

# Claremont Medical Centre Patient Newsletter June 2025



## WHAT'S HAPPENING

### Cervical screening

From 1 July 2025, routine cervical screening intervals will be extended from 3 to 5 years for participants aged 25-49 who test negative after attending cervical screening.

The NHS Cervical Screening Programme saves thousands of lives every year by checking for high-risk Papiloma Virus (hrHPV) which causes almost all cervical cancers. Studies show that if a person tests negative for hrHPV they are extremely unlikely to go on to develop cervical cancer within the next 10 years.

- If your cervical screening was done before 1<sup>st</sup> July 2025, you will stay on the 3-year recall until your next cervical screen and then change to every 5 years if your result is negative.
- If you had a HPV positive result in the last 5 years you will stay on the 3-year recall until you get a negative result.

## ANNUAL HEALTH REVIEWS

### HELP US TO HELP YOU

If you have a certain medical condition, or are taking certain medications, we will invite you for an annual review.

**The annual review is important in helping us to monitor your health and prevent you from becoming more acutely unwell.**

We will contact you by text message or telephone call to book an appointment.

## ROUTINE CHILDHOOD IMMUNISATION SCHEDULE

From 1<sup>st</sup> July 2025 there will be a change to the childhood immunisation schedule:

Aged 8 weeks – ‘Diphtheria/Tetanus/Pertussis/Hib/Polio/Hep B’, Rotavirus, and Meningitis B

Aged 12 weeks - ‘Diphtheria/Tetanus/Pertussis/Hib/Polio/Hep B’, Rotavirus and Meningitis B (this is new as it used to be Pneumococcal)

Aged 16 weeks - ‘Diphtheria/Tetanus/Pertussis/Hib/Polio/Hep B’, Pneumococcal (this is new as it used to be Meningitis B)

Aged 12 Months – **Born on or after 1/7/24** – Meningitis B, Pneumococcal and 1<sup>st</sup> MMR, **Born before 1/7/24** – the old schedule Meningitis B, Pneumococcal, MMR, Hib/Men C (or the hexavalent vaccine if the Hib/Men C vaccine is unavailable)

THEN:

**Born on or before 30/6/24** the next appointment will be aged 3 year 4 months and will receive 2<sup>nd</sup> MMR and ‘Diphtheria/Tetanus/Pertussis/Hib/Polio/Hep B’,

**Born after 1/7/24** the next appointment will be aged 18 months and will be their 2nd MMR and a ‘Diphtheria/Tetanus/Pertussis/Hib/Polio/Hep B’, then at 3 year 4 months they will receive their last ‘Diphtheria/Tetanus/Pertussis/Hib/Polio/Hep B’



## THE BOWEL CANCER SCREENING KIT CAN SAVE YOUR LIFE

If you're aged 54 to 74 and registered with a GP, you'll automatically get a bowel cancer screening home test kit through the post every 2 years. You can also get screening for bowel cancer every 2 years if you're aged 75 or over, but you would need to call the bowel cancer screening helpline on 0800 707 6060 and ask for the test.

Screening does not stop you getting bowel cancer, but it is the best way to find cancer at an early stage.

## SYMPTOMS OF BOWEL CANCER

Knowing the symptoms is important to help spot bowel cancer early. The earlier it is found, the more treatable it's likely to be. Bowel cancer is cancer that begins in the large bowel, which is made up of the colon and rectum and it's sometimes called colorectal cancer.

Symptoms can include:-

- Bleeding from your bottom
- Blood in your poo
- A change in your bowel habits. You might be going more or less often, or have constipation or diarrhoea that might come and go
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy

Having these symptoms doesn't always mean you have bowel cancer, but it's still important to find out what is causing them.

If you have any of these symptoms, or if you're worried about any changes that you notice, please speak to a GP. It's important to know that not everyone will have all the symptoms of bowel cancer, or they may get different symptoms at different times. Even if you have just one symptom, your GP will want to see you.

## SHINGLES

The shingles vaccine helps protect against shingles. It's recommended for all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system. Please contact the practice to book an appointment.

## PERTUSSIS

Whooping cough (pertussis) is an infection of the lungs and breathing tubes. It spreads very easily and can be serious. It's important for babies, children and anyone who's pregnant to get vaccinated against it. Please contact the practice to book an appointment.

## RSV

The RSV vaccine helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill. It's recommended during pregnancy and for adults aged 75 to 79. Please contact the practice to book an appointment.

## PNEUMONIA

The pneumonia vaccine helps protect against serious illnesses like pneumonia and meningitis. It's recommended for people at higher risk of these illnesses, such as babies and adults aged 65 and over. Please contact the practice to book an appointment.



## NHS HEALTH CHECKS

The NHS Health Check is a free check-up of your overall health. It can tell whether you're at higher risk of getting certain health problems, such as:

- Heart disease
- Diabetes
- Kidney disease
- Stroke

Your first appointment will be a non-fasting blood test, height and weight check with a follow-up appointment 2 weeks later. During the check-up you'll discuss how to reduce your risk of these conditions. The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:

- Heart disease
- Chronic kidney disease
- Diabetes
- High blood pressure (hypertension)
- Atrial fibrillation
- Transient ischaemic attack
- Inherited high cholesterol
- Heart failure
- Peripheral arterial disease
- Stroke
- Currently being prescribed statins to lower cholesterol

If you think you are eligible but have not been invited, please visit our website [www.claremontmedicalcentre.co.uk](http://www.claremontmedicalcentre.co.uk) to request an appointment.

## Postnatal Check

At Claremont you will be offered your postnatal check 8 weeks after your baby's birth to make sure you feel well and are recovering properly. This includes an appointment with the GP for you and your baby and a follow-up appointment with the nurse for your baby's first set of immunisations.



## IN THE SPOTLIGHT

### SOCIAL PRESCRIBING

#### **Health is more than just tablets and medicine.**

Our health is shaped by practical, social and emotional factors. It is these factors that make each of us unique and individual. Sometimes, these factors can improve our health, but sometimes they can make our health worse.

Social prescribing helps us to see which of these factors might be making our health worse and can help us to change them.

This improves our health and wellbeing and can even prevent us from developing diseases.

Social prescribers have a range of specialist knowledge and experience, meaning they can assist with a range of social, emotional and practical matters.

If they cannot help directly, they will signpost to a huge range of services and organisations that can.

It is important to note that Social Prescribing is NOT an urgent / emergency service and that Social Prescribers DO NOT prescribe medication.

#### **Social Prescribing can help find you support for:**

- Healthy Lifestyle
- Loneliness and isolation
- Housing and homelessness
- Mental health and counselling
- Finances
- Employment

Please speak to Reception about a referral.

### KAG Advocacy

KAG are holding drop-in sessions at Claremont to assist patients with issues such as debt, benefits and housing. Come along on Friday 10.30am to 11.30 am.

Surgeries are on,      13, 27 June  
                                 11, 28 July  
                                 8, 22 August



## HERE COMES THE SUN

Most of us welcome hot weather, but when it's too hot, there are health risks. Heatwaves can lead to dehydration, overheating and heat exhaustion.

Beat the heat this summer by:

- Drinking plenty of water
- Avoiding alcohol and caffeine
- Dressing appropriately for the weather
- Avoiding strenuous activity
- Seek cooler spaces
- Keeping your home cool
- Cooling your skin with water if you get too hot
- Being on the lookout for signs of heat related illness

## HAY FEVER

**Hay Fever is a common allergy that causes sneezing, coughing and itchy eyes.**

You cannot cure it, but there are things you can do to help your symptoms, or medication you can get from your local pharmacy to help.

We ask that you only contact your GP if you are unable to control your symptoms or manage them with over-the-counter medication, or if you have a fever and other signs of infection.

## STAY SAFE IN THE SUN

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday, you can burn in the UK, even when it is cloudy.

Make sure you:

- Spend time in the shade between 11am and 3pm
- Never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 30 sunscreen

