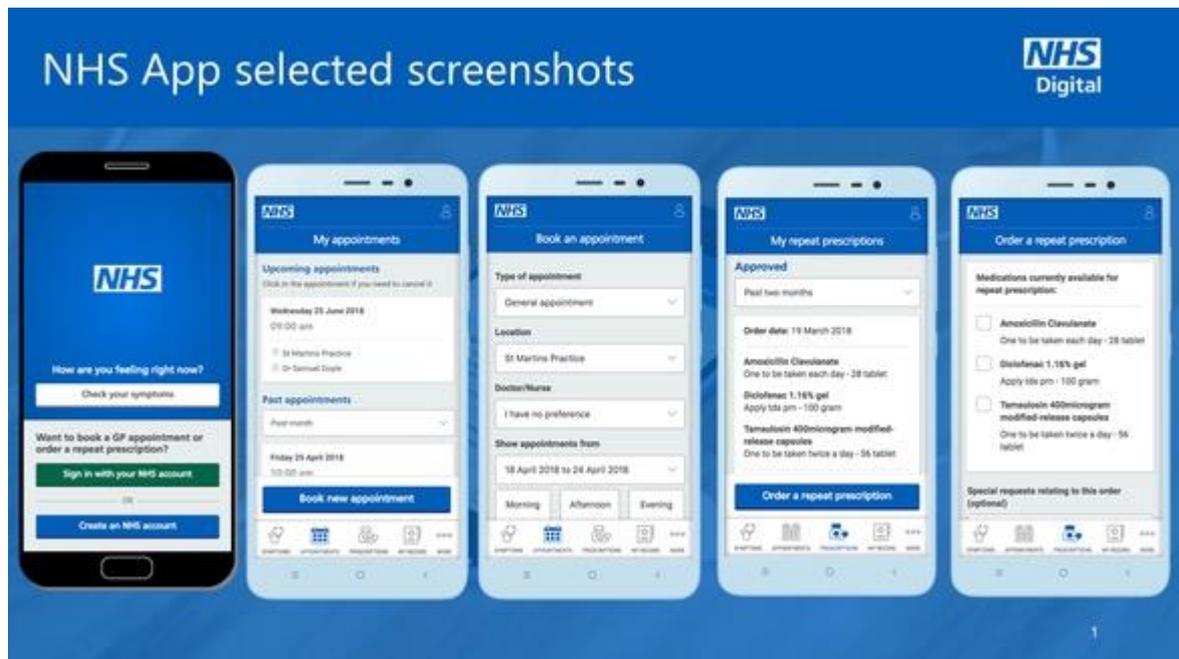


WOODCOCK ROAD SURGERY

NEWSLETTER

MAY 2019

Dr Ling, Dr MacNab, Dr Blenk & Dr Shinn



NHS APP NOW LIVE

To create your login you will need:

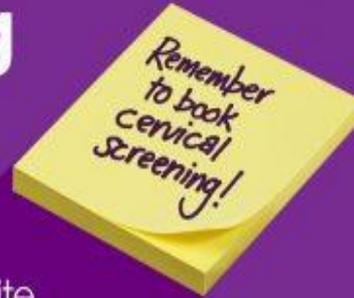
- Email address
- NHS Number
- Linkage Key – Passphrase (get this from our reception team by visiting the surgery or phoning 01603 425989)
- O.D.S code (which is D82096)
- Account I.D (get this from our reception team by visiting the surgery or phoning 01603 425989)

If these are not available you can also create a login using the following:

- Taking a photo of your driving licence or passport
- Creating a video of yourself stating 4 digits provided

Cervical screening can stop cancer before it starts

Don't ignore your cervical screening invite.
If you missed your last cervical screening,
book an appointment with us today.



C8014-09

Public Health England (PHE) has launched the major new national campaign 'Cervical Screening Saves Lives', to increase the number of women attending their cervical screening across England.

The campaign will encourage women to respond to their cervical screening invitation letter, and if they missed their last screening, to book an appointment at their GP practice.

New research from PHE shows that nearly all women eligible for screening (90%) would be likely to take a test that could help prevent cancer - and of those who have attended screening, 9 in 10 (94%) would encourage others who are worried to attend their cervical screening. Despite this, screening is at a 20-year low, with 1 in 4 eligible women (those aged 25 to 64) in the UK not attending their test.

The new PHE campaign provides practical information about how to make the test more comfortable, and gives reassurance to women, who may be fearful of finding out they have cancer, that screening is not a test for cancer.

E-M@IL

Annual review reminders at Woodcock road surgery are usually sent via letters posted to your home address, we would like to send these reminders via email in the future. If you consent to us emailing you in the future instead of posting letters please contact the surgery on 01603 42598 or let us know when you are next visiting the surgery.

The Annual reviews are usually due around the month you are born.

Annual reviews are:

Chronic Obstructive Pulmonary Disease (COPD)

Diabetes

Chronic Heart disease (CHD)

Hypertension

Stroke

Asthma

Chronic kidney disease (CKD)

Mental health

WHAT IS MENTAL HEALTH AWARENESS WEEK



Mental health problems can affect anyone, at any time. We believe that mental health is everyone's business.

So for one week each May, we campaign around a specific theme for Mental Health Awareness Week.

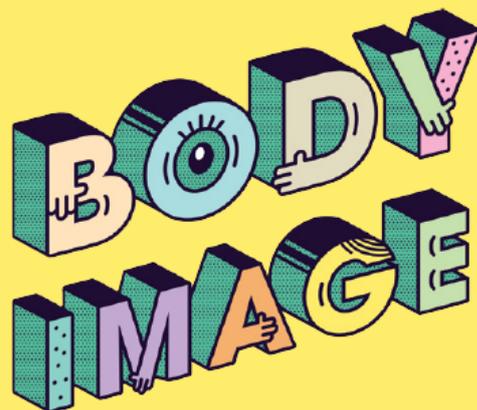
Since our first Mental Health Awareness Week in 2001, we've raised awareness of topics like stress, relationships, loneliness, sleep, alcohol and friendship.

Hundreds of schools, businesses and communities have come together to start conversations around mental health that can change and even save lives.

This year, with your support, we want to reach more people than ever.

13-19 May 2019:

**BODY
IMAGE**



Last year we found that 30% of all adults have felt so stressed by body image and appearance that they felt overwhelmed or unable to cope⁸. That's almost 1 in every 3 people.

Body image issues can affect all of us at any age and directly impact our mental health.

However there is still a lack of much-needed research and understanding around this.

As part of Mental Health Awareness Week, we will be publishing the results of a UK-wide survey on body image and mental health.

We will look at body image issues across a lifetime – including how it affects children and young people, adults and people in later life.

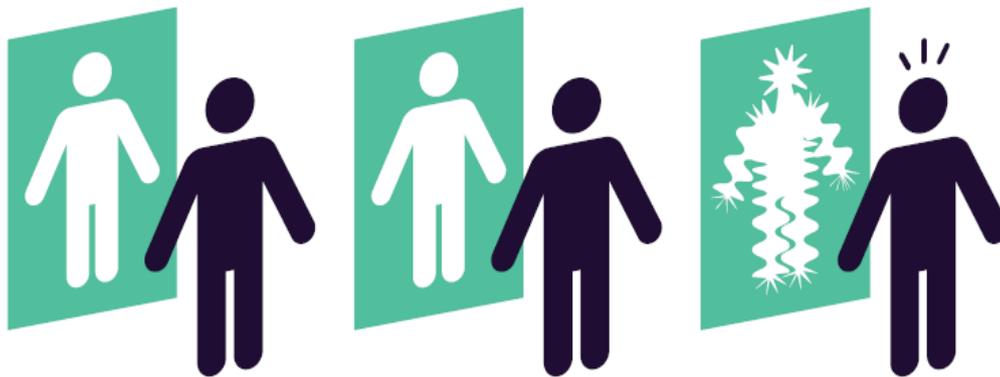
We will also highlight how people can experience body image issues differently, including people of different ages, genders, ethnicities and sexualities.

The good news is that we can tackle body image through what children are taught in schools, by the way we talk about our bodies on a daily basis and through policy change by governments across the UK.

We will use our research to continue campaigning for positive change and publish practical tools to help improve the nation's relationship with their bodies.

Want to join us?

mentalhealth.org.uk/mhaw



Last year we found that 30% of all adults have felt so stressed by body image and appearance that they felt overwhelmed or unable to cope⁸

www.pumpingmarvellous.org/get-involved/suck-a-lemon-challenge/

HEART FAILURE AWARENESS WEEK 6-12 MAY 2019

HOW TO TAKE THE

SUCK A LEMON CHALLENGE

BECAUSE
HEART FAILURE SUCKS!



1. WEDGE Your LEMONS

2. SUCK & RECORD

"I'm taking the Suck a Lemon Challenge because Heart Failure SUCKS!"



3. DONATE, SHARE ONLINE & NOMINATE



Hashtag:
#SuckaLemonChallenge

PLEASE DONATE £ 5/\$5 /€5 or more

via **Paypal Giving** or Facebook **Heart Failure Aware** and Nominate

www.paypal.com/gb/fundraiser/charity/153356



www.pumpingmarvellous.org



hearts@pumpingmarvellous.org



[PMTVLiveHF](#)



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[heart failure aware](#)



[help for hearts \(closed group\)](#)

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