



**PLEASE! DO NOT BE RUDE OR ABUSIVE TO OUR STAFF, THEY ARE DOING THEIR BEST!**

**CPS Newsletter JUNE 2023 from the PPG**

## **PRACTICE NEWS!**

### **GP Extended Hours – Saturday Primary Care Services : Alton & Four Marks**

The practices of the A31 Primary Care Network are pleased to announce that from 10<sup>th</sup> June there will be additional Saturday appointments in the Alton & Four Marks area available for our patients to pre-book.

These appointments will be run on our behalf by Mid Hants Healthcare and held at Chawton Park Surgery on behalf of The Wilson Practice, Chawton Park Surgery and Boundaries Surgery. This will be a local service provided for our patients and delivered within Alton and you may recognise some of the team members from your usual practices! Please check our A31 PCN Facebook page and your practice websites for more information.

To pre-book an appointment please contact your Practice as usual.

*Since January the Patient Co-Ordinator Team have answered a staggering 60,815 telephone calls! Please be patient when you are calling us, we are working as fast as we can to help you, and we really do answer as soon as we can!*

*Dr Standing is on maternity leave, and we are delighted that Dr Stephen Chapman has joined us as a locum cover.*

DO YOU NEED A HEALTH VISITOR? CONTACT  
THE EAST HANTS HEALTH VISITING TEAM 0300  
303 4304

OR EMAIL:

[easthants-hvteam@southernhealth.nhs.uk](mailto:easthants-hvteam@southernhealth.nhs.uk)



Armed Forces veteran  
friendly accredited  
GP practice

### DID YOU KNOW?

We are an Armed Forces veteran friendly accredited GP practice.

This means that, as part of the health commitments of the Armed Forces Covenant we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

## BLADDER CANCER AWARENESS

### Main Symptoms of Bladder Cancer



Blood in urine<sup>1</sup>



Frequent urination  
or pain when urinating<sup>1,2</sup>



Abdominal, lower  
back & pelvic pain<sup>1,2</sup>



Repeated urinary  
tract infections<sup>2</sup>



Incontinence<sup>2</sup>



Tiredness<sup>2</sup>



Weight loss<sup>2</sup>



**IF YOU HAVE ANY CONCERNS, PLEASE MAKE AN APPOINTMENT  
WITH YOUR DOCTOR**



**DOMESTIC ABUSE**

**WHEN YOU SEE THIS SIGN THERE IS A SAFE  
PERSON TO TALK TO**

**Call 0800 916 9878**