



# BLACKTHORN HEALTH CENTRE

## APRIL NEWSLETTER 2019

**The symptoms  
of bowel  
cancer include:**



Together to stop bowel cancer



Bleeding from your bottom  
and/or blood in your poo



A persistent and unexplained  
change in bowel habit



Unexplained weight loss



Extreme tiredness for no  
obvious reason



A pain or lump in your tummy

If you have any concerns or if things just  
don't feel right, go and see your doctor

## Bowel Cancer Awareness Month April 2019

April is Bowel Cancer Awareness Month (BCAM), a fantastic annual opportunity to raise awareness of bowel cancer and funds to support the work of Bowel Cancer UK.

This year Beating Bowel Cancer and Bowel Cancer UK have merged to form the UK's leading bowel cancer charity, with a mission to ensure that by 2050, no-one will die of Bowel Cancer.

Bowel cancer is the UK's second biggest cancer killer however it shouldn't be because it is treatable and curable especially if diagnosed early. Nearly everyone diagnosed at the earliest stage will survive bowel cancer but this drops significantly as the disease develops



## **BLACKTHORN HEALTH CENTRE EASTER CLOSURE**

**Blackthorn Health Centre will be closed from  
6.30 p.m. Thursday the 18th of April re-opening  
at 7.30a.m. Tuesday the 23rd April**



## **BLOOD PRESSURE MACHINES OUT ON LOAN**

**A polite request to patients that may still have a Blood Pressure Machine on loan. Please return the machines as soon as you have finished using them so another patient may benefit from it as we have a waiting list for our Blood pressure monitors.**



## **CITIZENS ADVICE BUREAU COMING TO HAMBLE**

**From the 6th February The Citizens Advice Bureau will be running a session in Hamble. Provided by Citizens Advice Eastleigh, the service offers free, impartial and confidential advice on a wide range of issues including welfare benefits, debt, housing, employment and family matters. The new drop in advice session will offer a safe and confidential space to discuss your situation and possible ways forward. Appointments are not required, just come in to The Mercury (the new Hamble Library building opposite Hamble Church) between 10am and 12.30pm on the first Wednesday of the month.**

**Telephone advice is also available by calling 03444 111 306 and  
online [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**



## **Blackthorn Health Centre now have a Facebook Page.**

We will be posting and sharing various posts on the NHS, the Practice and news about the surrounding area that may affect our patients.

[www.facebook.com/BlackthornHealthCentre](http://www.facebook.com/BlackthornHealthCentre)

Remember to Like and follow our page to stay up to date with these updates. You can also share this page with friends and family.

### **Attendance/Non-Attendance by Patients**

In the month of **MARCH**, **115 Appointments** were not attended this equated to **25.3 HOURS** of GP, Nurse and Health Care Assistant time being wasted.

Please make sure you cancel any appointments that you no longer need in good time so that they may be offered to another patient.

Cancelling your appointment is even easier now if you receive Text reminders as you are able to send a text back to cancel any appointments that you no longer require. Simply follow the instructions when you receive your reminder text. You can also call the surgery, choosing Option 4 and leave a message.

For more information and how to register please visit:

**<https://patient.emisaccess.co.uk>**

### **When the Surgery is closed**

**If you have a healthcare need when the Surgery is closed please see contact details below:-**

**NHS Out of Hours Service. Tel No: 111**

**If you have a life threatening emergency please Telephone 999**

**A&E is under intense pressure please do not attend for minor ailments or problems**

### **Blackthorn Health Centre Contact details**

Email: [WHCCG.BlackthornHealthCentre-reception@nhs.net](mailto:WHCCG.BlackthornHealthCentre-reception@nhs.net)

Website: [www.blackthornhealthcentre.org.uk](http://www.blackthornhealthcentre.org.uk)

Telephone: 02380 453110 Fax: 02380 452747