

February 2024 update

Dear patients,

Welcome to our new practice update! We want to keep you updated on the latest news and events at our practice.

One of the areas I am focusing on is re-establishing our Patient Participation Group (PPG). PPGs help to make sure that our service meets the needs of all patients. PPGs do this by:

- providing feedback on the practice
- helping to develop practice improvement plans
- helping to put in place improvements to our service.

Our next meeting is 3.30pm Wednesday 21st February 2024, if you would like to attend this meeting, please email patientdata.mitchisonrd@nhs.net.

If you have a long-term condition (like asthma, diabetes or COPD) and have not yet had your yearly review - we will be contacting you to book your appointment. Please do attend this review as it is important for your health and wellbeing.

Denisha, Practice Manager

Cervical Screening – Important information

Cervical screening is a free NHS test and is one of the best ways you can protect yourself against cervical cancer.

- Cervical screening checks the health of your cervix and helps find any abnormal changes before they can turn into cancer.
- All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening. You'll get a letter in the post inviting you to make an appointment. How often you are invited depends on your age.
- Nurses perform this test. They will talk you through the screening and make you feel as comfortable as possible.

The NHS have made a helpful video to explain how cervical screening is done.

- You can watch this here <https://www.nhs.uk/conditions/cervical-screening/what-is-cervical-screening/>
- Please try not to put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.

If you have five minutes today...

Register for Dr.iQ – you can scan our QR code in the blue box to take you to your App Store

Book your flu vaccination – if you are eligible for a flu jab, your invitation will be sent out via text message or letter for those patients without a mobile phone.

Remind friends and family to use their appointments or cancel or rearrange with as much notice as possible.



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For more information visit:

<https://islingtongp.co.uk/>

STAY WELL THIS WINTER

We know that in the colder months, people can be more prone to illness. There are some simple things that you can do to stay well in the winter.

- ✓ If you are eligible, make sure you have your flu vaccination.
- ✓ Come forward for your COVID-19 booster when you are offered it.
- ✓ Contact NHS 111 online or via the telephone if you are worried about any symptoms.
- ✓ Wash your hands regularly. Washing your hands thoroughly takes the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds).
- ✓ Look out for those who may need extra help or support over winter.

For more information on staying well this winter, please visit this [NHS website](#).