

STOPtober

QUITTING SMOKING IS EASIER WITH THE RIGHT SUPPORT

3 reasons to quit:



HEALTHIER

No matter how long you've smoked for quitting can help improve your health straight away.



MONEY

You'll have much more cash in your pocket. If you smoke a packet a day, you could save around £250 each month.



PROTECT YOUR FAMILY

It helps protect your loved ones from harmful second-hand smoke – reducing their risk of developing asthma, meningitis and some cancers.

Stoptober, the 28-day stop smoking campaign from Public Health England, is back from 1st October.

Stoptober has driven over 1 million quit attempts to date and is the biggest mass quit attempt in the country. It is based on research that shows that if you can stop smoking for 28-days, you are five times more likely to stay smoke free for good.

There are lots of ways to quit and Stoptober can help people choose what works for them.

Book your STOP Smoking appointment with Amanda today ask at reception.

Charity run!!

On Saturday 29th September Lauren and Jonathan had their 10K charity run as they were both raising money for two charities

Lauren was raising money for

Cancer Research and Jonathan has been raising for

Balanced MK (which supports eating Disorders). They raised in surgery it came to £135 so Lauren would like to say A HUGE thank you to everyone! Every little bit will make such a difference!

In total Lauren has raised £190 for Cancer Research

In total Jonathan has raised £190 for Balanced MK



Domestic Violence

Domestic violence can be a silent killer, some suffer in absolute silence without breathing a word and we want this to **STOP**. Here at Parkside, we want everyone to know this is a safe place and anything that is said will be confidential! If you're unsure on what to do, then book an appointment with a GP today and let us help you.

You don't need to go through this on your own.

Domestic Violence affects 1 in 4 women in their lifetime.

Domestic Violence affects 1 in 6 men in their lifetime.

In addition, approximately 400 people commit suicide each year who have

attended hospital for domestic abuse injuries in the previous six months,

200 of these attend hospital on the day they go on to commit suicide.

People who experience domestic abuse are likely to change, this may be

gradual or sudden, and it may include:

A loss of self-confidence and esteem

Becoming withdrawn

Changes in socialising patterns, no longer meeting with friends and family

Changes in their physical presentation, such as the clothes or make up they wear

Money worries

Always checking in with their partner or worrying about what they will think

Unexplained injuries

Getting help and support for domestic violence

You don't have to wait for an emergency situation to seek help.

If domestic abuse is happening to you, it's important to tell someone and remember **you're not alone.**

Talk to your doctor, health visitor or midwife

Women can call 0808 2000 247, the free 24-hour National Domestic Violence Helpline run in partnership between Women's

Aid and Refuge

Men can call the Men's Advice Line free on 0808 801 0327

(Monday to Friday 9am to 5pm) or Mankind on 01823 334 244

In an emergency, call 999

Cervical screening



A cervical screening test (previously known as a Pap smear) is a method of detecting abnormal cells on the cervix. Detecting and removing abnormal cervical cells can prevent [cervical cancer](#). 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.

It's possible for women of all ages to develop cervical cancer, although the condition mainly affects sexually active women aged 30 to 45. The condition is very rare in women under 25.

The aim of the NHS Cervical Screening Programme is to reduce the number of women who develop cervical cancer and the number of women who die from the condition. Since the screening programme was introduced in the 1980s, the number of cervical cancer cases has decreased by about 7% each year. All women who are registered with a GP are invited for cervical screening:

aged 25 to 49 - every 3 years

aged 50 to 64 - every 5 years

over 65 - only women who haven't been screened since age 50 or those who have recently had abnormal tests

Being screened regularly means any abnormal changes in the cells of the cervix can be identified at an early stage and, if necessary, treated to stop cancer



Letter through the post
Parkside Medical Centre
Whalley Drive
Bletchley, Milton Keynes
MK5 8EN
Free nurse here at the
Tel: 01908 374975
Email: info@parksmed.co.uk
<https://www.parksmed.co.uk>



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Newsletter
October 2018



Revitalizing our Patient Participation Group

Did you know that Parkside has a PPG (Patient Participation Group)?

The PPG is a well established group, where patients meet with members of both the admin and clinical staff to discuss matters relating to the surgery.

The aims of the Group are to:

Exchange information and ideas.

Improve communication between the practice and patients.

Discuss developments which involve the practice and its patients.

Consider patients concerns, comments and suggestions about the quality of the service provided and what improvements can be made.

The PPG meeting will take place quarterly at the surgery at 6.30pm and will last a maximum of 2 hours. Our next meeting will be in January 2019

We want to thank our existing members for their service and ask new

patients of all demographics to join.

If you can't get to the surgery for the meeting we have facility's for conference



**If you would like to join ask for
Jemma
Our IT Manager**



Opening times
Monday—Friday
7.30—19.00
Closed Saturday,
Sunday and
Bank holidays

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