

THE CUCKOO

NEWSLETTER OF CUCKOO LANE PRACTICE INCORPORATING FRIENDS OF CUCKOO

MAY 2019

ISSUE 1



A DATE FOR YOUR DIARY

23 MAY 2019

5.30 – 7.00 PM

CUCKOO LANE PRACTICE

BE PREPARED!

PLANNING FOR THE FUTURE

WHEN WELL

Cuckoo Lane Practice and Friends of Cuckoo have organised an event to be held on 23 May 2019 talking about the importance of financial planning while we are still well enough to think about it. There will be speakers from Age UK in Ealing and O'Dwyers, Funeral Directors, providing information on the sort of things we should all be thinking about for the future. Topics include making a will, power of attorney, probate, funeral planning etc.

There will be an opportunity to ask questions. Leaflet resources will be available from 5.00pm.

All patients at Cuckoo Lane Practice are welcome to attend. Please let the Reception know if you would like to attend so that we can keep a track of numbers as places are limited.

Cuckoo Lane Practice
First Floor
20 Church Road
Hanwell
London
W7 1DR
Tel: 0208 567 4315

<https://www.cuckoolanesurgery.co.uk/>

Friends of Cuckoo Lane – here for all our patients

Welcome to the first edition of the newsletter for all Patients at the Cuckoo Lane Practice. The Cuckoo Lane Practice has a **Patient Participation Group (PPG)** called Friends of Cuckoo Lane. This is currently a small group and we would like to encourage more patients to join and take part. The aim of the group is to foster good relations between the surgery and patients and to hold events and talks at the practice during lunchtimes and/or evenings on topics that patients would find useful and helpful such as supporting the elderly or young people facing anxiety and stress. The events are organised in collaboration between Friends and Cuckoo Lane practice staff and exceed

the practice requirements under their NHS contracts. In part, such additional contributions have helped the practice to gain the 'Outstanding' rating at their last Care Quality Commission (CQC) inspection.

Contact the Friends

If you are interested in getting in getting involved or want more information, do please get in touch with us on the email Friendsofcuckoolane@nhs.net

or

telephone 0208 567 4315.



NHS ENGLAND LAUNCHES THE LONG TERM HEALTH PLAN

National Health Service England (NHSE) recently launched the Long Term Plan that sets out the goals for the next 10 years.

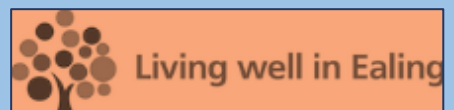
The Plan sets out its strategy on Starting Well, Living Well, Ageing Well and includes

- How the NHS will move to a new service model in which patients get more

- options, better support and properly joined up care
- Action the NHS will take to strengthen its contribution to prevent health inequalities
- Improvement to the NHS's priorities for care and quality outcomes
- Funding to improve technology and digitally enabled care

Further details can be found on the NHS website www.longtermplan.nhs.uk

You can also find helpful factsheets on the NHS website.



Health Apps Now Available

One You Ealing provides useful information on healthy eating and lifestyle.

One You has compiled a series of helpful mobile apps to make it easier for you to stay healthy

Check out details on the website

<http://oneyouealing.org/>

- **NHS SMOKEFREE**
- **ACTIVE 10 (FOR WALKING)**
- **DRINK FREE DAYS**
- **COUCH TO 5K**
- **EASY MEALS**

Volunteers needed for research into causes of dementia

West London Mental Health Trust and Imperial College is looking for volunteer participants for their ground breaking national study to identify the causes of dementia and how it can be prevented.

For more information please call the research team on 020 8483 1833 or email Katie.wells@imperial.ac.uk

CUCKOO LANE PRACTICE



CQC overall rating

Outstanding

18 June 2015

See the full report on <https://www.cqc.org.uk>

The graphic features a purple background with a smartphone displaying a cervical screening invitation. Text includes: "My cervical screening was nothing to worry about", "Don't ignore your cervical screening invite. If you missed your last cervical screening, book an appointment with us today.", "NHS", and "CERVICAL SCREENING SAVES LIVES".

HEALTH CAMPAIGNS CERVICAL SCREENING

Cervical screening is one of the best ways to protect yourself from cervical cancer.

Cervical screening checks the health of your cervix. It's not a test for cancer, it's a test to help prevent cancer.

Finding cell changes early means they can be monitored or treated. This means they do not get a chance to turn into cervical cancer. It's your choice if you want to go for cervical screening. But cervical screening is one of the best ways to protect you from cervical cancer. So if you have received your cervical screening letter, don't delay and make an appointment at your surgery. You will receive the results of your test within two weeks.

It's important to attend when invited.

Are you struggling to walk to get to your appointments or get to the shops?

PlusBus for Health is a door-to-door accessible public service transport that helps patients travel between their homes and GP surgeries. The service is available to older or disabled patients in the London Borough of Ealing who

- cannot safely get to their GP practice because of mobility or other health issues and
- have limited transport support from friends and family

PlusBus can also help you get to the supermarket for your shopping. The transport is provided by the charity Ealing Community Transport (ECT) and vehicles are fully wheelchair accessible with fully trained drivers. There is a small charge of £3.00 for a one-way journey and £5 for a return journey. To register or for more information please contact 020 8813 3210 or email ealing@ectcharity.co.uk



GOOD TO TALK

Cuckoo Lane Practice offers a 'Good to Talk' session once a month at the surgery. It's an opportunity to drop-in for an informal chat and share thoughts. Just drop in on any last Thursday of the month from 1400 to 1500. Please let the surgery know first if you would like to attend.

Contact the surgery on 0208 567 4315 for more details.