

MAY 2025



NEWSLETTER

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Looking after your health: Why attending your review matters

Your regular health reviews are an important part of looking after your health and making sure you're on the right treatment for you. These reviews aren't just a check-up, they're your chance to talk through how you're doing, ask questions, and make sure your care is tailored to your needs.

We offer regular reviews for a range of long-term conditions, including:

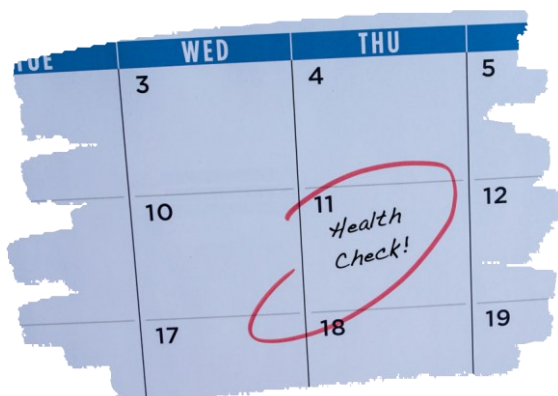
- ◆ Diabetes
- ◆ Asthma
- ◆ Chronic Obstructive Pulmonary Disease (COPD)
- ◆ High blood pressure (hypertension)
- ◆ Heart conditions
- ◆ Medication reviews, especially if you are on regular prescriptions

Coming in for these reviews helps us to:

- ◆ Check that your current treatment and medication are still right for you
- ◆ Identify any changes early, so we can help manage them
- ◆ Offer advice on lifestyle, diet, and self-care to help you feel your best
- ◆ Answer any questions you might have about your condition or treatment

These reviews might involve blood tests, checking your blood pressure, reviewing your inhaler technique, or discussing how you're feeling day-to-day. They are often carried out by our specially trained nurses, healthcare assistants, or clinical pharmacists, all here to help you stay well.

If you've had an invitation, please make your appointment, it's an important way of looking after yourself. You can book by calling us or via KLINIK on our website.



The NHS App: Your health at your fingertips

The NHS App is a brilliant way to stay connected with your health and manage some tasks quickly and easily, right from your phone or tablet. With the app, you can:

- ◆ Order repeat prescriptions in just a few taps
- ◆ View your recent test results
- ◆ Check your vaccination record
- ◆ See a summary of your medical information whenever you need it

We encourage all our patients to make use of this simple tool. It can save you time and help you keep track of your health without needing to call the practice.

If you haven't used the NHS App before, or would like a bit of help getting started, we've got step-by-step guides on our website and printed copies available at reception. If you need any extra support setting it up, just ask, we're always happy to help.

Do more with the NHS App!



NHS
App

Keeping your contact details up to date

To help us keep you informed about your health, appointments, and important updates, it's really helpful if we have your latest contact details.

If you've changed your name or phone number, moved house, or have a new email address, please take a moment to update your details.

You can easily do this by filling out the admin form on KLINIK, which you'll find on our website. It only takes a minute, but it makes a big difference in making sure we can reach you when it matters most.

If you need any help or aren't sure how to update your details, just ask! Our friendly Care Coordinator team are always here to guide you through it.



Allergy Season: Be prepared and stay comfortable

Spring can bring beautiful weather, but for many, it also means dealing with hay fever and other allergies. If you're prone to itchy eyes, a runny nose, sneezing, or blocked sinuses, now is the time to start managing your symptoms.

Here are some tips to help you stay comfortable:

- ◆ Start taking antihistamines early, before symptoms become too severe. Your pharmacist can help you choose the right one for you.
- ◆ If you experience nasal congestion, try using a steroid nasal spray. These are most effective when used ahead of time.
- ◆ Keep windows closed during peak pollen times (typically mid-morning and early evening).
- ◆ Shower and change your clothes after being outside to remove pollen.
- ◆ If possible, dry clothes indoors to avoid pollen sticking to them.

Most mild to moderate allergies can be managed with over-the-counter treatments and advice from your pharmacist. But if your symptoms persist or worsen, don't hesitate to get in touch. We can discuss other options to help manage your condition.

Research at Compass House: Improving care for everyone

We are very proud to contribute to NHS research that helps shape the treatments of the future. Here at Compass House, we've been involved in several exciting projects recently:

- **DURATION Study:** Exploring the shortest effective course of antibiotics for urinary tract infections (UTIs) in women, helping to tackle antibiotic resistance.
- **OPTIMISE Study:** Looking at whether some older adults can safely reduce the number of blood pressure tablets they take, without affecting their health.
- **RELIEF Study:** Testing whether using an inhaler containing both a preventer and a reliever (ICS/formoterol) helps asthma patients manage their condition better and reduce flare-ups.

These projects are helping to make healthcare safer, smarter, and more effective for everyone. Thank you to all of our patients who have taken part, your involvement really does make a difference. If you're invited to participate in research in the future, we encourage you to consider it. We'll always give you all the information you need, and you are free to decline or withdraw at any time.



NHS Health Checks



NHS Health Checks are free, 5-yearly check-ups of overall health, available to patients aged 40 to 74 who do not have a pre-existing, long-term condition.

The nurse will measure your height and weight, do your blood pressure check, take a blood test for your cholesterol level, ask questions about your diet, alcohol intake, and exercise. These results will then help us to tell if you're at a higher risk of developing heart disease, diabetes, or kidney disease, or having a stroke.

If you are eligible, you will receive an invite, normally via text message to book an appointment. If you've not received an invite but think you should be invited, please contact the Surgery and our Care Coordinator Team can look into this for you.

Armed Forces Covenant Employer Recognition Scheme: Bronze Award

We are proud to announce we have been awarded the Bronze Award as part of the Armed Forces Covenant Employer Recognition Scheme. This award reflects our ongoing commitment to supporting the Armed Forces community, including serving personnel, reservists, veterans, and military families.

As an Armed Forces-friendly organisation, we recognise the value that military experience brings to our workplace and community. We are dedicated to ensuring fair treatment and opportunities for those who serve or have served, as well as their families.

This recognition comes in addition to our status as a Veteran Friendly GP Practice, where we actively support patients who are veterans. We understand the unique health needs of veterans and are committed to providing personalised care and support, and have a dedicated Armed Forces & Veteran Lead Clinician within the practice.

The Employer Recognition Scheme Bronze Award further acknowledges our dedication not only to the wellbeing of veteran patients, but also to being a supportive employer for veterans and members of the wider Armed Forces community.

By signing the Armed Forces Covenant, we have pledged to uphold its key principles, ensuring that no member of the Armed Forces community faces disadvantage, and that appropriate support is available when needed. We are honoured to play our part in recognising and supporting those who serve.



**ARMED FORCES
COVENANT**

**EMPLOYER
RECOGNITION
SCHEME**

BRONZE AWARD

National Health Campaigns in May

May's month-long health campaigns are:

- **National Walking Month**
Encourages individuals to incorporate more walking into their daily routines to improve physical health.
- **Skin Cancer Awareness Month**
Focuses on educating the public about skin cancer prevention and early detection. See our top tips below.
- **Action on Stroke Month**
Aims to raise awareness about stroke symptoms, prevention, and support for survivors.

Skin Cancer Awareness Month: Our Top Tips

Skin Cancer Awareness Month is observed in May, and it's a great time to raise awareness and adopt habits that help prevent skin cancer.

Here are some practical, UK-specific tips for protecting yourself and promoting awareness.

☪ Be Sun Smart – Even in the UK

- Use sunscreen daily, especially on exposed skin like your face, ears, and hands. Choose SPF 30 or higher, with UVA and UVB protection (look for a 4 or 5-star UVA rating).
- Apply sunscreen 30 minutes before going out and reapply every 2 hours or after swimming/sweating.
- Check the UV Index – UV rays can be strong even on overcast days.

Cover Up

- Wear wide-brimmed hats, sunglasses with UV protection, and loose, long-sleeved clothing when out in the sun.
- Use umbrellas or seek shade, especially between 11am and 3pm, when UV rays are strongest.

Check Your Skin Regularly

- Look for new moles, or changes in size, shape, or colour of existing moles or spots. If concerned, contact the surgery for an appointment with a clinician.
- Use the ABCDE rule:
 - **A**symmetry
 - **B**order irregularity
 - **C**olour variation
 - **D**iameter >6mm
 - **E**volving appearance

🌐 Avoid Sunbeds

- Tanning beds emit UV radiation that increases your risk of skin cancer significantly.
- UK health organisations, including the NHS, strongly advise against sunbed use

Spread Awareness

- Share resources on social media or at work/school.
- Support UK charities like:
 - Melanoma UK (<https://www.melanomauk.org.uk/>)
 - Skcin - The Karen Clifford Skin Cancer Charity (<https://www.skcin.org/>)
 - British Skin Foundation (<https://www.britishskinfoundation.org.uk/>)

