

Quote of the Month: "Good health is normal; until proven otherwise"

Peggy Vincent



## Spring is in the Air!

It may be the triumph of hope over expectation, but at the very least it's not long until the clocks go forward! As the weather improves there's every reason to get out and enjoy it; here are some suggestions for walking routes locally

<http://www.hertslink.org/cms/getactive/walkroutes/>

	<p><b>Pharmacy Services</b> As part of a trial with other Surgeries in St Albans we are considering having a pharmacist in the surgery available to advise on medicines and prescriptions. The Surgery wants your views – before MAR 19, can you please go to <a href="https://www.surveymonkey.co.uk/r/D5PKC">https://www.surveymonkey.co.uk/r/D5PKC</a> <b>DK</b> to take a short survey.</p>	<p style="text-align: center;"><b>Feature of the Month</b></p> <div style="text-align: center;">   <b>Bowel Cancer Screening Programme</b> </div>  <p><b>Did you know that March was Bowel Cancer Month?</b> Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer.</p> <p>Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over the age of 60.</p> <p>To detect cases of bowel cancer sooner, the NHS offers two types of bowel cancer screening :</p> <ul style="list-style-type: none"> <li>• All men and women aged 60 to 74 are invited to carry out a faecal occult blood (FOB) test. Every two years, they're sent a home test kit, which is used to collect a stool sample. If you're 75 or over, you can ask for this test by calling 0800 707 60 60.</li> <li>• An additional one-off test called bowel scope screening is gradually being introduced. This is offered to men and women at the age of 55.</li> </ul> <p>Taking part in bowel cancer screening reduces your chances of dying from bowel cancer.</p> <p>To find out more about bowel cancer and the screening programme go to <a href="http://www.nhs.uk/Conditions/bowel-cancer-screening/Pages/Introduction.aspx">http://www.nhs.uk/Conditions/bowel-cancer-screening/Pages/Introduction.aspx</a></p> <p style="text-align: center;"><b>Get your "Poo Sticks" here!</b></p>
	<p><b>Social Support</b> Do you know anyone who needs</p> <ul style="list-style-type: none"> <li>• Help to stay independent</li> <li>• A healthier lifestyle</li> <li>• Emotional support</li> <li>• Advice on benefits or debts</li> <li>• Help to stay safe at home</li> <li>• Support dealing with a problem</li> <li>• Help with family concerns</li> </ul> <p>A member of the new Maltings Wellbeing team could help – WED afternoons and FRI mornings.</p>	
	<p><b>The Electronic Prescription Service</b> If you normally collect repeat prescriptions from the same place, or if you collect them on behalf of someone else, you could benefit from the service:</p> <ul style="list-style-type: none"> <li>• you can collect repeat prescriptions directly from a pharmacy without visiting your GP</li> <li>• you won't have paper prescriptions to lose</li> <li>• you may spend less time waiting in the pharmacy</li> <li>• the service is reliable, secure and confidential</li> </ul> <p>Find out more at <a href="#">electronic prescriptions on the NHS Choices website</a>.</p>	
	<p><b>Tell Us – and The World!</b> Have you heard about NHS Choices? It's a type of "Trip Adviser for Surgeries"! But we're finding there's a problem; very few people use it so it's such a small sample! Let's make it more representative; have your say by going to <a href="http://www.nhs.uk/Services/gp/Overview/DefaultView.aspx?id=36818">http://www.nhs.uk/Services/gp/Overview/DefaultView.aspx?id=36818</a></p>	