



HEALTH MATTERS

North Street
Calne
Wiltshire SN11 0HH
Tel: 01249 812141
www.northlands-surgery.co.uk

FLU VACCINATIONS 2026-27 WHO SHOULD HAVE THE FLU VACCINE?

The flu vaccine is recommended for people at higher risk of getting seriously ill from flu

It's offered on the NHS every year in autumn or winter.

You can get the free NHS flu vaccine if you:

- are aged 65 or over (including those who will be 65 by 31st March 2027)
- are aged 18 to 64 and have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system

PATIENT PARTICIPATION GROUP 2026 PATIENT SURVEY

Northlands patients are invited to take part in our Annual Survey which runs until 31st October 2026. This was compiled in consultation with our Patient Participation Group. Your answers are anonymous and will only be used to improve the Northlands patient experience. The Survey should take no longer than 5 minutes to complete either on paper or online via <https://www.surveymonkey.com/r/6ZQP7NM> link also on our website www.northlands-surgery.co.uk.

Thank you very much for helping us - your views are important and we hope we can go from strength to strength by working in partnership with the PPG to address patients' key concerns.

Thank you for your help!

Opening Times:

Monday - Friday:
8.30am - 6.00pm

Surgery Times (by appointment):

Monday - Thursday
8.30am - 12.30pm
2.00pm - 6.00pm
6.30pm - 8.00pm
Friday
8.30am - 12.30pm
2.00pm - 6.00pm

Out of Hours Service: 111

Our Doctors:

Dr N Ware MB BS BSc DRCOG MRCGP
Dr J Dalton BM MRCGP DFRSH DCH
Dr N Abel BM BS MRCGP
Dr T Chambers BSc MBChB DRCOG MRCGP
Dr P Milsom MBBS MRCGP DFFP DRCOG DMH
Dr A Tait MB BS
Dr L Garnham MB ChB
Dr J Burton MB ChB
Dr C Isaac MB BS
Dr Udensi MS BS
Dr Crudden MB ChB
Trainees:
Dr Y Hamed MB BS
Dr W Mandeya

Our Clinical Practitioners:

Advanced Nurse Practitioner Anita Peake
Advanced Clinical Practitioner Helen Hodges
Paramedic Practitioner: Ashley Bulpitt
Paramedic Practitioner: Verity Roberts

Our Pharmacy Team:

Pharmacist Julia Nicholls & Anthony Habgood
Pharmacy Tech Katy Griffin & Sharon Hunt

Our Care-Coordinator:

Steph Coulson

Our Community Connectors:

Veronica Shaw

If you are unable to attend your appointment, please let us know as soon as possible so we may use the appointment for another patient.

Thank you!

Breast Cancer Awareness Month

Breast Cancer is the most common Cancer in the UK, with around 59,400 new cases diagnosed each year. The good news is 77% of Breast Cancer cases are survivable.

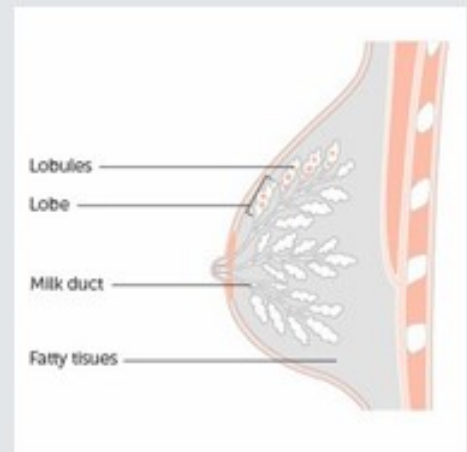
Risk Factors

- Being overweight or obese: Women who are overweight after their Menopause have a higher risk of Breast Cancer compared to those who are not. Men who are overweight also have an increased risk.
- Alcohol: The risk increases with each extra unit of alcohol per day.
- Contraceptive Pill: The risk goes back to normal 10 years after you stop taking the pill.
- Hormone Replacement Therapy (HRT): Combined HRT can increase your risk of Breast Cancer, compared to Oestrogen-only HRT, but this risk is low.
- Smoking: There is a small increased risk in those who smoke, compared to those who have never smoked.
- Genetics: Changes in the BRCA1 and BRCA2 genes, leads to an increased risk of Breast Cancer.
- Age: Most Breast Cancers occur in those over the age of 50.

Symptoms of Breast Cancer

Signs and symptoms of Breast Cancer include:

- A lump or swelling in the Breast, upper chest or armpit.
- A change to the Skin, such as puckering or dimpling.
- A change in the colour of the Breast. The Breast may look red or inflamed.
- A Nipple change, for example, it has become pulled in (inverted).
- Rash or crusting around the Nipple.
- Unusual liquid (discharge) from either Nipple.
- Changes in size or shape of the Breast.



How to check your breasts

There's no special way to check your Breasts, and you do not need any training. Checking your breasts is as easy as **TLC**:

- **Touch** your Breasts: Can you feel anything new or unusual?
- **Look** for changes: Does anything look different to you?
- **Check** any new or unusual changes with a GP.

Everyone will have their own way of touching and looking for changes.

Get used to checking regularly and be aware of anything that's new or different for you.

Check your whole breast area, including up to your collarbone (upper chest) and armpits.

For more information visit: www.cancerresearchuk.org