

THE BRIDGES

NEWSLETTER



The Bridges
Medical Practice

Hello, welcome to our Spring Edition Newsletter

Practice News

we would like to wish a very happy retirement to:

Dr Ivan Hall (GP Partner)
Susan Starbrook (Practice Nurse)
Gail Cane (Health Care Assistant)
Cheryl Davies (Reception Supervisor)

Hello and welcome to

Dr Keith Gomes-Pinto (Salaried GP)
Victoria Schooling (Practice Nurse)
Suzanna Bell (Practice Nurse)
Cheryl James (Receptionist)
Jenny Wood (HCA)

Salaried GP

Dr Nicholas Luscombe has now increased his surgery sessions from two a week to six a week in order to provide more availability to his patients.

DID YOU KNOW?

For some routine blood tests and smears, patients can now receive a text to enable them to book the appointment directly via a link.

This reduces the need to phone the surgery. Any appointments available to the receptionists are available to book this way. However, if you are unable to use the link then please give us a call.

Bowel Cancer Awareness Month

April is Bowel Cancer Awareness month.

Bowel cancer is the fourth most common cancer in the UK and the second biggest cancer killer. Nearly 43,000 people are diagnosed with bowel cancer every year in the UK.

Around 268,000 people living in the UK today have been diagnosed with bowel cancer.

1 in 15 men and 1 in 18 women will be diagnosed with bowel cancer during their lifetime.

Please click on the link below for more information.

www.bowelcanceruk.org.uk

60%

of our body
is made up
of water

The average
body expels

0.8-2L

of water a day in
the form of urine

80-85%

of the brain
is water

THE FACTS

**Stay
HYDRATED**

**TUNE IN TO YOUR
BODY - IT WILL TELL YOU
WHEN YOU ARE THIRSTY.
JUST AS IT TELLS YOU WHEN
YOU ARE HUNGRY OR TIRED.**

GET THE LOWDOWN ON
ALL THINGS LIQUID



**Caffeinated
drinks**
are mildly
dehydrating

**Most liquids count towards
your daily hydration levels,
plus the water in foods**

**JUDGE YOUR WATER DRINKING NEEDS
BY YOUR AGE, SIZE, LIFESTYLE
AND WHETHER YOU ARE EXERCISING STRENUOUSLY**



Make time for your cervical smear

Do these phrases sound familiar to you?



"I'll make an appointment next time I'm in the surgery"

**"Too busy at the moment, but I will do it
soon"**

**"I will make an appointment in the
new year now"**

**"The appointment times don't suit me
so it's hard to make the time with work commitments"**

We all make excuses for something we are not keen on doing.

Please don't keep putting off making an appointment for your cervical smear.

We have many appointments where we can fit your smear around a suitable time for you.

It is a quick and painless procedure that may **save your life**.

Loneliness

Loneliness is an issue that can affect us all, young or old, at any point in our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated.

You should not blame yourself for feeling like you are struggling, now or at any other time.



Please visit the website for more information
www.nhs.uk/every-mind-matters/

Our Patient Participation Group minutes are now available to view on our website

www.thebridgesmedicalcentre.co.uk

Please remember to still wear your mask when visiting the surgery. If for any reason you cannot wear a mask, please let the Receptionist know. You may need to wait outside or in your car until you are called for your appointment.



How to recycle medicines

- ✓ Unopened, unused and out-of-date medicines should be returned to pharmacies for disposal.
- ✓ The cardboard box that houses the blister packs can be recycled, as can any paper inserts.
- ✓ Inhalers should not be put in the waste bin as they contain gases which are harmful to the environment, instead please take them to your pharmacy for disposal. They may be able to tell you where they can be recycled.
- ✗ Do not flush medicines down the toilet.

GO GREEN



Easter Bank Holiday

The Surgery will be closed
Friday 15th April
Monday 18th April

Happy
Easter

