



NEWSLETTER

AUGUST 2020

WALK IN FLU JABS!

With the ravages of the ongoing COVID-19 and the potential for a second wave it is imperative that all the vulnerable persons in the community are vaccinated for protection against the winter flu to avert a possibility of having a flu illness in addition to Covid-19 infection. A second wave of Covid-19 during the winter season when Seasonal Flu virus is rampant will be a double whammy and the consequences will be dire.

It is in this light that the government has instituted the expanded flu vaccine programme this year to cover all vulnerable people.



Aveley Medical Centre has responded by offering Flu vaccine walk in clinic on every other Saturday starting 12 September, 2020 to deliver this event in a COVID-19 safe environment.

All eligible patients invited to book for a walk in flu jab on these dates. The walk in facility is located in our car park and will also be available for people to attend for booked sessions during the week.

The tent in this picture has been set up in the car park to provide a walk in flu jab facility for this flu campaign.

Eligible patients are invited to book via reception and walk in for their flu jab.

Flu vaccination is available every year on the NHS to help protect adults and children at risk from flu and its complications.

Flu can be unpleasant, but if you're otherwise healthy, it'll usually clear up on its own in about a week.

But flu can be more severe in certain people, such as:

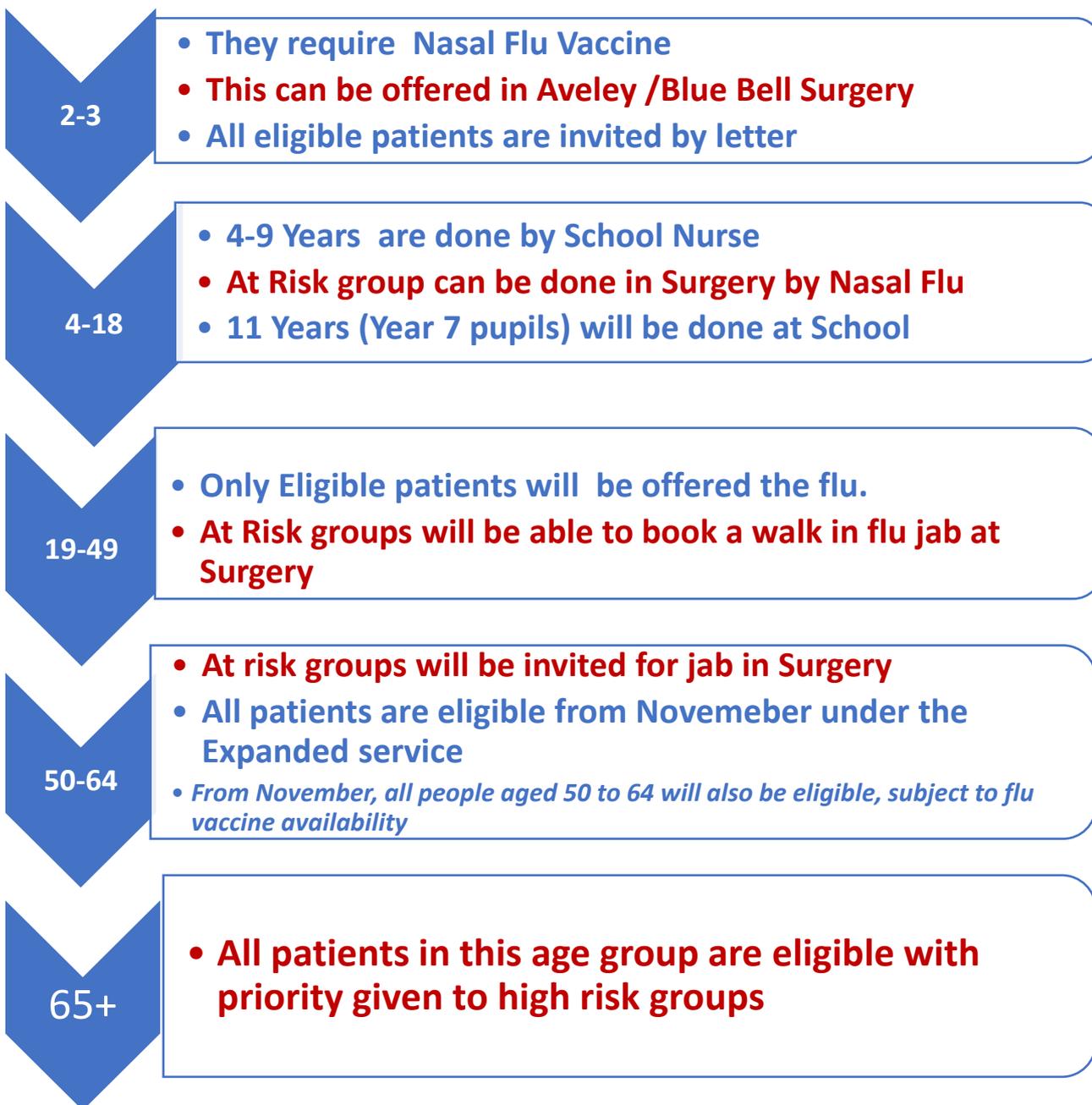
- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.



In this flu campaign the eligible groups are as follows;

AGE (WALK-IN FLU CLINIC AVAILABLE IN AVELEY MEDICAL CENTRE SATURDAYS 12TH SEPT, 26TH SEPT, 10TH OCT, 24TH OCT)



At Risk Groups

<i>COPD Asthma</i>	<i>Diabetes CKD</i>	<i>CHD, IHD, AF</i>	<i>Stroke and TIA Dementia</i>	<i>Chronic liver disease</i>	<i>Household contacts of immunocompromised</i>	<i>Lives in a Residential homes</i>
<i>Morbidly obese – BMI ≥40</i>	<i>Pregnant women</i>	<i>BAME Carer</i>	<i>Immunocompromised</i>	<i>Nephrotic Renal transplants</i>	<i>Household contact of Shielded Patient</i>	<i>Splenic dysfunction</i>

Health and Social care workers employed through Direct Payment (personal budgets) and/or personal Health Budgets, eg, Personal Assistants are all invited for flu jab

PROTOCOL FOR THE FLU WALK IN CLINIC ON SATURDAYS!

Resources

- 1 Traffic Marshall
- 2 Admins
- 3 Vaccinators
- Queue lines
- Social distance marks
- Directions

Traffic Marshall directs traffic,
Gives direction to patients to queue
up and keeps the flow.



Admin identifies patient
Right paper work
Ensures they are in right queue and
Calls people in to be vaccinated
Runs to replenish stock

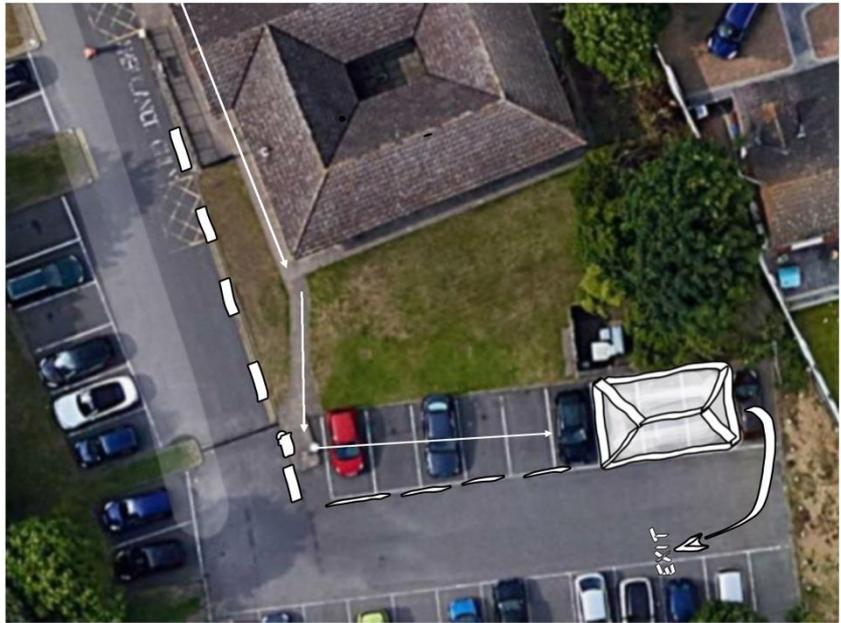


3 NURSES VACCINATE FOLLOWING SAFE
COVID-19 PROTOCOLS



NB
Please arrive in Good time

PATIENT QUEUE



1. Patient arrives
2. Invited to join the queue by traffic Marshall
3. Follow the social distance markings on the floor
4. Admin checks patient ID and ensures right Paper is filled with name and date of Birth
5. Nurse jabs patient
6. Patient drops his/her Paper into the box.
7. EXIT

COVID-19 SITUATION

We have been dealing with patient requests remotely wherever possible by telephone, video calls and online via DrLink. We envisage we will continue to do so for some time and this may well lead to permanent changes with more options in how patients consult GPs in the future. We are and always will be open to see patients in surgery, or if needed or as a home visit, for when consultations cannot be managed safely remotely.

As COVID-19 infection rates in the area have reduced, we running all of our clinics, most will predominantly be by phone but some clinics will be face to face, e.g. immunisations and smears.

Please do get in touch with us if you need medical assistance. We are not closed, just operating in a different way.

As we go into the new normal, we would implore patients to engage with the new ways of working and are keen to receive feedback and comments on any aspect of our service.

Please when you arrive at the surgery use the intercom provided to announce you arrival. Please detergent wipes are provided at the site to ensure the facility remains Covid -19 safe so do wipe it before use.



PLEASE WHEN INVITED INTO SURGERY REMEMBER TO WEAR A FACE COVERING. WHILST THE COVID-19 SITUATION REMAINS, WE CANNOT PUT OTHER PATIENTS AND STAFF AT RISK!

Once again thank you for all your understanding.

WELCOME



We have now got the following people joining the team in Aveley Medical Centre and would like to say a big welcome to them.

Physiotherapist- “Guru”

Receptionist- Dinah

GOOD BYE

Please join, us in saying Good Bye to our Practice Receptionist **Tracy** who retires from Aveley Medical Centre on 30th August, 2020 after several years of service to the Surgery and the NHS in general. She will be sorely missed and we wish her all the best in all her future endeavours



Cancer Screening

One in two people will develop cancer at some point in their lives, according to the most accurate forecast to date from Cancer Research UK. Cancer screening may be your only chance of detecting it early and beating cancer! Cancer screening is a way of testing healthy people to see if they show any early signs of cancer.

Breast screening

Screening aims to find breast cancers early, when they have the best chance of being cured.

What is a mammogram

Breast screening uses a test called mammography which involves taking x-rays of the breasts. Screening can help to find breast cancers early, when they are too small to see or feel. These tiny breast cancers are usually easier to treat than larger ones.

Overall, the breast screening programme finds cancer in about **8 out of every 1,000 women** having screening.

Who must have breast screening?

All women aged between 50 and 70 must have screening every 3 years. You need to be registered with a GP to receive the invitations. The local breast screening unit can be contacted on 01702xxxxxxx if you are eligible but have not had your test in the last 3 years.

If you are older than 70 or have strong family history, you can still have screening every 3 years but you won't automatically be invited. To make an appointment, talk to your GP or your local breast screening unit.

If you are younger than 50, your risk of breast cancer is generally very low. Mammograms are more difficult to read in younger women because their breast tissue is denser. So the patterns on the mammogram don't show up as well. There is little evidence to show that regular mammograms for women below the screening age would reduce deaths from breast cancer.

[Breast screening; helping you decide](#)

Bowel cancer screening

Bowel cancer screening can save lives. Screening aims to detect bowel cancer at an early stage, when treatment has the best chance of working. The test can also find polyps (non-cancerous growths), which might develop into cancer. Polyps can usually be removed, to lower the risk of bowel cancer.

What is bowel cancer screening?

In England, Wales and Northern Ireland people over the age of 60 are invited to take part in bowel cancer screening. You will be invited to take part in screening every two years until you reach the age of 75.

The screening involves use of a home tests which look for hidden blood in poo. If you are registered with a GP and within the eligible screening age range, a test will be automatically posted to you, so you can complete it in the privacy of your own home.

[Bowel screening; helping you decide](#)

What is cervical screening?

Cervical screening is one of the best ways to protect yourself from cervical cancer.

Cervical screening checks the health of your cervix. It's not a test for cancer, it's a test to help prevent cancer.

How cervical screening helps prevent cancer

Cervical screening may check for: abnormal cell changes in your cervix – left untreated, this could turn into cancer. It can also check for HPV Infection.

What is HPV- Human Papillomavirus ?

HPV is the name for a very common group of viruses. Some types of HPV can lead to cell changes in your cervix and cause cancer.

You can get it from any kind of skin-to-skin contact of the genital area, not just from penetrative sex. Nearly all cervical cancers are caused by infection with certain types of HPV.

Finding cell changes early means they can be monitored or treated. This means they do not get a chance to turn into cervical cancer.

Who's at risk of cervical cancer

If you have a cervix and have had any kind of sexual contact, with a man or a woman, you could get cervical cancer.

You're still at risk of cervical cancer if:

- you have had the HPV vaccine – it does not protect you of HPV, so you're still at risk of cervical cancer
- you have only had 1 sexual partner – you can get HPV the sexually active
- you have had the same partner, or not had sex, for a long time – you can have HPV for a long time without knowing it
- you're a lesbian or bisexual – you're at risk if you have had contact
- you're a trans man with a cervix – read about if trans men cervical screening
- you have had a partial hysterectomy that did not remove all
- Find out if you need cervical screening if you're a virgin



A smear test lasts 5 minutes.

The impact of cervical cancer lasts a lifetime.

Attend your smear test. Reduce your risk.

from all types
first time you're
time – you can
any sexual
should have
of your cervix

Cervical screening is a choice

It's your choice if you want to go for cervical screening. But cervical screening is one of the best ways to protect you from cervical cancer.

Booking a test

Our nurses are qualified to carry out cervical screening and tests in the form of cervical smears. In order to have a smear, the appointment must please be made for when you are not menstruating.

How to opt out

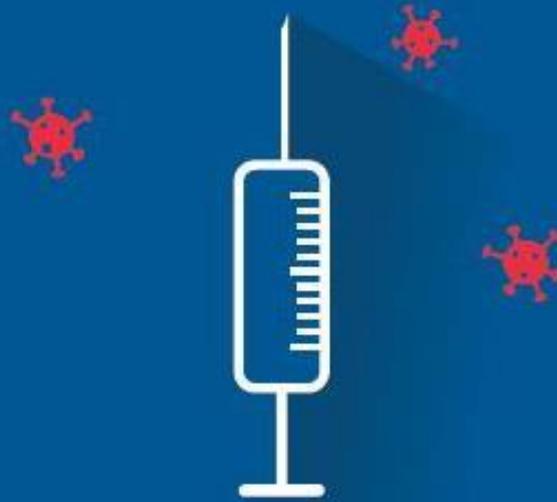
If you do not want to be invited for screening, contact the Surgery and ask to be taken off the cervical screening list. You can ask to be put back on the list at any time if you change your mind.

[cervical screening; helping you decide](#)





Mid and South Essex
Health and Care
Partnership



Flu Vaccination – Keep Calm and Carry On

You may have heard or seen that the flu vaccination will now be made available to a wider cohort of patients.

This includes, 50-64 year olds (with or without a pre-existing condition) and people in the shielding category and their households.

GP practices, and networks are working together to make arrangements to meet the new demand, and are awaiting guidance on new national vaccine supply. In the meantime, practices will be using their pre-ordered vaccine stock to vaccinate people who were in the previous eligible categories.

Please bear with us while we aim to get as many people as possible vaccinated.

For more information about flu, visit: www.nhs.uk/flu