

# PRACTICE NEWSLETTER

Bradford on Avon & Melksham Health Partnership  
Newsletter | February 2016 | Edition 38



## Patient Participation Group (PPG)

All meetings are held at The Health Centre, Bradford on Avon, at 7pm.

All patients are welcome to attend.

Tuesday 8th March 2016  
Hypertension speaker

Tuesday 14th June 2016  
Osteoporosis speaker

Tuesday 20th September 2016  
Annual General Meeting  
Ambulance Service speaker

Tuesday 6th December 2016  
Indigestion & Acid Reflux  
speaker

## Travel Clinic

For patients travelling abroad, we ask that you complete a **Pre-Travel Questionnaire**.

The nurse may need to discuss your answers to ensure that you are fully protected. This is likely to be by telephone initially, and then an appointment can be made for you to attend the travel clinic. These forms can be found on our website or ask at reception.



## Earwax Treatment

If you are prone to lots of earwax it can help to regularly use ear drops to prevent build up. There are various options including olive oil, almond oil and sodium bicarbonate drops. These are all found in your local chemist. Evidence shows that all these options are equally effective so it's important to find what works for you.

Everyone's ears are different and will need a different frequency but in general drops should be applied between once every 2 weeks and twice a week as required.

Bulb Syringing:



Bulb syringing is a safe, alternate way to remove wax. Bulb syringes can be easily purchased from a pharmacy and allows you to clear your ears from wax in your own home.

Use olive oil drops twice a day for at least 14 days prior to bulb syringing. Or alternatively use sodium bicarbonate ear drops purchased from your pharmacy (please read the manufacturer's leaflet.)

If your ears are painful or have fluid coming out of them, or if you have a hole in their ear drum (perforation) or have recently had surgery on your ear you should see a doctor or nurse and should not use this bulb method.

For more information please read our Ear Wax Prevention & Treatment Leaflet.

## Memory Café Dog and Fox public house

Did you know that a café has opened in Bradford on Avon to support people living with memory problems and to support their carers.

This initiative is being run by the surgery to provide information and social support and also a place to meet up.

### Forthcoming events 2016

Thursday 4th February - Musical Bingo

Thursday 3rd March - Easter Crafts

Thursday 7th April - Gardening session

No appointment is necessary to attend the café, but please note it is only for patients who are registered with the practice.

Any queries please contact Ruth Randall Tel: 01225 867876.

## Hearing Aid Batteries "Business as usual"

NHS Batteries, for use only with Hearing Aids authorised by the NHS, may be obtained from the surgery or by post from the Audiology Dept. Royal United Hospital (South), Combe Park, BATH, BA1 3NG.

If you require batteries by post, please send in your "Hearing Aid and Battery Issuing Record Book" with sufficient postage to cover the cost of return.

Apologies from Audiology Department for recent Hearing Aid Battery shortages, this was due to changing supplier.

## 274 Patients did not attend their appointments

In December 2015 over 274 appointments were wasted because patients failed to attend. The effect of this is:-

- An increase in the waiting time for appointments
- Frustration for both staff and patients
- A waste of resources

**If you are unable to attend your appointment for any reason, please do let us know as soon as possible. We can then offer the appointment to someone else.**

## Julian House – Helping the Homeless Tinsel Tuesday

The Practice is proud to announce that staff raised a grand total of £221.25 for Julian House.

## Home Visits

If you need a doctor and feel you are too ill to travel to the practice it is **essential**, to please telephone the surgery **BEFORE 10AM**. A doctor will telephone to discuss your needs.



## National Cervical Cancer Prevention Week 24<sup>th</sup> – 30th January 2016

### Screening for cervical cancer

The surgery offers a cervical screening programme to all women from the age of 25. During cervical screening (previously known as a "smear test"), a small sample of cells is taken from the cervix and checked under a microscope for abnormalities.

An abnormal cervical screening test does not mean you definitely have cancer. Most abnormal results are caused by an infection or the presence of treatable pre-cancerous cells, rather than cancer itself.

Women aged 25 to 49 years of age are offered screening every three years and women aged 50 to 64 are offered screening every five years. For women who are 65 or older, only those who haven't been screened since they were 50, or those who have had recent abnormal tests are offered screening.

You should be sent a letter confirming when your screening appointment is due. Contact Reception if you think you may be overdue for a screening appointment.

## Stop Smoking Campaign 6<sup>th</sup> March 2016

Make it your quit date!

[www.wiltshirestopsmoking.co.uk](http://www.wiltshirestopsmoking.co.uk)

Many smokers want to quit but aren't sure about the best way to go about it. There is lots of free support on offer and by using the support that's right for you, you'll be boosting your chance of quitting.

Thousands of people have quit for good with our help and studies show that you're up to four times more likely to quit successfully if you use a combination of stop smoking medicine and specialist help and support from your local Stop Smoking Service.

Join a free walk-in quit club near you or contact 0300 0034562

Chippenham Hospital. Grapevine Cafe, SN15 2AJ  
Wednesday 5-6.30 pm

Trowbridge Hospital, The Training Room, BA14 8PH  
Thursdays 4.15 – 6.15pm

Westbury Leigh Park Community Centre BA13 3FN  
Mondays 11.30an – 2.30pm