

## National No Smoking Day Wednesday 12th March 2025

Northumberland County Council and Haltwhistle Medical Group are hosting a Stop Smoking Information Session at Haltwhistle Library on National No-Smoking Day between 3.30pm—4.30pm.



The poster features a red circle with a diagonal slash over a lit cigarette. Below this is an illustration of a family of four (a man, a woman, a boy, and a girl) standing together. The background is light blue with stylized green leaves.

**WEDNESDAY 12TH  
MARCH 2025  
NO SMOKING DAY**

Visit the  
Stop Smoking  
Information Session at  
Haltwhistle Library  
3.30-4.30pm

**HALTWHISTLE MEDICAL GROUP**

The Northumberland County Council service offers a wide range of support services from trained professionals. The service is free, friendly support and advice to help change habits, switch to e-cigarettes or quit altogether.

If you are thinking about stopping or reducing please call in to the Library on 12th March or contact Reception for referral to the programme **01434 320077**.

# Haltwhistle Medical Group Patient Newsletter

Spring 2025



Telephone : 01434 320077

### Daft as a Brush Cancer Care Charitable Trust Fundraiser

Members of the Haltwhistle Medical Group and Friends are walking the 135 mile River Tyne Trail from sources to sea to raise funds for Daft as a Brush Cancer Care Charitable Trust.

The events will take place January—May 2025 to give thanks to Daft as Brush who have helped a member of the Team during their recent Breast Cancer treatment.

Daft as a Brush Cancer Patient Care, specialise in transporting cancer patients to and from hospital for their Chemotherapy and / or Radiotherapy treatment, free of charge.



We have now walked Stages 1-3 from the Source of the North Tyne to Barrasford and the walk will continue in stages reaching Tynemouth in May 2025. We are posting updates after each stage each stage to the Haltwhistle Medical Group and Haltwhistle Matters Facebook pages. Donations can be made at the Haltwhistle Medical Group Reception desk or via the following Just Giving Web page.

[kathryn samson is fundraising for Daft As A Brush Cancer Care Charitable Trust](#)

## Bowel Cancer Screening

No-one wants to hear they have cancer - and often the fear of such news might make us hesitant to take part in cancer screening. The main aim of NHS cancer screening is to pick up abnormal cells BEFORE cancer even develops, and if there is cancer, for this to be at an early and curable stage. Regular screening every 2 years makes this more likely to succeed. So having the test will not make you more likely to have cancer, but it will give you a much better chance of preventing and surviving it.



Bowel cancer screening now uses a very simple stick test, for most people just a single test that you post back in a pre-paid envelope. The stick tests for tiny amounts of blood hidden in the poo - if it is positive, you then have a telescope test to look for the cause of bleeding. Often, this is due to bowel wear and tear, but if a polyp is found this can be tested for abnormal cells. Sometimes, the pre-cancer is removed at the telescope test and no other treatment may be needed!

Bowel cancers usually develop very slowly from abnormal polyps that often leak blood- this is why regular screening tests can help *prevent* cancer, or pick it up in the very *early stages*. If an established cancer is discovered, we know that survival is 95% (19/20 people) if picked up at the earliest stage. People aged 50-74 are automatically sent a postal kit. Please do the test and return it to give yourself the best chances of avoiding bowel cancer- the 3<sup>rd</sup> most common cancer in the UK.

If you have missed a test and now wish to participate, call 0800 707 60 60 to request a kit, or discuss with an advisor. If you are over 75, you can choose to 'opt-in' for extended bowel cancer screening, by phoning this same number. Alternatively, you could discuss further with a Nurse or GP at Haltwhistle Medical Group, or with Kathryn Samson, our care coordinator, about this or any of the other screening programmes on 01434 320077

**IMPORTANT-** *If you have, or develop, blood in your poo, tummy pains or a change in your bowel habit then you must see your GP even if you have recently had negative bowel screening.*

For more information visit:

<https://northerncanceralliance.nhs.uk/pathway/prevention-awareness-and-screening/bowel-screening/>

<https://www.cancerresearchuk.org/about-cancer/screening>

## HALTWHISTLE MEDICAL GROUP

Accredited by the Royal College of General Practitioners as Veteran Friendly in recognition of the support we give to our former servicemen and service women.

WE STRIVE TO KEEP OUR RECORDS UP TO DATE. IF YOU HAVE EVER SERVED IN HM FORCES, PLEASE LET US KNOW.

## Veteran Friendly

Haltwhistle Medical Group are accredited by the Royal College of General Practitioners as Veteran Friendly. Services include referrals to specialist mental and physical health providers and priority treatment if a condition is attributed to time in service. Please advise Reception if you have ever served in the HM Forces **01434 320077**.

## NHS App

You can view messages about your care in the NHS App. The NHS App is a simple and secure way to receive messages from your trusted health care providers. Turn on notifications for the NHS App to stay up to date.

Please use the NHS App messaging service. Did you know the NHS App messaging service is free to the NHS and the NHS gets charged for each text message sent.

For help turning on Notifications, visit: <https://digital.nhs.uk/.../toolkit/walk-through-videos...>

Or contact Reception on **01434 320077**.

## View messages about your care in the NHS App



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- The NHS App messaging service is a simple and secure way to stay up to date
- You can also use these services by logging in through the NHS website



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