

ST JOHNS MEDICAL CENTRE NEWSLETTER

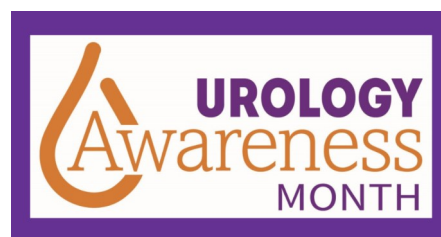


HEALTH AWARENESS . WOMENS HEALTH . MENS HEALTH . DNA APPOINTMENTS . STAFF
COMPLIMENTS AND NEWS . FLU SEASON . HOW TO PREPARE FOR THE WINTER .
THANK YOU TO OUR PATIENTS

HEALTH AWARENESS



DEMENTIA
AWARENESS
MONTH



National
Guardian
Freedom to Speak Up



Baby Loss
Awareness
Week

Pulmonary
Fibrosis
Awareness
Month SEPT 2025



International Association
for Suicide Prevention

BREAST
CANCER
NOW The research
& care charity



St Johns Medical Centre

Thank You to All Our Patients

We truly appreciate your support,
patience, and understanding.

Your cooperation helps us to continue
providing the best possible care
for our community.

St Johns Medical Centre, 62 London Road,
Grantham, NG31 6HR 01476 348484

WOMENS HEALTH

Need your next supply of oral contraception?

NHS

Public Health
England

NHS

Cervical screening can stop cancer before it starts

Two women die every day from cervical cancer.

Don't ignore your cervical screening invite. If you missed your last cervical screening, **book an appointment with your GP practice now.**

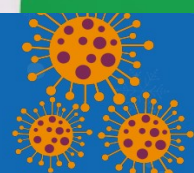
Remember to book cervical screening!

CERVICAL SCREENING SAVES LIVES

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You can now arrange to get your next supply directly from our pharmacist in confidence.

Speak to a member of our pharmacy team for more information.



NHS
Lincolnshire
Integrated Care Board

Protect **yourself**
Protect **your family**
Protect **your baby**

Community immunity plays a vital part in reducing the spread of flu.

Ask your midwife for details on the flu vaccine or visit lincolnshire.icb.nhs.uk/grab-a-jab for more information

Stronger together. Vaccinate against flu.



Rani Atma, 82, cancer survivor



1 in 3 women who get breast cancer are over 70, so don't assume you're past it.

A lump isn't the only sign of breast cancer. If you notice any changes to your breasts, tell your doctor straight away. Finding it early makes it more treatable and could save your life.

BE CLEAR ON CANCER

nhs.uk/breastcancer70

STAFF INFORMATION

- We are pleased to announce that Emma and Anna-Louise have joined our Care Navigation team. We look forward to the wonderful contribution they will bring.
- A big warm welcome to Clare, who has joined us as our new HCA admin assistant, Clare will be assisting the nursing team with their admin elements.
- We are pleased to announce that Dr Akpan and Dr Muslim have joined our team as ST1 doctors, alongside Dr Hasan, who joins us as our ST2 doctor. We look forward to the contributions their skills and experience will make.

SURGERY COMPLIMENTS

- A patient wished to express her sincere thanks and gratitude to Dr. Shoaib. She said that if it had not been for his persistence, she would never have received the treatment she needed. She had initially been told she did not fit the criteria for anything, Dr. Shoaib continued to investigate and arranged various tests. She said she cannot thank him enough.
- A patient rang the surgery to say a massive thank you to the care navigation team for sorting out his prescription, they were very helpful. The complexities surrounding this were resolved.
- A patient expressed his gratitude to Ellie for her kind and highly professional support while caring for his wife. He noted that the situation was handled and resolved with great professionalism



KEEP IT, OR CANCEL IT But Don't Waste It

When you can't make your NHS appointment, please cancel in good time — another patient might need it.

In 2024-25, about

5.6%

of outpatient appointments in the NHS were DNAs (i.e. did not attend) — roughly 1 in every 18 appointments.

- That may sound small, but it adds up: across all outpatient appointments this year, that's millions of wasted slots.
- In 2021-22, nearly 7.5 million outpatient appointments were missed due to DNAs.
- DNAs cost the NHS £1.2 billion annually in England.

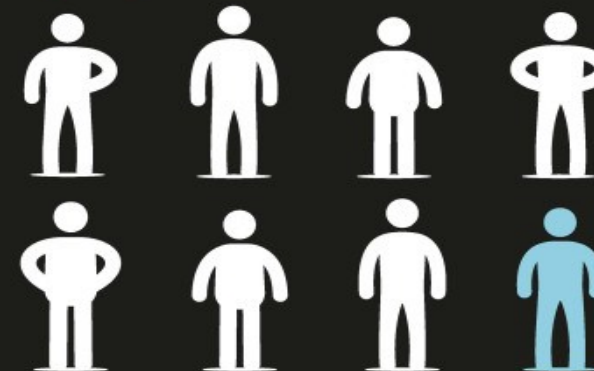
WASTING APPOINTMENT SLOTS MEANS LONGER WAITING TIMES FOR EVERYONE



MENS HEALTH

1 IN 8 MEN WILL GET PROSTATE CANCER

Early diagnosis saves lives.



Speak to our Specialist Nurses
0800 074 8383*
prostatecanceruk.org



*Lines are for men in the UK
Calls are recorded for training purposes only
Confidentiality is maintained between callers and Prostate Cancer UK.



Check your risk of
prostate cancer
in 30 seconds.
prostatecanceruk.org/risk8



IT'S OKAY TO ASK FOR HELP

You don't have to
fight your battle
alone. Talk to us.



TO LEARN MORE ABOUT
MENTAL HEALTH AND WHERE
TO GET HELP, VISIT
WWW.STOPTHESTIGMA.COM

Free Groups for
Expectant or
New Dads
in Greenwich
borough



All men with
parenting
responsibilities
for children up to
2 years old
welcome

Being Dad

Learn tips and techniques to look after yourself, manage changes in identity, relationships, build confidence and connect with other local dads.

Evening and weekend groups available.

Free food, snacks and hot drinks provided.

07704 536424 / 07764 967933

beingdad@bigmind.org.uk

www.beingdad.uk

Bromley,
Lewisham &
Greenwich



MEN'S HEALTH



REGULAR CHECKUPS HEART HEALTH MENTAL WELLBEING

NHS

FLU SEASON




Protect yourself
Protect your family
Protect your patients

Healthcare workers play a vital role in reducing the spread of flu. You may be offered a vaccine via one of your peers in your workplace, or you will be given time away from work to attend your appointment.

See your organisations flu vaccination plan or visit lincolnshire.icb.nhs.uk/grab-a-jab or scan the QR code for more information.



Stronger together. Vaccinate against flu.




Protect yourself
Protect your friends
Protect your family

Community immunity plays a vital part in reducing the spread of flu.

If you're eligible, you will be invited by your GP, or you can make an appointment with a local pharmacy. For more information visit lincolnshire.icb.nhs.uk/grab-a-jab



Stronger together. Vaccinate against flu.



Vaccines protect more than just you

If you or anyone in your care has a weakened immune system book online and get vaccinated.

Topping up your Covid-19 & flu vaccinations now, will help to keep you and your loved ones safe this winter.



GET IN THE KNOW

→ leicesterleicestershireandrutland.icb.nhs.uk/vaccinations





Keep flu at bay this winter.

The free flu nasal spray vaccine for children is the best way to protect them and limit the spread of the virus to those more vulnerable.

Your Guide to Staying Warm this Season

PREPARE WELL THIS WINTER CARING FOR EVERYONE IN THE COLD

When you can't make your NHS appointment, please cancel in good time – another patient might need it.

- Winter mortality (i.e. deaths during December–March compared with non-winter periods) is about **7:8%**
- Dementia and Alzheimer's disease contribute to winter mortality for people aged 75+, showing a significant rise
- Child deaths are on average 6:5% higher in winter compared with the rest of the year
- Immature immune systems, with young children (especially infants aged 1-9 years) showing

WHO'S ESPECIALLY VULNERABLE

Elderly (65+)

Reduced ability to regulate body temperature; increased risks of falls, heart attacks, strokes and respiratory infections



People with Dementia

Confusion may make them unaware of being cold and harder to express discomfort

Women

Often disproportionate effects by caregiving roles

Health inequalities, cost pressures for heating, and concerns around energy poverty

