

APRIL 2021 - ISSUE 1



## **Cervical Screening Awareness Week**

Coronavirus has changed lots of things but cervical screening awareness isn't one of them. If you are due for your smear or had a test cancelled during the pandemic please be assured it is safe for you to attend. We have early morning, evening and weekend appointments available. Please get in touch to book or arrange a call with a nurse if you have any questions.

For more information please visit: Cervical screening: How it works now FAQs | Jo's Cervical Cancer Trust (jostrust.org.uk)

## Carers' Champion

We are pleased to announce we now have a Carers' Champion at the practice. Jo will act as a voice for carers and provide support by signposting to local services. If you care for someone and would like support please contact us.



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Click to download the NHS App

NHS App - NHS (www.nhs.uk)



- **Order repeat prescriptions**
- Get health advice and information about Covid-19
- View your medical record
- **Register for organ donation**

**Get active every day in April for Bowel Cancer Awareness Month** 

Bowel Cancer | Bowel Cancer UK



## **Knowing the symptoms** of bowel cancer could save your life



Bleeding from your bottom and/or blood in your poo



A persistent and unexplained change in bowel habit



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy

If you have any concerns or if things just don't feel right, go and see your doctor.



