

Dear VMC and LPMC Patients,

In our campaign to improve and simplify patient access we have won some battles and lost others. The telephone system has been upgraded and we have more GPs doing more sessions each week than ever before but, as a result of centralised contractual changes, VMC's funding for evening and Saturday morning appointments has been withdrawn.

The North West London proposal to replace same-day appointments by diverting them from GP practices to hubs was of great concern. After widespread protests by GPs and PPGs the initiative has been paused for review. The new partnership with the charity Open Age is a huge success with a range of on-site activities in VMC's Group Room every day of the week. Please look at the Open Age website or the PPG notice board for times of events.

Dr Rankine had a well attended audience at her Menopause Café event in January and over seventy patients attended the PPG's Memory Loss event in February. A report of the Memory Loss event is on the PPG Notice Board and on the VMC website. Printed copies are available on request.

PATIENT SURVEY

In the next few months you will receive notice of a Patient Survey which can be completed online or manually by picking up a copy at the surgery and handing it in. It is most important that as many patients as possible take part in the survey. It is not about just ticking the boxes, it is about making sure that your health care is secure in future. The practice wants your honest opinion about what you value most as a patient and what services you would like to see improved. The surveys are anonymous so you need not worry about voicing criticisms, but kind words are also appreciated!

LIVE WELL FOR LONGER

Prevention and early detection save lives. Did you know that VMC can vaccinate, test and screen you for free for a whole range of illness and pick up diseases at an early stage through from childhood to old age? These are just some of the ways that your practice can help you stay healthy:

- Children and Teenagers: HPV Vaccinations for teenagers to prevent cervical cancer
- Over 64 years: Bowel screening every two years - a simple test to detect early bowel cancer
- Men at risk from Prostate Cancer: PSA Prostate Cancer Test
- Women aged 25-64 years: Cervical smear tests to screen for early cervical cancer
- Women aged 50-70 years and above: 3 yearly mammograms to detect breast cancer early
- Smoking cessation: anyone – improve uptake with a smoking cessation advisor
- Immunisations – a wide range of immunisations are available according to NHS guidelines
- Blood pressure checks – to reduce the risk of heart disease and strokes

WORK/LIFE BALANCE FOR WOMEN

Dr Rankine is well known for her outspoken championship of women's health issues from contraception and sexually transmitted infections to antenatal, postnatal and menopausal care. Look out for her popular Menopause Café events or make an appointment at one of VMC's Menopause clinics. Nigel Denby the writer, broadcaster and expert on women's menopausal health will be joining the next Menopause Café event to offer lifestyle advice for menopausal women.

Mary Orr, on behalf of the VMC and LPMC Patient Participation Group

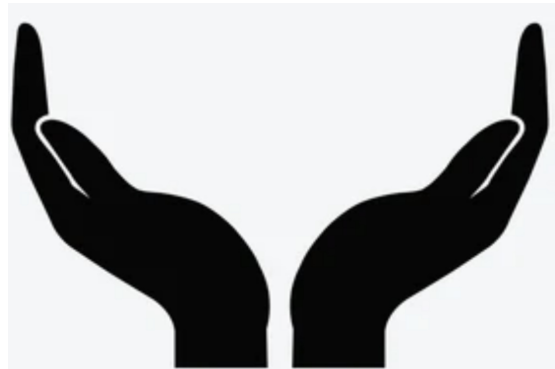


Patient Participation Group

Join us at Victoria Medical Centre on

TUESDAY 21 MAY

YOUR LIFE IN YOUR HANDS



Cancer Screening and Prevention Saves Lives

Come and find out about the free screening services we offer and why they are so important

Question and Answer Session

6.00 – 7.30 pm

Doors open 5.45

Group Room VMC, 29 Upper Tachbrook Street, SW1V 1SN