



Welcome

We share a monthly patient newsletter to keep you up to date with what is happening here at Westongrove, and to raise awareness of health and well-being issues.

Please send any feedback or things you would like to see to: Westongrove.Patientnewsletter@nhs.net

OPTING OUT: To stop receiving texts about the newsletter, simply reply 'opt out'. Please note this will prevent all future texts about appointment reminders and vaccination messages too because our system can't separate different message types for opt-out.

Opening Times

In accordance with NHS England's Enhanced Access standards, our doors are open 08:00-18:30, with phone lines available 08:00-13:00 and 14.00 – 18:30.

We also offer appointments in extended hours up to 8pm on week days and Saturday mornings 8am – 12noon.

Find out more:

 westongrove.co.uk

 [@westongrovepartnership](https://www.facebook.com/westongrovepartnership)

Spring Covid Booster Vaccination Programme



NHS England has announced a spring COVID booster vaccination programme for the following eligible patients:

- adults aged 75 years and over, including those who turn 75 by 30th June 2024
- residents in care homes for older adults
- individuals aged 6 months and over who have a weakened immune system.

You can find out more on the [COVID-19 pages for guidance for people whose immune system means they are at higher risk](https://www.gov.uk/guidance/covid-19-boosters-for-people-whose-immune-system-means-they-are-at-higher-risk) at gov.uk

Locally these vaccinations will be delivered by the COVID team working from Oakfield surgery from the end of April, with a mobile team visiting care homes and housebound patients.

We will send eligible patients an invitation to book an appointment as soon as we are informed of a start date.

Have You Used Our Digital Assistant Yet?

In January we introduced a new system that works alongside our telephone system to help direct patients to the services they need more efficiently. It provides step-by-step phone guidance to help you solve your queries digitally and frees up our phone lines for those who really need them.

In February, 225 patients used it, 256 patients used the QR code and there were 85 new NHS App registrations. **Give it a go and let us know what you think!**



Find out more: [Nhs.uk/app](https://www.nhs.uk/app)

Millions of people are using the **NHS App** to manage their health the easy way. Find out how you can securely view your health records in the NHS App.



Team Spotlight

We have a diverse and multi-skilled team of 129 clinical and non-clinical members that care for just under 33,000 patients and ensure the smooth running of our three sites.

This month we're introducing our Human Resources and Finance Team.



Left to right Clare, Kieran, and Helen.

Our HR and Finance Team is one of several teams that operate behind the scenes at Westongrove.

Together, they efficiently manage the practice finances including accounting (paying bills, and optimising the financial impact), as well as all matters involving human resources, such as payroll, recruitment, supporting training needs, and assisting line managers all HR related matters.

In the past 6 months, the team have dealt with over 25 vacancies, equating to over 75 hours of interview time. **We couldn't manage without them!**

Calling all Carers

If you're caring for someone and could use support, please let us know. We can share information about Carers Bucks, a local charity that provides valuable services and resources for unpaid carers

Cancer Corner

Ovarian & Bowel Cancer

We urge patients to promptly seek review for any new, unusual or persistent unexplained symptoms that could indicate cancer. If you suspect that your symptoms may be linked to a potential cancer, please share your concern with our reception team when seeking an appointment, they can then arrange a timely consultation for you.

This month, we're raising awareness of ovarian cancer and April is bowel cancer awareness month. Anyone diagnosed with cancer will be invited for a GP review within 3 months and 12 months.

#Letsbeatcancertogether

Worried about the symptoms of ovarian cancer?



Bloated tummy?

Always feeling full?

Tummy pain?

Needing to wee more?

Target Ovarian Cancer's nurse-led support line provides confidential information, support and signposting for anyone concerned about ovarian cancer.

Support line
Monday-Friday
9am-5pm
020 7923 5475

Valid Information Centre

Cancer Health & Wellbeing Event

Meet others and gain support for anyone living with or beyond cancer.

24th April - 10:00 am- 13:30 pm
Brushwood suite, Wades Park, Stratton Rd, Princes Risborough HP27 9AX

Friends & families are welcome and there is parking and a free lunch available!

Book your place & find out more:
Call 01296 838340
Email bht.Cancer.Inf@nhs.Net



Have you had your cancer care review?

If you have been diagnosed with cancer then you will be invited for a review with your GP within 3 months of your diagnosis and again within the first 12 months.

A chance to discuss what matters to you



SPOTLIGHT ON BOWEL CANCER

Bowel cancer is more common in people over the age of 50 years but can affect people of any age. Seeking help early saves lives.

How to Spot the Signs

- 1** Blood in your poo or bleeding from your bottom
- 2** Unexplained change in bowel habit
- 3** Pain in your tummy
- 4** A lump in your tummy
- 5** Unexplained weight loss
- 6** Unexplained extreme tiredness

EASTER OPENING HOURS

We wish all of our patients a very Happy Easter.

Please note that we are closed Good Friday, Saturday 30th, Sunday 31st, Easter Monday.

Contact 111 or your local pharmacy for health advice or call 999 in an emergency.

