

Aveley Village Rocks!

We have received many messages of support from patients and we are very grateful for this and especially the person who left this monumental stone at the practice with the inscription "Aveley village rocks and a Thank you to the NHS."

We would like to thank everyone for working with us during these unprecedented times, complying with the huge changes we have had made in the Surgery over the last few months. This has helped reduce the risk of COVID-19 infection throughout the Village and South Ockendon community and we are very grateful for the part you have all played in this.

We have been dealing with patient requests remotely wherever possible by telephone, video calls and online via DrLink. We envisage we will continue to do so for some time and this may well lead to permanent changes with more options in how patients consult GPs in the future. We are and always will be open to see patients in surgery, or if needed as a home visit, for when consultations cannot be managed safely remotely.

As COVID-19 infection rates in the area have reduced, we are now re-starting some of our clinics, most will predominantly be by phone but some clinics will be face to face, e.g. immunisations and smears.

Please do get in touch with us if you need medical assistance. We are not closed, just operating in a different way.

As we go into the new normal, we would implore patients to engage with the new ways of working and are keen to receive feedback and comments on any aspect of service.



Once again, thank you for all your support.

WELCOME



We have now got staff working for us from the PCN and would like to welcome the following;

Irene – Clinical Pharmacist

Daniel- Paramedic

Guru- Physiotherapist

They are all part of the Practice team and can be booked directly.



Cancer Screening

One in two people will develop cancer at some point in their lives, according to the most accurate forecast to date from Cancer Research UK. Cancer screening may be your only chance of detecting it early and beating cancer!

Cancer screening is a way of testing healthy people to see if they show any early signs of cancer.

Breast screening

Screening aims to find breast cancers early, when they have the best chance of being cured.

What is a mammogram

Breast screening uses a test called mammography which involves taking x-rays of the breasts. Screening can help to find breast cancers early, when they are too small to see or feel. These tiny breast cancers are usually easier to treat than larger ones.

Overall, the breast screening programme finds cancer in about **8 out of every 1,000 women** having screening.

Who must have breast screening?

All women aged between 50 and 70 must have screening every 3 years. You need to be registered with a GP to receive the invitations. If you are eligible but have not had your test in the last 3 years, the local breast screening unit can be contacted on 01702 435555 ext 6057.

If you are older than 70 or have strong family history, you can still have screening every 3 years but you won't automatically be invited. To make an appointment, talk to your GP or your local breast screening unit.

If you are younger than 50, your risk of breast cancer is generally very low. Mammograms are more difficult to read in younger women because their breast tissue is denser. So the patterns on the mammogram don't show up as well. There is little evidence to show that regular mammograms for women below the screening age would reduce deaths from breast cancer.

[Breast screening; helping you decide](#)

Bowel cancer screening

Bowel cancer screening can save lives. Screening aims to detect bowel cancer at an early stage, when treatment has the best chance of working. The test can also find polyps (non-cancerous growths), which might develop into cancer. Polyps can usually be removed, to lower the risk of bowel cancer.

What is bowel cancer screening?

In England, Wales and Northern Ireland people over the age of 60 are invited to take part in bowel cancer screening. You will be invited to take part in screening every two years until you reach the age of 75.

The screening involves use of a home tests which look for hidden blood in poo. If you are registered with a GP and within the eligible screening age range, a test will be automatically posted to you, so you can complete it in the privacy of your own home.

[Bowel screening; helping you decide](#)

What is cervical screening?

Cervical screening is one of the best ways to protect yourself from cervical cancer. Cervical screening checks the health of your cervix. It's not a test for cancer, it's a test to help prevent cancer.

How cervical screening helps prevent cancer

Cervical screening may check for: abnormal cell changes in your cervix – left untreated, this could turn into cancer. It can also check for HPV Infection.

What is HPV- Human Papillomavirus ?

HPV is the name for a very common group of viruses. Some types of HPV can lead to cell changes in your cervix and cause cancer.

You can get it from any kind of skin-to-skin contact of the genital area, not just from penetrative sex. Nearly all cervical cancers are caused by infection with certain types of HPV.

Finding cell changes early means they can be monitored or treated. This means they do not get a chance to turn into cervical cancer.

Who's at risk of cervical cancer

If you have a cervix and have had any kind of sexual contact, with a man or a woman, you could get cervical cancer.

You're still at risk of cervical cancer if:

- you have had the HPV vaccine – it does not protect you from all types of HPV, so you're still at risk of cervical cancer
- you have only had 1 sexual partner – you can get HPV the first time you're sexually active
- you have had the same partner, or not had sex, for a long time – you can have HPV for a long time without knowing it
- you're a lesbian or bisexual – you're at risk if you have had any sexual contact
- you're a trans man with a cervix – read about if trans men should have cervical screening
- you have had a partial hysterectomy that did not remove all of your cervix
- Find out if you need cervical screening if you're a virgin



A smear test
lasts **5** minutes.

The impact of cervical cancer
lasts a lifetime.

Attend your smear test.
Reduce your risk.

Cervical screening is a choice

It's your choice if you want to go for cervical screening. But cervical screening is one of the best ways to protect you from cervical cancer.

Booking a test

Our nurses are qualified to carry out cervical screening and tests in the form of cervical smears. In order to have a smear, the appointment must please be made for when you are not menstruating.

How to opt out

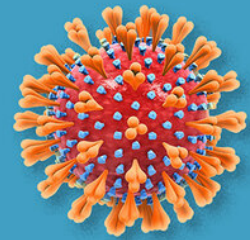
If you do not want to be invited for screening, contact the Surgery and ask to be taken off the cervical screening list.

You can ask to be put back on the list at any time if you change your mind.

[cervical screening; helping you decide](#)

Coronavirus

Keep safe



Most people have not had the virus yet so please be careful
Talk to people you trust and think about...

The safe distance rule is changing to 1 metre so more places can open

- * Pubs and cafes
- * Hairdressers
- * Community centres
- * Cinemas and more



Where you want to go



Things you do and don't want to do



How far you want to keep away from people



What to do about face coverings



If you feel ill stay home and phone your GP or get advice from 111
In an emergency call 999