



The latest patient news, views and announcements

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Covid Spring Booster Campaign



We are starting to plan for our **Spring Covid Vaccination Programme**, which will start in April 2025.

Once again, we will be holding clinics on Saturdays during April, with some clinics also happening on weekdays. We will also be visiting care homes and housebound patients to make sure everyone who wants a booster gets one.

All adults aged 75 years and over, residents in care homes and any individual age 6 months & over and immunosuppressed will be eligible for the vaccination.

You do not need to take any action yet – we will be in touch with you as usual nearer the time to invite you to book your appointment. So, watch this space!

Supporting our patients during bereavement



Bereavement is something that will affect us all at some point in our lives.

As well as understanding the practical steps that need to be taken when someone we know and love dies, we may also need help to cope emotionally with our loss.

Recent changes

The practical process of issuing a death certificate (also known as medical certificate of the cause of death, or MMCD) has recently changed. This change has added some extra steps to the process, which can increase the time it takes to issue a Death Certificate.

Now, all deaths in England and Wales that are not referred to the Coroner, need to be discussed with a 'medical examiner' before a death certificate can be issued. Medical Examiners are independent senior doctors who have not been involved in the care of the person who has died. They review the deceased's medical records and work with GPs and the family to complete the death certificate.

When the Medical Examiner review is completed, they will issue the Death Certificate to the Registry Office, and then contact the family - who can then register the death by making an appointment with the relevant Registry Office.

Help and support

As well as the help and support that is always available from Clevedon Medical Centre, there are many organisations who can offer emotional support to the bereaved, including:



The **Good Grief Trust** has a choice of 1000+ charities and tailored local and national support services under one umbrella.



Pete's Dragons offer free bereavement support to anyone who has been impacted by a suicide death.



Cruse Bereavement support exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. The organisation provides counselling and support.

CMC Team Update

A very warm welcome back to Dr. Francesca Deibel and Dr. Sophie Woods who have returned from their maternity leaves.

And a happy retirement to Dr. Matt Hoghton who will retire at the end of March.

Check your lung health



Targeted Lung Health Check Programme

Lung Health Checks are now being offered to people between the ages of 55-74 who are current or former smokers.

Somerset, Wiltshire, Avon and Gloucestershire Cancer Alliance's Targeted Lung Health Check programme is a new pilot scheme giving people a chance to check their lung health. They will test how well your lungs are functioning and offer advice and support around keeping your lungs healthy.

Eligible individuals will be sent a letter inviting them to a telephone lung health check. This may lead to a face-to-face appointment and low-dose CT scan for some individuals.

Cancer Screening Programmes

1 in 3
Cancer
deaths could
be prevented
with earlier
detection



NHS cancer screening programmes can help to diagnose cancer or risk of cancer earlier and improve the likelihood of successful treatment. There are three national cancer screening programmes in England.

The NHS cervical screening programme

The programme in England is offered to people with a cervix aged from 25 to 64. Routine screening is offered every three years up to 49 years of age and every five years from 50 to 64 years of age. Depending on the result of the screen, people may be recalled earlier than these routine intervals.

The NHS breast screening programme

Breast screening is offered to women aged 50 to their 71st birthday in England. You'll first be invited for screening within three years of your 50th birthday.

The NHS bowel screening programme

Men and women aged 60-74 are sent a home testing kit every two years to collect a small sample of poo to be checked for tiny amounts of blood which could be caused by cancer. If you are eligible for any of these screening programmes, please make every effort to have your screening test. Screening tests can detect a problem early before you have any symptoms. Finding out about a problem early can mean that treatment is more effective.

News from your Patient Participation Group (PPG)



A highly informative presentation on the relevance of kidney problems, how they are assessed and, most importantly, how they can be prevented and managed was given by Dr. Bunce at the last PPG meeting. Kidney

care is particularly important for people with conditions such as high blood pressure, diabetes and heart disease.

The PPG also discussed the latest Government ideas on how to improve referral pathways and speed up referral times. Local diagnostic centres (such as the ASDA facility in Bristol) were praised as being excellent developments.

PPG members were asked for feedback and suggestions for improvements to the Clevedon Medical Centre website, as changes are planned. This was seen as an excellent opportunity for the PPG to improve the patient experience.

The next PPG meeting will be held mid-March, and it is hoped that attendance will grow so more patients can benefit from the meetings and topics discussed. Email the Vice Chair on hime.martin@gmail.com if you'd like to get involved.

Can Social Prescribing help you?



If you would like to improve your physical and mental wellbeing, Social Prescribing could be the answer - as it connects people to activities, groups and services in your community to meet practical, social and emotional needs, in a way that suits you.

Who can use this service?

Our local social prescribing service is provided by Curo and is available to any adult (18+) registered at the Surgery. You can be referred by your GP, a nurse, or other health professional. Alternatively, you can contact Curo's Community Connect Team for an informal chat about the service, or drop in at Clevedon Library every Friday, between 10am-12pm.

How does it work?

Once you have been referred to your local social prescribing service, the service will get in touch with you within a couple of working days for a friendly chat. They'll take the time to listen to you, ask you what you'd like to happen, and make lots of helpful. They will then put together an action plan together with you.

At Clevedon Medical Centre, we are a big fan of the social prescribing service and how it can benefit our patients. In fact, we are the largest referrer of patients to the service in the Gordano Valley Primary Care Network, with **30** referrals made in January and **705** referrals made year to date (1 April 2024 – 31 March 2025).

Thank you for reading our newsletter. If you would like to hear more about a particular topic, please let us know and we will include in future issues.

Clevedon Medical Centre Team