

Killick Street Health Centre

NEWSLETTER

JAN 2017

HELP ON YOUR DOORSTEP

Help on Your Doorstep is a charity that is replacing the Citizens Advice Bureau at Killick Street; they will have a clinic with us every Tuesday morning. They aim to make a visible difference to health and well-being by empowering individuals to overcome the barriers they face in their lives.

They do this through proactive engagement with local people, by providing professional information, advice and guidance and in partnership with local service providers. They can help with employment support, housing issues, welfare entitlements, debt, disability support and much more.

You can book an appointment with them via reception or by calling 020 837 0056 or visiting them directly at the Hugh Cubitt Centre N1 9QZ.



NHS GO MOBILE APP

NHS Go is a free mobile phone app for iOS and Android targeted at young people aged 16-24. The aim is to provide young people with 24/7 access to accurate and up to date information specifically tailored to their needs. The App is also available online and is anonymous and confidential on all formats.



SELF REFERRALS

There are a number of services in Islington that you can self-refer to, you do not need to go via your GP. You can collect self-referrals from reception for **Physiotherapy, Maternity, Podiatry, and the Dietician.**

If you are having trouble with substance misuse you can also refer and book an appointment to see the **Drug or Alcohol** worker at Killick Street.

Additionally, there are some services you can self-refer to online such as **iCope psychological therapy service** for people over the age of 18 living in Camden or Islington at the link <http://icope.nhs.uk/self-referral/>.

Families First is a scheme that helps Families where additional pressures mean that their usual sources of support are not enough. Problems they deal with may include debt, risk of homelessness, domestic violence, problems with drugs or alcohol etc. You can self-refer to the service by calling 020 7527 4343 or emailing them at familiesfirst@islington.gov.uk

FLU VACCINATIONS

If you are entitled to the flu vaccination and have missed the walk-in clinics you can still call in and book an appointment with the nurse to have it done. The nasal spray vaccine for children is now available at the surgery for a few more weeks, parents with children aged 2, 3 or 4 can call and book an appointment with the nurse. Children aged 5, 6, 7 should be vaccinated at primary school. Children aged 8-17 can be vaccinated by the nurse if they are 'at risk' e.g. they have a chronic health condition.



PATIENT ONLINE ACCESS

Patient Online is an NHS England program to help patients take greater control of their health and wellbeing by increasing online access to services. You can use the online service to book appointments, order repeat prescriptions and view many parts of your medical records such as information on you medication, allergies, illnesses, immunisations and test results. If you would like to sign up to this service simply come to reception with photographic I.D and complete the sign up form.

NHS England is also delivering a national program to provide training in digital skills and access to technology. This will be aimed at people who might otherwise not be able to use services online to make sure everybody is included. Visit www.ukonlinecentres.com or phone 0800 77 1234 to find out more.



SCREENING AVAILABLE ON NHS



Bowel Cancer Screening-

Patients aged 60-75y will be offered bowel screening every 2 years. Patients aged 75+ or that have lost their pack can order a new one by calling 0800 707 6060.

NHS Checks-

Patients aged 40-74y can book a NHS check via reception every 5 years.

Breast Screening-

Offered to women aged 50-70 every 3 years. Women aged 70 and over can self-refer by calling 020 3465 6631.

Cervical Screening-

Offered to women aged 25 to 49 every 3 years and to women aged 50 to 64 every 5 years.

AAA Screening-

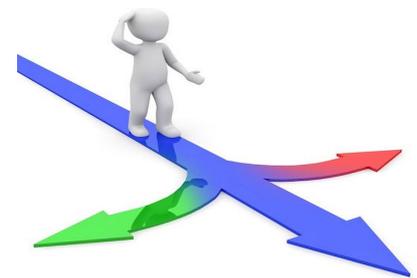
Abdominal aortic aneurysm screening is offered to all men in their 65th year. Men over this age can self-refer by calling 0800 804 8002.

STAFF CHANGES

There have been a few additions to our team over the last few months. We have a new Practice Nurse Diane Johnson, a new receptionist Marina West and a new GP Dr Rachel Bingham.

RECEPTION TRIAGE

The reception team will be receiving further triage training to ensure that patients are given the right appointment with the right person first time. Also it may be possible that the receptionist will be able to help you straight away rather than you having to wait for a call back from a GP. Our reception team have a good working knowledge of all the services available to you and we hope to use those skills so that you are seen by the right person first time. Reception will ask for brief details of your concerns today, not to be intrusive, but to ensure you get the right care. If you have any concerns about this please discuss with your GP or the practice manager.



KILLICK STREET 20TH ANNIVERSARY

Killick Street Health Centre will celebrate its 20th anniversary on 7th September 2017. If you have ideas on how we could celebrate please feel free to drop your suggestions into reception or discuss with Jackie at reception.

