NORTHLANDS SURGERY

NOVEMBER 2026

HEALTH MATTERS

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



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 MBBS MRCGP BSc (Hons) PgCert (Med Ed)
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



Thank you to our PPG for promoting the Patient Survey and to those of you that completed a survey, results will be published in due course.

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!

When you have finished reading the Newsletter, please leave it in the Waiting Room for others to read. Thank you.

Lung Cancer Awareness Month

Lung Cancer is one of the most common and serious types of Cancer. More than **51,000** people are diagnosed with the condition every year in the UK. Unfortunately, early detection is limited, and cases are often not diagnosed until later stages of the Cancer.

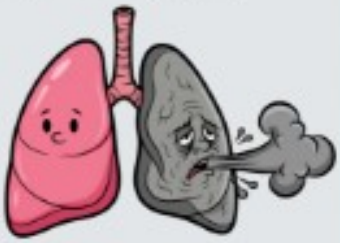
Lung Cancer mainly affects older people. It is rare in people younger than 40. Nearly **50%** of all cases are diagnosed in those over the age of 75.

Although people who have never smoked can develop Lung Cancer, smoking is the most common cause (accounting for more than **70%** of cases). This is because smoking involves regularly inhaling a number of different toxic substances.

Symptoms

There are usually no signs or symptoms in the early stages of Lung Cancer, but many people with the condition eventually develop symptoms including:

- A persistent cough.
- Coughing up blood.
- Persistent breathlessness.
- Unexplained tiredness and weight loss.
- An ache or pain when breathing or coughing.



You should see a GP if you have any of these symptoms.

Risk Factors

Smoking is the single biggest cause of Lung Cancer, responsible for 70% of cases. There are more than 60 different Cancer-producing substances in Tobacco smoke, which are inhaled by smokers and passive smokers alike.

Radon is a radioactive gas, which comes from tiny amounts of Uranium, present in all rocks and soil. If Radon is breathed in, it can damage the Lungs, particularly in those who smoke.

Occupational exposure and pollution. Exposure to certain chemicals, such as Arsenic, Asbestos, coal and coke fumes and Silica, can increase the risk of developing Lung Cancer.

Prevention

The best thing you can do to prevent developing Lung Cancer, is to stop smoking. Each year you do not smoke, decreases your risk of getting serious illnesses, such as Lung Cancer. After 12 years, this chance drops to half of that of a smoker and, after 15 years, it is the same as someone who has never smoked.

For support with stopping smoking, NHS Smokefree can offer advice and support. You can call 0300 123 1044, or visit the website at https://www.nhs.uk/better-health/quit-smoking/

For more information visit: https://www.cancerresearchuk.org/about-cancer/lung-cancer