

Keats Group Practice Winter Newsletter

Stay well this winter

	Self care Care for yourself at home	Minor cuts and grazes Minor bruises Minor sprains Coughs and colds
	Pharmacy Local expert advice	Minor illnesses Headaches Stomach upsets Bites & stings
	NHS 111 Non-emergency help	Feeling unwell? Unsure? Need help? Call or go online
	GP Advice Care from the GP Team	Persistent symptoms Chronic pain Long term conditions New prescriptions
	Minor Injury Units and Urgent Treatment Centres	Breaks and sprains Major cuts and grazes Fever and rashes
	www.nhs.uk/ mental-health	Mental health support and advice
	A&E or 999 For emergencies only	Choking Chest pain Blacking out Serious blood loss

Your winter checklist

- Have my flu vaccination
- Download the NHS App on my phone
- Sign up for access to online GP services
- Order and collect repeat medicines
- Make sure there's enough food and medicine in the home
- Keep an eye on elderly or vulnerable neighbours and relatives

Screenings and when to get them

Bowel Screening

Everyone aged 50 to 74 is offered a bowel cancer screening home test kit every 2 years. If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 6060.

Breast Screening

Breast screening is offered to women aged 50-70 to detect early signs of breast cancer. Women over 70 can self refer.

Cervical Screening

Cervical screening is offered to women and people with a cervix aged 25 to 64 to check the health of cells in the cervix every 5 years. You may be invited more regularly if you have HPV.

For more screenings information visit www.nhs.uk/tests-and-treatments/nhs-screening

Order Repeat Prescriptions on the NHS App

Scan here to download the NHS App

