



# BLACKTHORN HEALTH CENTRE

## APRIL NEWSLETTER 2018

### Bowel Cancer Awareness Month April 2018

April is Bowel Cancer Awareness Month (BCAM), a fantastic annual opportunity to raise awareness of bowel cancer and funds to support the work of Bowel Cancer UK.

This year Beating Bowel Cancer and Bowel Cancer UK have merged to form the UK's leading bowel cancer charity, with a mission to ensure that by 2050, no-one will die of Bowel Cancer.

Bowel cancer is the UK's second biggest cancer killer however it shouldn't be because it is treatable and curable especially if diagnosed early. Nearly everyone diagnosed at the earliest stage will survive bowel cancer but this drops significantly as the disease develops.

**The symptoms  
of bowel  
cancer include:**



Together to stop bowel cancer



Bleeding from your bottom  
and/or blood in your poo



A persistent and unexplained  
change in bowel habit



Unexplained weight loss



Extreme tiredness for no  
obvious reason



A pain or lump in your tummy

If you have any concerns or if things just  
don't feel right, go and see your doctor



## **MAY BANK HOLIDAY CLOSURES**

### **Blackthorn Health Centre**

**We will be closed from Friday 4th May @ 18.30  
(closed for Bank Holiday Monday on 7th May)  
re-opening on Tuesday 8th May @ 7.30 am.**

**We will also be closed from Friday 25th May @ 18.30  
(closed for Bank Holiday Monday on 28th May)  
re-opening on Tuesday 29th May @ 7.30 am.**

## **Attendance/Non-Attendance by Patients**

In the month of **MARCH**, **134 Appointments** were not attended this equated to **27.1 HOURS** of GP, Nurse and Health Care Assistant time being wasted.

Please make sure you cancel any appointments that you no longer need in good time so that they may be offered to another patient.

Cancelling your appointment is even easier now if you receive Text reminders as you are able to send a text back to cancel any appointments that you no longer require. Simply follow the instructions when you receive your reminder text. You can also call the surgery, choosing Option 4 and leave a message.

For more information and how to register please visit:

**<https://patient.emisaccess.co.uk>**

## **When the Surgery is closed**

**If you have a healthcare need when the Surgery is closed please see contact details below:-**

**NHS Out of Hours Service. Tel No: 111**

**If you have a life threatening emergency please Telephone 999**

**A&E is under intense pressure please do not attend for minor ailments or problems**

## **Reception Private Side Room**

Should you wish to speak to a member of staff in private please be advised that the side room next to our main Reception Desk is available for patients or visitors at all times so they may speak to a member of staff in total confidence.

## **Blackthorn Health Centre Contact details**

Email: [WHCCG.BlackthornHealthCentre-reception@nhs.net](mailto:WHCCG.BlackthornHealthCentre-reception@nhs.net)

Website: [www.blackthornhealthcentre.org.uk](http://www.blackthornhealthcentre.org.uk)

Telephone: 02380 453110

Fax: 02380 452747



## WHERE TO GO FOR TREATMENT

Self-Care	Grazed knee Cough or cold Sore throat	Make sure your medicine cupboard is stocked up with over the counter remedies
Pharmacy	Diarrhoea Runny nose Headache Eye Infections (2 years +)	For advice on common illnesses and medicines to treat them
NHS 111	Unsure Unwell Confused Need to know where to go outside of GP opening hours	Outside your normal GP opening hours of when you need medical help fast and it is not a 999 emergency
eConsult (WebGP)	Before calling your GP	Illnesses which do not need a physical examination
Blackthorn Health Centre	Ear pain Backache Throat Infection Sprains & Cuts	If you have an illness or injury that will not go away, contact the surgery
Minor Injuries Unit	Minor breaks / fractures	Where a Diagnostic examination (for example an X-Ray or Ultrasound) is needed
A&E & 999	Choking Chest Pain Blackout Blood loss	Life threatening situations and emergency