

HOLMHURST VOICE



PPG QUARTERLY NEWSLETTER

4th edition

1 - 8- 2026

www.holmhurstmedicalcentre.nhs.uk



MEDICAL KIOSK

Take Control of Your Health with Our Reception Self-Check Kiosk

We have a self-check kiosk in Reception which can record important measurements without an appointment at any time during our opening hours.

There are currently three services available with more to be added in the future:

- Blood Pressure Check
- Vital Signs Check – height, weight, blood pressure & pulse
- New Patient Health Check



The kiosk will alert you if a result is outside the expected range, as well as sending a notification to the practice. This helps us identify and respond to potentially concerning results quickly and efficiently.

Next time you're visiting the surgery, why not give the kiosk a try? It's quick, simple and helps you take an active role in keeping your health information up to date.

PPG: PATIENT PRACTICE GROUP

We would love to hear from you! If you would like to get involved and have your say in helping us improve our practice, please visit our website for more information on how to join our PPG(Patient Practice Group).

The PPG group meet once a quarter for about an hour. To make it convenient for the PPG members, virtual attendance is also an option. Come join the team and spread that word.

NEW STAFF

Practice Manager:
Lucy Rice

Practice Nurse:
Ronnie Kenney



“CANCER: NOT A CHOICE BUT A FIGHT.”

STOP CANCER EARLY

NHS breast screening - is offered to all women from the age of between 50 and 53 to 71. After 71 you will not be invited to a screening, but you can request a screening every 3 years by telephoning 0333 200 2062.

NHS bowel screening - is offered to all men and women from the age of 50 to 74. After 75 you will not be invited to complete a screening test kit, but you can request a screening every 2 years by telephoning 0800 707 6060.

NHS prostate cancer screening - Routine prostate cancer screening is not offered to all men on the NHS; PSA testing is available on request, with intervals guided by individual risk and baseline PSA levels.

NHS lung screening - The NHS lung cancer screening program is designed to be proactive and aims to find lung cancer early, sometimes before symptoms appear. The screening process involves a lung health check, which may include a CT scan if the individual is at a higher risk of developing lung cancer.

HOW TO ORDER A REPEAT PRESCRIPTION

If you take medicine regularly, you'll usually have a repeat prescription. This means you can order your medicine without having to see a GP every time. It's important to request the prescription at least 5 working days before you need your prescription.

You can order a repeat prescription from your GP surgery by:

- logging into the NHS App, online form or filling in a form at the surgery.
- Repeat prescription cannot be taken over the phone.

The NHS App will only show repeat medications for ordering if it is within the 14 days of it being due.