



Alcester Health Centre
Modern Care Traditional Values

Practice News

Bowel Cancer Awareness Month - April

Bowel cancer is the 4th most common type of cancer. Screening can help prevent bowel cancer or find it at an early stage, when it's easier to treat.

Everyone aged 60 to 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel cancer screening kit every 2 years.

If you think you have missed your invitation to complete the screening, or if you are aged over 75 years and wish to be screened* you can call the free bowel cancer screening helpline on 0800 707 60 60.

**If you're 75 or over, you can request a kit every 2 years.*

The programme is in the process of expanding so that everyone aged 50 to 59 years will be also be eligible for screening. This is happening gradually over 4 years and started in April 2021 with 56 year

April 2023

NHS 111

If you need medical advice when the GP surgery or the pharmacy is closed, call: 111 or go to 111.nhs.uk



when it's less
urgent than 999

Cervical Cancer Screening

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

All women and people with a cervix aged 25 to 64 will be invited by letter to attend the practice for a 20 minute appointment.

We can offer appointments on evenings and weekends to suit you.

If you are worried about the test, you can request an appointment with our practice nurse to discuss your concerns, or ask the receptionist to book a longer appointment.

You are only able to have the test based on the recall defined by NHS England. If you have any symptoms of concerns book an appointment to discuss this with one of our GP's.

PPG

Patient Participation Group

The PPG aims to be the voice of the patient in the practice. Working constructively and positively to help identify solutions and work in partnership with the practice.

If you are interested in joining the Alcester Health Centre Patient Participation Group,
please visit our website and complete the online form or ask at reception.
Your contact details will only be used for this purpose and will be kept safely.



Practice Accessibility

Our Reception Team have been working hard to improve accessibility into the practice.

Last month (March 2023) the team achieved an average telephone answer time of 1 minute 21 seconds.

In addition to responding to/ completing 100% eConsult requests within the target timeframe.

Primary Care Network (PCN)

What is it?

A primary care network is a collaboration between general practices to offer more personalised, coordinated health and social care to our local practice populations.

PCN'S build on existing primary care services and enable greater Provision of proactive, personalise, co-ordinated and more integrated health and social care for people close to home.

Alcester Health Centre is part of the Arden PCN, which is made up of 7 practices.

Arden PCN

Alcester Health Centre	The Arrow Surgery	Budbrooke Medical Centre	Henley-in-Arden Medical Centre	Lapworth Surgery	Pool Medical Centre	Tanworth-in-Arden Medical Practice.
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Keep Updated with Surgery News

Like and follow our Social Media Pages to stay up-to-date with surgery news!

@AlcesterHealth



The page is frequently updated with useful surgery information.

Have Your Say!

Is there something you want to see in Newsletters going forward?

Let us know by contacting alcester.healthcentre1@nhs.net

Keep Your Contact Details Up to Date!

It is important that we keep your contact details up to date:

- Telephone (Mobile/ Landline)
- Email
- Home Address

If you need to update your contact details - you can do this online.

Visit our website:

<https://www.alcesterhealthcentre.co.uk>

You can opt out of receiving Emails/ Texts at any time!

SELF CARE & OVER THE COUNTER MEDICATIONS

Did you know the Community Pharmacy can assist with many Minor Conditions?

How can the Community Pharmacy Services be Accessed?

Appointments are not needed, walk-ins are usually accepted.

Or, contact the surgery to be referred to the Pharmacy's services!

Many Pharmacies also offer this service during extended hours such as weekends or evenings!



PCN Services Available at Alcester Health Centre



Clinical Pharmacist

- Undertakes clinical medication reviews, proactively managing patients with complex medication use.
- *Including:*
 - *Medication Reviews*
 - *Medication Reconciliation*

Pharmacy Tech

- Works alongside the clinical pharmacist to audit and report on medications.
- *Including:*
 - *Medication Switches (Stock issues/recalls)*



Community Paramedic

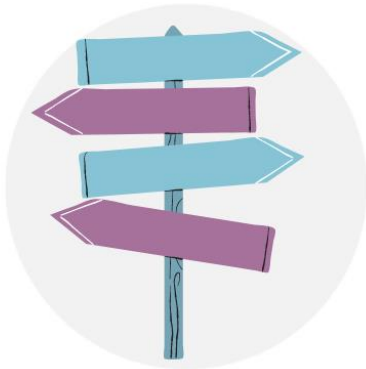
- Works in the Community to support patients with acute and existing conditions, for patients who cannot otherwise attend the practice.
- *Including:*
 - *Visiting of patients with acute conditions*
 - *Visiting patients to review post hospital discharge*

Mental Health Practitioner

- Promotes mental and physical health by using an evidence based psychological approach. A 6 session long support to empower patients to develop skills to support their mental wellbeing.
- *Including:*
 - *Supporting patients aged 11 and over*



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Social Prescriber

- Support and connect patients to community groups, agencies for practical and emotional support. Offer a holistic approach to health and wellbeing.

• *Including:*

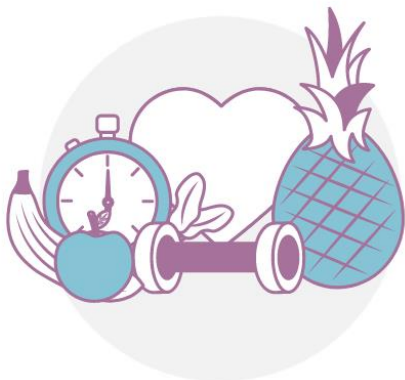
- *Support for Carers*
- *Help with non medical signposting (housing / Social care)*
- *Bereavement*

Frailty Nurse

- Support care homes and act as a link between the surgery to provide care for acute illnesses and patient's ongoing care.

• *Including:*

- *Acute Illnesses/ infections*
- *Chronic Disease Reviews/ Monitoring*
- *Support with reconciling medications*



Health and Wellbeing Coach

- Support people to take pro-active steps to improve the way they manage their physical and mental health conditions.

• *Including:*

- *Supporting medical conditions*
- *Preventing medical conditions*
- *Coaching for improved diet, lifestyle and exercise*

First Contact Practitioner

- Independent clinical practitioners who can assess, diagnose, treat and manage musculoskeletal (MSK) problems.

• *Including:*

- *Provide self-care advice to patients*
- *Onwards referral*



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ACCESS AT AHC



Supporting Access to your Health!

At Alcester Health Centre we want to empower our patients to take an active role in their health!

That is why we allow patients to view their test results and other health information on their medical record, via the NHS App!



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Download the NHS App, or open the NHS website in a web browser, to set up and log in to your NHS account.

Your NHS account is a simple and secure way to access a range of NHS services online.