



# An Apple A Day

Newsletter for patients registered at GP Surgeries in  
Hitchin and Whitwell

## HWPCN

**Hitchin & Whitwell  
Primary Care Network**

**Welcome to the summer edition of "An Apple A Day", your Primary Care Network Newsletter!**

This issue is full of information including upcoming PCN education events, volunteering opportunities, screening programmes and much more!

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## SUN SAFETY TIPS

It feels like we've just had rain and more rain, but when we do eventually get some sun, or if you're lucky enough to be heading abroad for some sunshine, don't forget to protect your skin! It's really important to top up your vitamin D levels with safe sun exposure – but you can burn even when it's cloudy. Sunburn increases your risk of skin cancer.

### Make sure that you:



Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.



Never burn



Cover up with suitable clothing and sunglasses



Take extra care with children



Use at least factor 30 sunscreen



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Find out more at [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)

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## PCN EDUCATION EVENTS

Following our successful "Prostate Cancer Awareness" webinar, our senior Physiotherapist hosted a very informative webinar on "Low Back Pain". We tried a new format which does require the Microsoft Teams App if you're accessing the webinar on a mobile phone. The new format means attendees can remain anonymous.

Education webinars are held via MS Teams on the first Thursday of the month, from 6.30pm-7.30pm. The format is usually a 30 minute presentation followed by a 30 minute Q&A session.

### Thank-you for your wonderful feedback

- *"Very valuable and interesting"*
- *"Very educational and easy to understand"*
- *"This is an excellent way to get information on a range of topics to a wide number of people"*
- *" Very interesting speakers, with such personal knowledge."*
- *"It was very well coordinated and managed"*
- *"I was extremely impressed with how many people logged on."*
- *"I liked the format with lots of time for questions, very useful and informative talk"*
- *"Keep them coming"*
- *"These sessions are such a great resource. Thank you!"*



Microsoft Teams

## MENOPAUSE AND HRT WEBINAR

Our next event is "Menopause and HRT" hosted by Dr Anna Mallott, who presented two very popular in-person events last year. This will be on **4th July** (do make sure you vote first!).

[Click here to join the webinar on 4th July](#)

**We will be hosting a "Type 2 Diabetes" webinar in September and "Benefits Awareness" is planned for December.**

All our Education Webinars are available on our PCN website [www.hitchinandwhitwellPCN.nhs.uk](http://www.hitchinandwhitwellPCN.nhs.uk)



# SO YOU WANT TO WORK IN HEALTH AND SOCIAL CARE

For our younger patients – or if anyone is contemplating a career change – we are holding our first “Expo” to promote the fantastic and varied range of opportunities available to work in Health and Social care. The event is aimed at GCSE

year, sixth form and college students and will be held on Friday, 4th October from 12noon to 4pm. We hope to have stands showcasing roles including GP, practice nurse, physiotherapist, receptionist, practice manager, health coach and more community options! A current member of staff from each role will be available to answer questions. We will confirm the venue nearer the time!



## VOLUNTEERS WANTED!

Our PCN is keen to encourage patients to volunteer as there's lots of evidence it's good for your health! We'd love to welcome some of you to help support our expo with setting up, supporting on the day and tidying up afterwards. If you have any free time on Friday, 4th October from 11.30am – 4.30pm and would like to help out, please contact Dionne on [hwpcn.admin@nhs.net](mailto:hwpcn.admin@nhs.net)

## WE ARE NOW ON INSTAGRAM!

Our PCN website is live and now we have an Instagram page where we will share information on education events, PCN services, newsletters and general updates. Please do follow us! [@hitchinandwhitwellpcn](https://www.instagram.com/hitchinandwhitwellpcn)



Keeping with the tech theme – please consider downloading the **NHS App**, if you haven't already done so. It's a simple and secure way to access a range of NHS services, including ordering repeat prescriptions and getting NHS 111 online advice.

# SCREENING PROGRAMMES

The NHS runs several screening programmes which can help detect cancer at an earlier stage, which in turn improves the outcomes of treatment. We encourage everyone to participate when screening is offered.

## **Cervical screening ("Smear test") - [Cervical screening - NHS \(www.nhs.uk\)](https://www.nhs.uk)**

This is offered to women and people with a cervix (neck of the womb) between age 25 and 64, every 3-5 years, depending on age. Your practice nurse can do this for you – call your surgery to book! Appointments are also available for smears in Enhanced Access (evenings 6.30-8pm and Saturdays 9am-5pm).

## **Bowel Cancer Screening - [Bowel cancer screening - NHS \(www.nhs.uk\)](https://www.nhs.uk)**

Currently offered to 60-74 year olds, this will eventually be offered to everyone over 50. A kit for you to take a small poo sample will be sent to your every two years. If you're 60-74 years old and think you've been missed, please call 0800 707 6060 for advice.



## **Breast Cancer Screening [Breast screening \(mammogram\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)**

A mammogram is offered every three years to patients registered with their GP as female, from age 50-71.

If you haven't been invited by the time you're 51, or you're over 71 and wish to continue to have screening, or you're not registered as female with your GP but need breast screening, please call the Beds & Herts Breast Screening Centre on 01582 497599.

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# GARDEN HOUSE HOSPICE SELF-REFERRAL

If you have a diagnosis of a life-limiting condition, did you know you can self-refer into our local Hospice and access their Rehab and Wellbeing services?

Garden House Hospice wellbeing groups and rehabilitation sessions are focussed on promoting self-care and improving or maintaining your sense of wellbeing. Regular face-to-face wellbeing and rehabilitation groups include:

- Fatigue and breathlessness
- An introduction to advance care planning
- Movement Monday
- Meditation
- Strength and balance
- Enhancing your wellbeing
- Tai Chi

Contact the team by phone on 01462 679540, by email [gh.hospice@nhs.net](mailto:gh.hospice@nhs.net), or complete the online form at [Self-referral form | Rehab and Wellbeing | Garden House Hospice Care \(ghhospicecare.org.uk\)](https://www.ghhospicecare.org.uk)



# Did you know...



The Government gives this practice just £107.57 a year for each patient, whatever their health needs. That's less than the cost of a TV licence.

This means we're only given 30p a day for every patient registered with us – less than the cost of an apple.



**GPs want the same things that you do.**

We believe nobody should struggle to see their family doctor.

We believe general practice deserves a **bigger slice** of NHS funding so we can train and hire more GPs, deliver the services you require and make it easier to get appointments to see your GP and practice team.

**We know you deserve better than this. GPs Are On Your Side.**

[bma.org.uk/GPsOnYourSide](http://bma.org.uk/GPsOnYourSide)