

# WEST VIEW SURGERY

Phone: 01179 376835 • Website: [www.westviewsurgery.com](http://www.westviewsurgery.com)

## WELCOME TO WEST VIEW SURGERY'S NEWSLETTER

Our aim is to provide you with the latest news about the surgery, including changes to appointments, new services we are offering, health advice, and other information that may be useful to you. We also hope that this newsletter will keep you informed about a variety of health issues and where to get more help and support.

### Covid and Flu Clinics

We are now booking for Covid and Flu clinics for Saturday 4<sup>th</sup> October and Saturday 11<sup>th</sup> October. If you are eligible please contact the surgery to book your appointment.

### Closed for Training

We are closed for training  
Thursday 11<sup>th</sup> September from 1pm  
We reopen Friday 12<sup>th</sup> September at 8am

### Contraceptive Pill Reviews at Your Local Pharmacy

You no longer need to book a GP appointment for your contraceptive pill review. Many local pharmacies in the UK now offer this service.

#### A trained pharmacist can:

- Review your current pill prescription
- Discuss any side effects or concerns
- Make sure your pill is still safe and suitable for you
- Provide advice and support about your contraceptive options

This makes it easier and more convenient to keep up to date with your contraceptive care.

If you have any problems or concerns between reviews, please still contact your GP surgery.

#### When you still need to contact the GP surgery

You should contact the surgery instead of the pharmacy if you are:

#### Using the Combined Oral Contraceptive Pill and:

- Under 16 or aged 50 and over
- Pregnant
- Less than 21 days after childbirth
- Breastfeeding and less than 6 weeks after childbirth
- Taking the pill to regulate your periods or for acne treatment

#### Using the Mini/Progestosterone-only Pill (POP) and:

- Under 16 or aged 55 and over
- Pregnant

### Digital Results for Cervical Screening

From September 2025, the NHS will begin sending digital results for the Cervical Screening Programme through the NHS App.

If your test result is negative, you will receive a message in the NHS App. This will also appear as a notification. If the message is not read within 72 hours, a letter will be sent by post as a backup.

If your result is abnormal, you will continue to receive a letter by post for now.

This update follows the successful rollout of digital invitations and reminders in June 2025. Since then, 9 out of 10 invitations have been sent digitally, with only a small number still going by post. The change is designed to make results quicker, more secure, and more convenient for you.

#### What you need to do

- Make sure you have the NHS App downloaded on your smartphone or tablet.
- Check that your contact details are up to date in the app.
- Turn on notifications so you don't miss important messages.

If you need help downloading or using the NHS App, visit: [www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app)

### AI Scribes in Consultations

Some GPs are now using AI scribe technology to help write consultation notes. This means your GP can focus more on you and less on typing. All notes are checked by your GP before being added to your record. The system is secure, confidential, and does not replace your GP's judgement. Please speak to your GP or our team if you have any concerns."

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# September

Dates for your Diary



## Urology Awareness Month

Focuses on conditions like prostate and bladder cancer, kidney stones, and incontinence.

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

## Blood Cancer Awareness Month

Raises awareness about leukaemia, lymphoma, and myeloma.

<https://bloodcancer.org.uk/>

## Childhood Cancer Awareness Month

Highlights the impact of cancer on children and the importance of early detection.

[www.cancerresearchuk.org](http://www.cancerresearchuk.org) (Lurie Children's)

## Gynaecological Cancer Awareness Month

Focuses on cancers of the female reproductive system, including ovarian and cervical cancers.

<https://www.macmillan.org.uk/>

## World Alzheimer's Month

Dedicated to raising awareness and challenging the stigma surrounding dementia.

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Sickle Cell Awareness Month

Increases understanding of sickle cell disease and its impact on individuals and families.

[www.sicklecell.org.uk](http://www.sicklecell.org.uk)

## Sepsis Awareness Month

Educates about the signs, symptoms, and risks of sepsis.

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

7 – 13 September

## Migraine Awareness Week

Raises awareness about migraines and supports those affected.

<https://migrainetrust.org/>

8 – 14 September

## Know Your Numbers Week

Encourages adults to check their blood pressure.

[bloodpressureuk.org](http://bloodpressureuk.org)

8 – 14 September

## Sexual Health Week

Promotes sexual health education and awareness.

[fpa.org.uk](http://fpa.org.uk)

10 September

## World Suicide Prevention Day

Aims to raise awareness about suicide prevention.

<https://www.samaritans.org/>

18 September

## National Fitness Day

Encourages physical activity and healthy living.

[www.nationalfitnessday.com](http://www.nationalfitnessday.com)

21 September

## World Alzheimer's Day

Focuses on raising awareness of Alzheimer's disease.

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

28 September

## World Rabies Day

Raises awareness about rabies prevention.

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



**SAMARITANS**

## Suicidal thoughts can be interrupted

➤ Here's how you can help

If you think someone might be suicidal, take action, interrupt their thoughts and show them you care.

### How to reach out to someone

Small interruptions you make and actions you take could help someone who is suicidal. There's no quick fix but in that moment, you could save their life.

#### ➤ Start a conversation

It can be as simple as saying 'hello' or asking a question. Try not to worry about saying the wrong thing.

#### ➤ Ask how they're feeling

Don't be afraid to ask if they're having suicidal thoughts. It gives them permission to tell you how they really feel.

#### ➤ Be there for them in the moment

If you're worried about someone, stay with them and let them know you're there for them. **If you think it's an emergency or they've tried to harm themselves, call 999 in the UK or 112 in Ireland.**

#### ➤ Listen without judgement

Give them a safe space to express how they feel. Try not to jump in with advice or opinions.

“If you're worried someone is having harmful thoughts, it's better to interrupt than not.”

Member of Samaritans' lived experience panel

### Anyone can interrupt suicidal thoughts

We surveyed people with lived experience and the majority told us that their suicidal thoughts have been interrupted. Many respondents said their suicidal thoughts had been interrupted by someone close to them, while some said their suicidal thoughts had been interrupted by someone they didn't know.

For more tips visit  
[samaritans.org/WSPP](https://samaritans.org/WSPP)



**Samaritans are here to listen**



# October



## Dates for your Diary

### Breast Cancer Awareness Month

Promotes awareness of breast cancer and the importance of early detection.

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

### Liver Cancer Awareness Month

Raises awareness about liver cancer prevention and treatment.

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

### ADHD Awareness Month

Focuses on raising awareness about Attention Deficit Hyperactivity Disorder.

[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

### National Cholesterol Month

Encourages awareness and action on cholesterol levels.

[www.heartuk.org.uk](http://www.heartuk.org.uk)

7 – 12 October

### Back Care Awareness Week

Raises awareness about back pain and its prevention.

[www.backcare.org.uk](http://www.backcare.org.uk)

10 October

### World Mental Health Day

Aims to raise awareness of mental health issues.

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

6 – 10 October

### National Work Life Week

Focuses on promoting a healthy work-life balance.

[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)



LET'S TALK ABOUT IT  
[www.mentalhealth.org.uk/wmhd](http://www.mentalhealth.org.uk/wmhd)

# November

## Dates for your Diary



**7 in 10 people living with diabetes are of working age**



Know more and do more for **diabetes at work**

**#DiabetesLife**

A campaign led by the International Diabetes Federation

  
world diabetes day  
14 November



### Men's Health Awareness Month (Movember)

Focuses on men's health issues, including prostate cancer and mental health.

[www.movember.com](http://www.movember.com)

### Lung Cancer Awareness Month

Raises awareness about lung cancer prevention and treatment.

[www.lungcancer.org.uk](http://www.lungcancer.org.uk)

### Mouth Cancer Action Month

Promotes awareness of mouth cancer and encourages regular check-ups.

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

### Pancreatic Cancer Awareness Month

Raises awareness about pancreatic cancer and its symptoms.

[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

15 – 21 November

### Alcohol Awareness Week

Encourages understanding of alcohol-related issues.

[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

14 November

### World Diabetes Day

Raises awareness about diabetes prevention and management.

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

