

# Writtle Surgery Newsletter

March and April 2018

[www.writtle.gpsurgery.net](http://www.writtle.gpsurgery.net) 01245 421205

If you are unable to attend your appointment then please let us know as soon as possible, this will then allow another patient to have this appointment.

## Charley

We would like to wish Charley our apprentice dispenser good luck as she starts a new job with Broomfield hospital, we will all be very sad to see her go.

## Online access

Please speak to reception if you would like to register for online access to the surgery, this enables you to book appointments online and also request your repeat prescriptions.

## NHS CHOICES

We care about our patients and your opinions about the surgery. Therefore we would encourage you to leave a review about the surgery at [www.nhs.uk](http://www.nhs.uk)

Just type in 'Writtle Surgery' and leave us a review, we welcome all feedback and would hope to increase our rating on there.

Remember we do offer free Wi-Fi in the surgery so why not leave your feedback whilst you're waiting for your appointment!

We thank you for your support

## Contact details

Please ensure you keep us informed if you change your contact details, for example telephone number. It is very important that we hold up to date information for patients.

## Katie

Katie has now starting her training as a student nurse, she will be running her own clinics at the surgery.

## Why vaccinate your Children?

As a parent, you may not like seeing your baby or child being given an injection. However, vaccination will help protect them a range of serious and potentially fatal diseases.

There are 3 good reasons to have your child vaccinated:

vaccinations are quick, safe and extremely effective  
once your child has been vaccinated against a disease, their body can fight it off

if a child isn't vaccinated, they're at risk of catching and becoming very ill from illness

### **Benefits and risks of vaccination**

All medicines have side effects. However, vaccines are among the safest and the benefits of vaccinations far outweigh the risk of side effects.

When're considering a vaccination for yourself or your child, it's natural to think about the potential side effects. But a better approach is to try to balance the benefits of having a vaccine against the chances of harm.

### **We are encouraging all women who are due a smear test to get booked in with the nurse.**

A smear test is a method of detecting abnormal cells on the cervix. The cervix is the entrance to the womb from the vagina.

Detecting and removing abnormal cervical cells can prevent cervical cancer.

### **Testing for abnormal cells**

Cervical screening isn't a test for cancer, it's a test to check the health of the cells of the cervix.

Most women's test results show that everything is normal, but for around 1 in 20 women the test shows some abnormal changes in the cells of the cervix.

Most of these changes won't lead to cervical cancer and the cells may go back to normal on their own.

But in some cases, the abnormal cells need to be removed so they can't become cancerous.

About 3,000 cases of cervical cancer are diagnosed each year in the UK.

It's possible for women of all ages to develop cervical cancer. If you have any questions about your smear test please have a chat with one of our nurses.