



Minerva PCN

# NEWSLETTER

## St Michael's & The Beehive surgery



### VETERAN FRIENDLY

Did you know that St Michael's & The Beehive are veteran-friendly practices?

When individuals leave the UK Armed Forces, it's important for them to register with an NHS GP practice and tell them they've served. This includes the:

- British Army
- Royal Navy
- Royal Air Force
- Royal Marines
- Merchant Navy

This means their GP can better understand their health, particularly any health problems relating to their time in service. NHS England, together with the Office for Veterans' Affairs, is running a campaign to encourage veterans to let their GP practice know they have served in the UK Armed Forces. It's important to 'say you served'.

To find out more, visit [www.nhs.uk/veterans](http://www.nhs.uk/veterans)



### STAFF UPDATES

We are excited to welcome Becky, who will be helping out on reception.

Receptionist Shafaq will be leaving for maternity leave in June. We wish her all the best for her new arrival.

Congratulations to Dr. Boalch on passing her final GP exam.

### EASTER EGG APPEAL

Since our Spring edition, the staff at St Michael's & The Beehive collected for the Mercy in Action Easter Egg Appeal.



We understand the importance of community and were happy to be able to bring smiles to the children within it this Easter.

Action Pantry Bath began as a local initiative to make affordable food easily accessible to people experiencing financial hardship and/or health issues. Through Action Pantry, we make nourishing food accessible to people living in some of the most deprived areas in England. To find out more, visit [www.mercyinaction.org.uk/action-pantry](http://www.mercyinaction.org.uk/action-pantry)

# NHS HEALTH CHECKS

## What is an NHS Health Check?

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

- heart disease
- diabetes
- kidney disease
- stroke

During the check-up, you'll discuss how to reduce your risk of these conditions. If you're aged over 65, you'll also be told about symptoms of dementia to look out for.

## How do I get an NHS Health Check?

If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by your GP or local council every 5 years.

If you think you are eligible but have not been invited, contact your GP surgery.

## What happens at an NHS Health Check?

The check takes about 20 to 30 minutes and usually includes:

- measuring your height and weight
- measuring your waist
- a blood pressure test
- a cholesterol test, and possibly a blood sugar level test, which is usually a finger-prick blood test. You may be asked to have a blood test at or before the NHS Health Check.

You'll also be asked some questions about your health including:

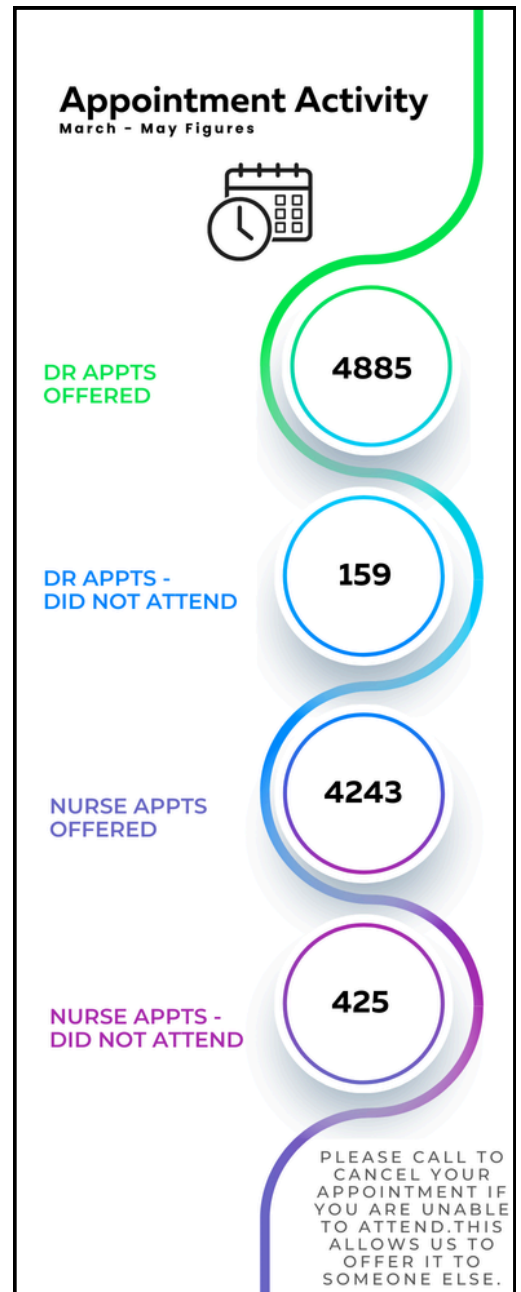
- whether any of your close relatives have had any medical conditions
- if you smoke, and how much
- if you drink alcohol, and how much
- how much physical activity you do

Your age, gender, and ethnicity will also be recorded.

## Your NHS Health Check results

At the end of your NHS Health Check, you'll have the chance to discuss your results.

If you've been invited for an NHS Health Check, don't delay, book today!



Search- St Michael's & The Beehive

## PATIENT PARTICIPATION GROUP

New members always welcome.

If you are interested in becoming a member please contact the practice manager via

[bswicb.stmichaelssurgery@nhs.net](mailto:bswicb.stmichaelssurgery@nhs.net)



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