/screening-for-bowel-cancer for more information, videos and links to charities who can support you too

Aged 50-74 and received your testing kit?

Doing your **FREE** bowel screening test at home could catch cancer early – when it's easiest to treat.



IT'S QUICK



IT'S PRIVATE



EASY TO DO



TINY SAMPLE



cancermatterswessex.nhs.uk/screening-for-bowel-cancer

Who Will I See at My GP Practice?

Our practice has a team of healthcare professionals with different skills and expertise. When you contact us, we will try to book you with the clinician who is best placed to help you.

Clinician	How they can help?
GP (Doctor)	Diagnoses and treats a wide range of illnesses, manages complex medical problems, prescribes medication, arranges referrals, and oversees your overall care.
Advanced Clinical Practitioner (ACP) / Advanced Nurse Practitioner (ANP)	Assesses, diagnoses and treats many illnesses. They can manage long-term conditions, request tests, prescribe medication (if qualified), and refer patients when needed.
Practice Nurse	Provides vaccinations, cervical screening (smears), wound care, contraception advice, travel vaccinations, and reviews for long-term conditions such as asthma, COPD and diabetes.
Healthcare Assistant (HCA)	Carries out blood tests, blood pressure checks, ECGs, NHS Health Checks, dressings, health monitoring, and other routine clinical procedures.
Clinical Pharmacist	Reviews medications, answers medicine queries, manages repeat prescriptions, helps with medication side effects, and supports treatment for long-term conditions.
First Contact Physiotherapist (FCP)	Assesses muscle, joint, neck and back pain, sports injuries, and mobility problems. They can provide advice, exercises and refer for further treatment if needed.
Paramedic Practitioner	Assesses urgent health problems, carries out home visits, and supports patients with acute illness, frailty or complex care needs.
Mental Health Practitioner	Supports patients with anxiety, depression, stress and other common mental health concerns, and helps arrange further support where appropriate.
Social Prescribing Link Worker	Helps with non-medical issues affecting your health, such as loneliness, housing, finances, employment, caring responsibilities and accessing community support.

Who Will I See at My GP Practice? (continued)

Clinician	How they can help?
Care Coordinator	Helps organise appointments, referrals and services for patients with ongoing or complex healthcare needs.
Health & Wellbeing Coach	Supports lifestyle changes including weight management, healthy eating, physical activity, smoking cessation and managing long-term conditions.

Why might I not always see a GP?

Many members of our clinical team are highly trained specialists in their area. Seeing the right clinician means you can often be seen more quickly and receive expert care for your particular health concern. If your clinician feels you need to see a GP, they will arrange this.

If you are unsure who you need to see, our reception team will ask a few questions so they can direct you to the most appropriate clinician.

When we sleep better, we live better

Expert advice and support for
sleep problems. No waiting lists.
Free to access.



Ask your GP about access to
Sleepstation or **scan the QR
code** to start your journey
towards better sleep.

Sleepstation

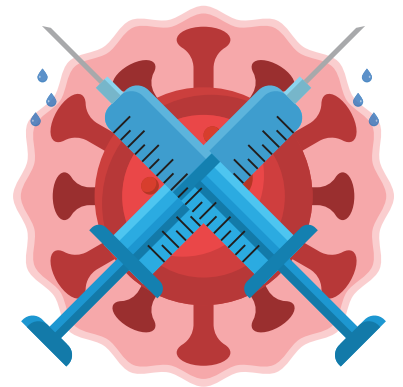
Protect Yourself This Winter

Make Sure You're Up to Date With Your Vaccinations

Vaccinations are one of the best ways to protect yourself, your family, and your community from serious illnesses.

As well as the flu and COVID-19 vaccines, you may also be eligible for other important vaccinations that help prevent serious infections. These may include vaccines such as:

- **Pneumococcal vaccine** – helps protect against serious infections such as pneumonia, meningitis, and bloodstream infections, particularly for older adults and people with certain health conditions.
- **Shingles vaccine** – helps reduce your risk of developing shingles and complications such as long-lasting nerve pain.
- **Whooping cough** (pertussis) vaccine – offered during pregnancy to help protect newborn babies in their first weeks of life.
- **RSV vaccine** – available for eligible groups to help protect against respiratory syncytial virus, which can cause serious illness in some people.



If you are invited for a vaccination, please consider taking up the offer. Staying up to date with your vaccines can reduce your risk of serious illness, help protect vulnerable people around you, and support the wider NHS during the busy winter period.

If you are unsure which vaccines you are eligible for, please contact the surgery.

First Flu Clinics

We will be hosting the first flu clinics this October:

- Friday 10th October
- Friday 17th October

See eligibility on next page and telephone the surgery to book your appointment:

 **01305 774444**

Winter Flu & COVID-19 Vaccinations – Who is Eligible?

The NHS offers free winter vaccinations to people who are most at risk of becoming seriously unwell from flu and COVID-19.

Flu vaccine – eligible groups include:

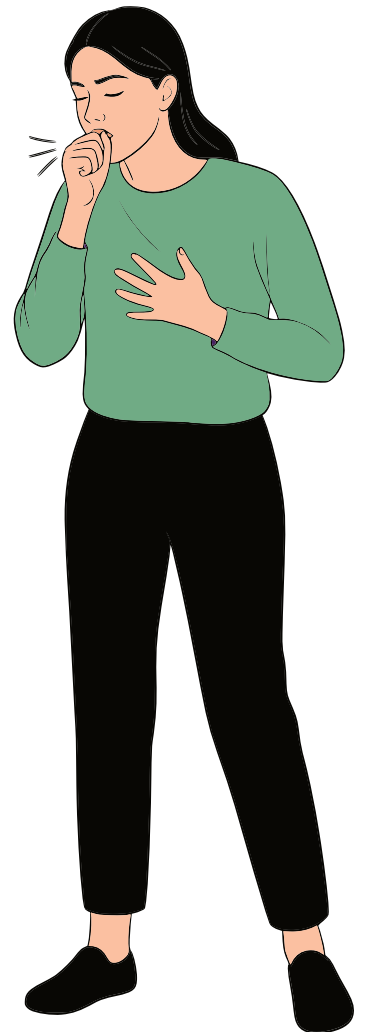
- Adults aged 65 years and over
- People aged 6 months to under 65 years with certain long-term health conditions or who are in a clinical risk group
- Pregnant women
- Children eligible through the NHS childhood programme (including children aged 2–3 years and school-aged children)
- People living in long-stay residential care homes
- Carers receiving Carer's Allowance, or those who are the main carer for an older or disabled person
- Close contacts of people who are immunocompromised
- Some frontline health and social care workers (depending on workplace arrangements)

COVID-19 vaccine – eligible groups include:

- Adults aged 75 years and over
- People aged 6 months and over with a weakened immune system due to a health condition or treatment
- People living in care homes for older adults

If you are unsure whether you are eligible, please contact our GP practice or speak to your pharmacist for advice.

Vaccination is the best way to reduce the risk of severe illness and help protect yourself and those around you during the winter months.



NHS App

The NHS App helps you to get well, stay well and manage your health care.

It's a simple and secure way to:

- request repeat prescriptions
- see your test results and appointment notes
- find NHS services
- get messages about your care

Download the NHS App today or find the same services on the NHS website: www.nhs.uk/nhs-app/



Tap the NHS App

- ✓ Request repeat prescriptions
- ✓ Book and manage appointments
- ✓ Read your healthcare messages
- ✓ See your test results and appointment notes

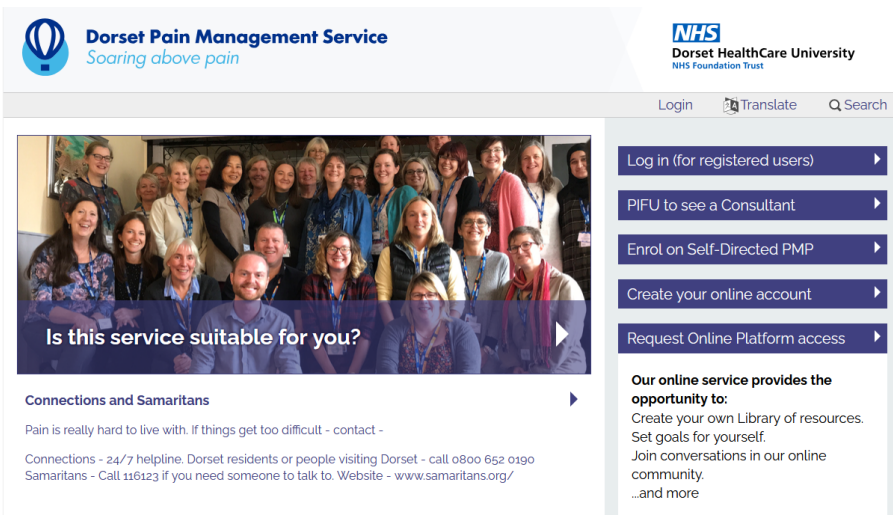
Ask at reception for more information



Dorset Pain Management Service

Living with persistent pain can affect many aspects of daily life, but support is available. While there is not always a simple cure, learning practical ways to manage pain can help improve confidence, wellbeing and quality of life. **The Dorset Pain Management Service** offers specialist support, helping people understand persistent pain and develop strategies such as pacing activities, staying active, improving sleep and managing stress.

To find out whether the **Dorset Pain Management Service** is right for you, visit the website and complete the online suitability questionnaire before speaking to your GP practice about a referral.



The screenshot shows the Dorset Pain Management Service website. At the top, there is a logo for the service with the tagline "Soaring above pain" and the NHS Dorset HealthCare University NHS Foundation Trust logo. Below the header, there is a navigation bar with links for "Login", "Translate", and "Search". A large banner image shows a group of people smiling, with the text "Is this service suitable for you?" overlaid. To the right of the banner, there is a list of links: "Log in (for registered users)", "PIFU to see a Consultant", "Enrol on Self-Directed PMP", "Create your online account", and "Request Online Platform access". Below the banner, there is a section titled "Connections and Samaritans" with a link to "Pain is really hard to live with. If things get too difficult - contact -". At the bottom, there is a section titled "Our online service provides the opportunity to:" with a list of bullet points: "Create your own Library of resources.", "Set goals for yourself.", "Join conversations in our online community.", and "...and more".

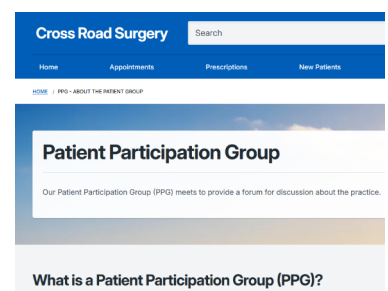
www.dorsetpain.org.uk



Patient Participation Group (PPG)

Our PPG welcomes new members throughout the year. If you'd like to influence how the practice develops and be involved in new services such as the automated telephone service, please get in touch there is a form on our website:

crossroadsurgery.co.uk/about-the-ppg



The screenshot shows the Cross Road Surgery Patient Participation Group website. At the top, there is a header with the text "Cross Road Surgery" and a search bar. Below the header, there is a navigation bar with links for "Home", "Appointments", "Prescriptions", and "New Patients". A section titled "Patient Participation Group" is highlighted, with a sub-header "Our Patient Participation Group (PPG) meets to provide a forum for discussion about the practice." Below this, there is a section titled "What is a Patient Participation Group (PPG)?"