

Current Health Campaigns April, May & June

1st – 30th April – Stress Awareness Month

Stress Awareness Month is held every April to increase public awareness about both the causes and cures for our modern stress epidemic. Talk about stress and its effects, share your coping mechanisms and be nice to those who are stressed and anxious. For more information visit

www.stress.org.uk

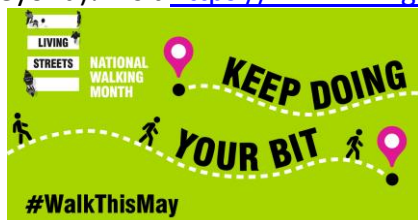


Stress Management Society
from distress to de-stress

National Walking Month

May 2022

An annual celebration of walking so lace up your shoes and take up the challenge of walking 20 minutes as part of your daily exercise every day this month (and beyond)! Visit <https://www.livingstreets.org.uk/>



Men's Health Week

13th -19th June

Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems. Visit [Men's Health Week 2022 | Men's Health Forum](http://MensHealthWeek2022.com)

menshealthforum.org.uk



Spring 2022

Patient Newsletter



Social Prescribing Service

The Social Prescribing Service works in partnership with our GP practice and are employed in non-clinical roles. The Social Prescribers are employed for their listening skills, empathy, and ability to support people. Social Prescribers help to reduce health inequalities by supporting people to unpick complex issues affecting their wellbeing.

Social prescribing works for a wide range of people, including those:

- with one or more long-term conditions
- who need support with their mental health- who are lonely or isolated?
- who have complex social needs which affect their well-being. The Social Prescriber connects people to community groups and statutory services for practical and emotional support.

Our Social Prescribers, Chelsea and Suzanne have worked/volunteered in wellbeing, eco-therapy and with vulnerable adults and children for over 20 years. Their service offers support with physical health, mental health, finances, housing, and social activities.

Chelsea and Suzanne can offer short term support and one-off sessions to help people reach their goals and overcome any fears you may have.

For more information about his service, please see our Social Prescribers board in our waiting room or speak with your clinician.

👁️ We are looking for new members to join The Chorley Surgery Patient Participation Group (PPG)

“When I was asked to join the Patient Participation Group at The Chorley Surgery, I was curious as to what was involved. After the first meeting I was impressed by how much relevant information was discussed and considered. I have attended regularly since and enjoy contributing to patient care.

Michelle the Practice Manager and representative GP Partners attending are very open and informative and actively encourage participation and contributing to the meetings. All are welcome, and interested parties are encouraged to feedback using various methods if they cannot attend personally, thus experience comes highly recommended”

PPG Chairperson – Tricia Bradley



? Are you a registered patient of The Chorley Surgery?

? Would you like to be involved in how we can improve our service?

All patients are most welcome!

For more information and to download an application form visit our dedicated PPG page on our practice website at <https://www.thechorleysurgery.com/about/patient-participation-group/>

CONTACT US

You can find information about the surgery, booking appointments, and lots of other useful information via:

Website: www.thechorleysurgery.com

Facebook:

www.facebook.com/thechorleysurgery/

Telephone number:

01257 513970.

‘Striving for excellence in healthcare for You and Your Community’

Spotlight on Women’s Health

Routine health screening for women saves lives. Why? Health screenings detect diseases early before they become problematic for your health.

What screening is available for women?

Cervical screening - is offered to all women and people with a cervix aged 25 to 64 to check the health of cells in the cervix. It is offered every 3 years for those aged 25 to 49, and every 5 years from the ages of 50 to 64. Patients are invited by letter to attend their GP surgery for this simple test, and will receive results by letter, usually 2 weeks after the procedure. For more information visit - [Cervical screening - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Breast screening - is offered to women aged 50 to 70 to detect early signs of breast cancer. Women over 70 can self-refer. Women will be automatically invited every 3 years until turning 71. You need to be registered with a GP surgery to be invited. For more information visit - [When you'll be invited for breast screening and who should go - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Bowel cancer screening - everyone aged 60 to 74 is offered a bowel cancer screening home test kit every 2 years. If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60. Visit [Bowel cancer screening - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Blood pressure is an important health screening for women. It is non-invasive, fast, and painless, and save lives by detecting high blood pressure before serious heart or blood vessel problems arise. vessel walls. Visit [Blood pressure test - NHS \(www.nhs.uk\)](http://www.nhs.uk)

NHS Health Checks- are available to all adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk. Visit [What is an NHS Health Check? - NHS \(www.nhs.uk\)](http://www.nhs.uk)