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## Newsletter - January 2024

**SAMARITANS**

January can seem like the darkest month of the year. If you're struggling, Samaritans are promoting "Brew Monday" on the 15<sup>th</sup> Jan to raise awareness of the support they offer.

You can also keep track of how you're feeling and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.

[www.samaritans.org](http://www.samaritans.org)

Call 116 123

## Cervical Cancer Prevention Week

It's Cervical Cancer Prevention Week from 22<sup>nd</sup> Jan to 28<sup>th</sup> Jan and Jo's cervical cancer trust is holding its biggest event yet, raising awareness for cervical cancer.

The symptoms of cervical cancer can include:

- Unusual vaginal bleeding, especially after menopause
- Changes to vaginal discharge
- Pain or discomfort during sex
- Unexplained pain in your lower back or between your hip bones (pelvis)

If you notice changes, it's better to get checked.

*Lisa, a mother of two was diagnosed with cervical cancer in 2013. Read about her experience being diagnosed and going through treatment via this link.*

[Lisa B's Story | Cervical Cancer | Jo's Cervical Cancer Trust \(jostrust.org.uk\)](#)

### Healthier Together:

It can be extremely stressful when your child is unwell. We know that there is a huge amount of information available at your fingertips, but finding something that provides clear and accurate information is not always easy!

The resources on the Healthier Together website have been developed in partnership between parents and healthcare professionals from across Dorset, Hampshire and the Isle of Wight. You'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for,

where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.

<https://what0-18.nhs.uk/> they also have a whole section on Covid, Strep A & Scarlet Fever.



The period immediately after Christmas can be challenging for some. Men in particular may find it difficult to open up about their feelings. You can find out more about men's mental health and support here.

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/men-and-mental-health>

### **Reminder - Patient Forum**

Our next Patient Forum meeting will be held on Thursday 18<sup>th</sup> January 2024 at 6pm in the surgery waiting room. We look forward to these meetings as a chance to share information and ideas about how we work and for our patients to support us with constructive feedback and questions. Further details of the meeting topics will be published next month in our newsletter and will be posted on our website and Facebook page. Please put the date in your diary - we hope to see you there.

### **Not attending your appointment**

**Please remember** if you cannot attend your appointment, please contact us to cancel it ASAP please. You can reply to your text message appointment reminder with 'CANCEL' or call in. Your appointment could be offered to another patient who urgently needs advice.

### **Afternoon Closure - Wednesday 28<sup>th</sup> February**

The surgery and dispensary will be closed from 12.30pm to enable all GPs & Nurses to attend a compulsory training meeting this afternoon.

Our phone lines will **not** be open on this afternoon.

If you require urgent medical attention, please call 111.