

WESTVIEW SURGERY

NEWSLETTER- SPRING 2019



West View Surgery, 9 Park Road,
Keynsham, Bristol, BS31 1BX

Phone: [01179 376835](tel:01179376835)

Out of hours: [111](tel:111)

NO SMOKING DAY MARCH 2019

No Smoking Day is an annual health awareness day in the UK to try and help smokers who want to quit.

NHS 10 Self-Help Tips to Stop Smoking



1. Get some stop smoking support
2. Make a plan to quit smoking
3. Consider your lifestyle
4. Identify your cravings
5. Think positive
6. Get moving
7. Make non-smoking friends
8. Keep your hands and mouth busy
9. Make a list of reasons to quit
10. Make your home smoke free

SURGERY OPENING TIMES

8:00 TO 6:00PM

MONDAY TO FRIDAY

EMAILS

Would you like to receive our surgery newsletter by email? If so please ensure we have your up to date email address

Did you know you can order your repeat medication and also book GP appointments online. Please enquire at reception.

GP online services

Book GP appointments, order repeat prescriptions and access GP records online.

www.nhs.uk/GPonlineservices



NHS

IMPORTANT INFORMATION LADIES

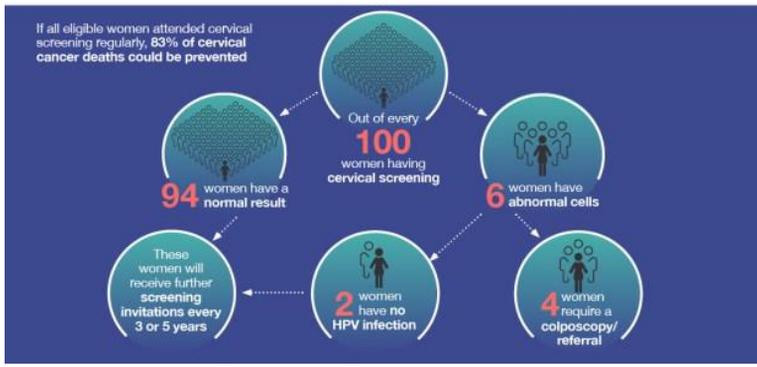
Cervical Screening

NHS Cervical screening helps prevent cervical cancer. Cervical cancer happens when cells in the cervix grow in an uncontrolled way and build up to form a lump. Cells can eventually spread to other parts of the body and become life-threatening.

What is Cervical Screening?

Cervical screening (which can be known as 'smear test' involves taking a small sample of cells from the surface of your cervix. The sample is sent to a laboratory and checked under a microscope to see if there are any abnormal cells. Abnormal cells are not cancer, but they could develop into cancer if they are left untreated. Depending on the result of your test, your sample may be tested for the types of human papillomavirus (HPV) that can cause cervical cancer.

Public Health England Healthmatters The benefits of cervical screening



WELCOME TO THE TEAM NIGEL COX ADVANCED NURSE PRACTITIONER

Our Nurse Practitioner is an experienced specialist nurse who work in partnership with and under the guidance of the doctors. Nurse Practitioners can provide treatment and advice for most common problems and minor injuries.

A nurse practitioner is able to cover most things a Doctor can do including assess and examine you, make a diagnosis and provide treatment and advice including a prescription if required. They can refer you for further advice or care and admit patients into hospital where necessary.

When you book an appointment, you may be offered a same-day Nurse Practitioner appointment if the receptionist feels this is appropriate

SATURDAY MORNING AND EVENING APPOINTMENTS

There are now Saturday morning routine appointments available in Keynsham.

This increased availability is an extension of the services offered by our practice and is provided by GPs, nurses and health care assistants.

Please note, this is not a walk-in service – you will need to make an appointment.

Saturday morning appointments are for routine issues and not for urgent care. These appointments will happen at another practice in Keynsham.

USEFUL TELEPHONE NUMBERS

NHS 111	111
RUH Appt line	01225 821821
BRI	01179 230000

LOCAL PHARMACIES

Chandag Road	01179 864121
Lloyds (High St)	01179 863678
Lloyds (St Clements rd)	01179 867578
Keynsham Pharmacy	01173 294355
Boots	01179 863247