

Newsletter - September 2025

Welcome to our first patient newsletter, I hope you find this helpful. Newsletters will be produced every two months. We will of course, keep you updated on the important issues relating to our surgeries via the newsletter, but also on Facebook and our websites.

Thank you to those patients who are on our patient participation groups and encourage those of you who may be interested in joining our patient participation groups, to put yourselves forward, your input would be most appreciated.

Please may I take this opportunity ask for everyone's support for our Station Surgery patients whose move back to the Station end of town is being denied by the local NHS, despite prior agreements this has been in the papers and BBC Northwest tonight.

I would like to thank all our patients and staff for their continued support during this very challenging period, especially the next stage of NHS transformation.

We will endeavour to minimise any disruptions to our patients during this time.

Dr Gora Bangi

We would like to introduce 3 clinicians to you who have recently joined us:

Lynne Jackson has joined the surgery as our Advanced Nursing Practitioner. Lynne has worked in General Practice for the last 8 years.

Dr Fadhwa Suhail: A trainee GP and she will be with us until July 2026

Dr Raees Zaeem: A Foundation Year 2 Doctor and he will be with us until December 2025.

Dr Suhail and Dr Zaeem will mainly be based at Leyland Surgery and Station Surgery and Lynne Jackson will work across all three of our surgeries.

Bowel cancer screening is offered to everyone aged 50 to 74. Bowel cancer is one of the most common cancers in the UK. It can help find cancer early, and before you have any symptoms, which may mean it's easier to treat.

Bowel cancer screening uses a test called a faecal immunochemical test (FIT) to look for blood in a sample of your poo. This could be a sign of bowel cancer. You collect the sample at home and send it by post to be tested.

It's your choice if you want to have bowel cancer screening. If you do not want to be invited for screening, call the bowel cancer screening helpline on 0800 707 6060 to be taken off the screening list. You can ask to be put back on the list any time if you change your mind.

If you would like to receive our future Newsletters via email – please email the surgery

lscicb-csr.thesurgerychorley@nhs.net – marking email NEWSLETTER FOR THE ATTENTION OF SARA DEARNALEY

The **flu vaccine** helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

These will be available at the surgery from 1st October 2025 onwards. Our Reception Team will be contacting all eligible patients by text message and telephone calls to book appointments for those patients who would like a Flu Vaccine this winter.



Cervical screening



In July NHS England announced that it has updated the **cervical screening** programme so that eligible 25 to 49-year-olds are invited every five years instead of every three years if their routine screening (sometimes known as a smear test) shows they do not have HPV.

The change from screening every three years to every five years for those aged 25 to 49 comes following an improvement in the screening test. Cervical screening is offered to women, some transgender men and some non-binary people aged 25 to 64 in the UK.

Those aged 50 to 64 are already invited for screening every five years as standard. The NHS has explained that the shift for 25 to 49-year-olds will not change any current due dates. People will still be invited after the interval they were given at their last test. Then, from 1 July 2025, those whose screening tests show no signs of HPV will have their next test due date set at five years, rather than three.

To be invited for cervical screening you must be registered with a GP and ensure they have your up-to-date contact details. Then, look out for your screening invite; you can now get this through the NHS app, so be sure to turn on notifications.

The **HPV vaccine** helps protect against human papillomavirus (HPV). It's recommended for children aged 12 to 13 years old and people at higher risk from HPV.

NHS England has introduced a GP Campaign where unvaccinated individuals aged 16-24 can attend their GP surgery for their HPV vaccine. This includes:

- all females born on or before 1 September 2009 – up to their 25th birthday
- males born from 1 September 2006 to 31 August 2009 (inclusive). Eligibility for boys was only extended to those entering year 8 from September 2019, in line with the Joint Committee on Vaccination and Immunisation recommendation.

The GP HPV campaign will run from Monday 21 July 2025 to Tuesday 31 March 2026. Please contact the surgery if you would like to receive this vaccine if you have not been immunised during your time at school.

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or are now very rarely seen. Other diseases like measles and diphtheria have reduced to a very low number of cases each year since vaccines were introduced. If people stop having vaccines, it's possible for infectious diseases to quickly spread again.

Measles and Mumps are starting to appear again in England, even though the MMR vaccine is the best protection against both diseases. This is serious as measles can lead to life-threatening complications like meningitis, and mumps can cause hearing loss.

If 95% of children receive the MMR vaccine, this would stop measles spreading completely. However, measles, mumps and rubella can quickly spread again if fewer than 90% of people are vaccinated.

Everyone should be up to date with their routine vaccinations to give them the best protection.



You can log into your **NHS account** to access services online on your computer, tablet or mobile phone. You can use the NHS App if you are registered with a GP Surgery in England and are aged 13 or over. You do not need to download anything. Setting up the NHS App will allow you to

- order repeat prescriptions
- book and manage appointments
- get health information and advice
- view your health record securely
- view your NHS number.

Please use the QR Code below if you wish to start using the NHS App.



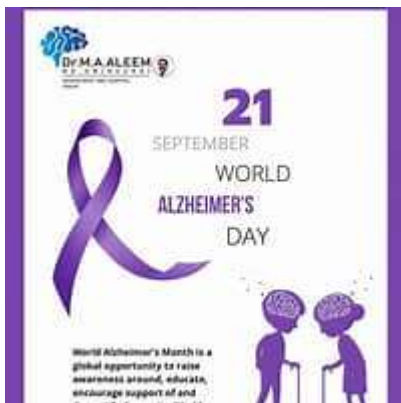
If you need any assistance installing the NHS App or have any questions once installed, please contact the surgery and we can arrange for our Digital Champion Jo King to help you.

Upcoming Awareness Campaigns...

September

World Alzheimer's Month -

Focuses on raising awareness about dementia and supporting those affected.



October

Breast Cancer Awareness

Month – campaign increasing awareness, education, and support for breast cancer prevention and treatment.



November

Movember – this is now an annual event involving the growing of moustaches during the month of November to raise awareness of

Men's Health Issues such as prostate cancer, testicular cancer and

men's suicide.





Pharmacy Referrals



Our Reception Staff are trained to triage certain conditions that can be treated by your local Pharmacist. Once our team have completed the triage process with you, they will do an online referral to the pharmacy of your choice. The conditions that can be treated by your pharmacist include:

BITES/STINGS	Bee sting Wasp sting	Stings with minor redness	Stings with minor swelling
COLDS	Cold Sores Coughs	Flu-like symptoms	Sore Throat
CONGESTION	Blocked or runny nose	Constant need to clear throat	Excess mucus Hayfever
EAR	Earache	Ear Wax Blocked Ear	Hearing problems
EYE	Conjunctivitis Dry/Sore tired eyes Eye, red or irritated	Eye, sticky Eyelid Problem	Watery/runny eyes
GASTRIC/BOWEL	Constipation Diarrhoea Infant Colic	Heartburn Indigestion	Haemorrhoids Rectal Pain Vomiting or Nausea
GENERAL	Hay Fever	Sleep Difficulties	Tiredness
GYN/AE/THRUSH	Cystitis Vaginal Discharge	Vaginal itch or soreness	
PAIN	Acute Pain Ankle or foot pain Headache Hip pain or swelling Knee or leg pain	Lower Back Pain Lower Limb Pain Migraine Shoulder Pain	Sprains or strains Thigh or buttock pain Wrist, hand or finger pain
SKIN	Acne, spots and pimples Athletes Foot Blisters on Foot Dermatitis/Dry Skin Hair Loss	Hay Fever Nappy Rash Oral Thrush Rash -allergy Ringworm Threadworm	Scabies Skin Dressings Skin Rash Warts Verrucae Wound Problems
MOUTH/THROAT	Cold-sore Blisters Flu like symptoms Hoarseness	Mouth Ulcers Sore Mouth Sore Throat	Oral Thrush Teething Toothache
SWELLING	Ankle of foot swelling Lower Limb Swelling	Thigh or Buttock Swelling Toe pain or swelling	Wrist, Hand, or Finger swelling

Surgery Closure Dates

Will be closed for staff training on the following dates from 1pm to 6pm:

Tuesday 16th September
 Tuesday 7th October
 Tuesday 11th November

If you have an appointment for an Annual Review and you are unable to attend, please contact the surgery as soon as you can. Our Nurse appointments are a costly resource, and the NHS cannot afford to have unused/cancelled appointments.