The Wand Medical Centre Newsletter

Issue month: June 2025

MENS MENTAL HEALTH WEEK

Men's mental health is a significant area of concern, with societal expectations and cultural norms often hindering men from seeking help and support for mental health issues. A recent study indicated that while women are more likely to be diagnosed with depression and anxiety, men are less likely to seek treatment for these conditions. This can be attributed to the societal expectation that men should be stoic, strong, and self-reliant, which can make it difficult for them to express vulnerability or ask for help.

Where to get urgent help for mental health:

If you need help for mental health crisis or emergency , you should get immediate expert advice and assessment.

Its important to know that support services are available for you to access, whatever your going thorough .Get advice from 111 or ask for an urgent GP appointment.

111 will tell you the right place to get help. You may be able to speak to a trained mental health professional over the phone.

A GP can advise you about helpful treatments and also help you access mental health services . You may be able to refer yourself to some services

Free listening services

These services offer confidential support from trained volunteers.

- **Samaritans –116 123 or email:jo@samaritans**
- **Text SHOUT to 85258 to contact the shout crisis text line, or text YM if you're under 19.**
- **If your under 19, you can also call 0800 1111 to talk to Childline. The number will not appear on your phone bill.**

These services will only share your information if they are very worried about you or think you are in immediate danger .

One man in five dies before the age of 65.
TOGETHER we can change that.

Men experience a Varity of mental health conditions, including depression, anxiety, stress, substance use disorders, and other mental health problems . Poor mental health in men can lead to a arrange of negative outcomes, including increased risk of suicide ,substance abuse, relationship problems and other health issues.

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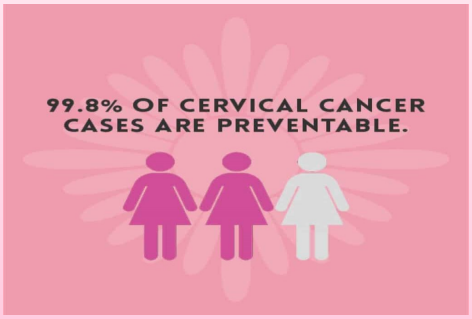
Cervical Screening Awareness

What is Cervical Screening?

- A sample is taken from your cervix by a doctor/nurse
- It tests for abnormal cell changes

Why is it necessary?

- This helps to detect the risk of cervical cancer, such as HPV
- This is because abnormalities in the cervix may cause no symptoms.
- Screening will help to detect this early and then treat it
- This is an effective way of preventing cervical cancer

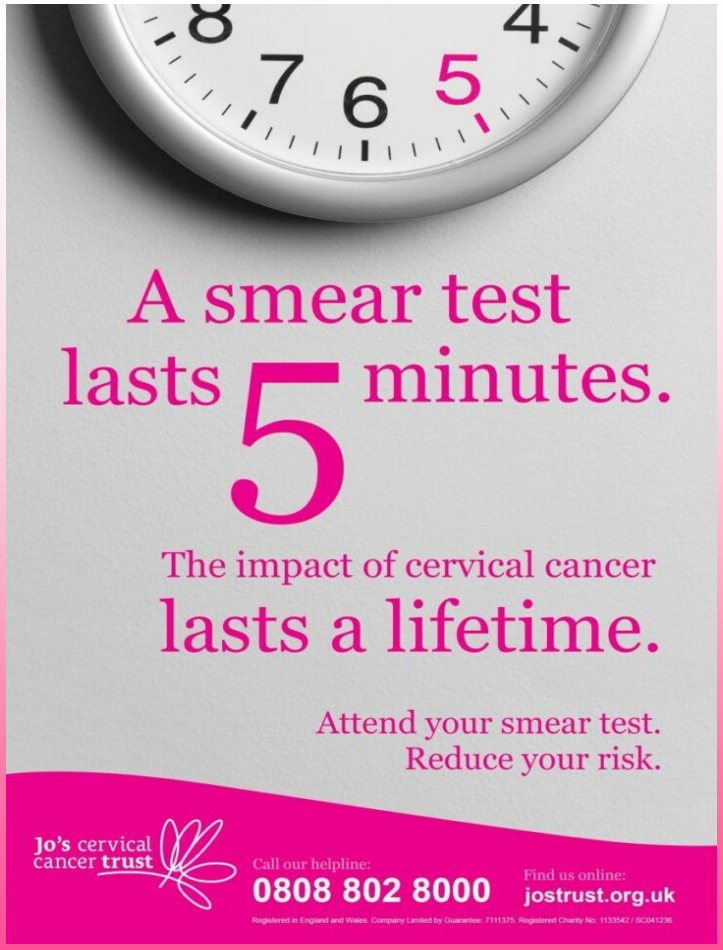


How often do I need to do it?

- If you have a cervix and you're between the ages of 25 and 64, you should be offered a regular cervical smear test.
- If you are registered as female with a GP the NHS will contact you when it is time for your test.
- If you are registered as male and have a cervix, you may not be sent an invitation. Tell your GP if you want to have cervical screening, so they can arrange regular tests for you.

How is cervical screening done?

1. You do not need to prepare in anyway for a cervical screening test. You may find it helpful to wear loose and comfortable clothing.
2. Behind a screen you will need to undress from the waist down, a sheet will be put over you.
3. A nurse will ask you to lie down on the bed. Usually your legs will be bent and feet together ,with your knees apart.
4. The nurse will gently put a tube called a speculum into your vagina, a lubricant might be used.
5. The nurse will open the speculum to see your cervix, and take a small sample from it.



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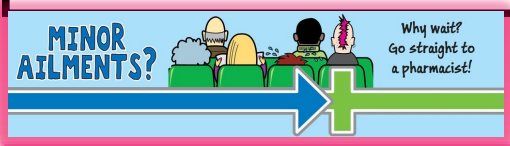

The Wand Medical Centre is working closely with local pharmacists to support you with certain minor health conditions. It may be more appropriate to have your NHS consultation with a trained pharmacist, instead of the GP Practice. You can choose a pharmacy that is convenient to you and we will arrange this for you.

WOMENS CONTRACEPTION CLINICS

Did you know that The Wand Medical Centre has the following clinics :

- General contraceptive clinics
- Coil check/removal
- Implant insertion and removal of coil fit
- Depo Injections

If you would like to find out any further information, please enquire at reception.

Medication Queries

Do you have a query about the medication your on?

- This might include questions such as:
- How does my medication work?
- Are there any long term side effects?
- Is my medication safe? can I drive on this medication?
- What if I forget a dose?

If you have a medication query or need your medication reviewed , we have a in 'house clinical pharmacist who you can speak to Monday to Friday.

Please ask reception for further details.

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Bike Week 2025 is taking place from June 9–15, and it's your chance to be part of the UK's biggest

Whether you ride every day or haven't cycled in years, Bike Week is all about showcasing how cycling can fit into daily life - for everyone.

Bike Week shines a spotlight on the many ways cycling benefits us all - from boosting health and wellbeing to cutting carbon emissions and creating more connected communities. It's a week to celebrate the simple joy of getting on a bike and to inspire others to give it a go.

Bike Week 2025 in the UK will take place from June 9th to 15th, 2025. It is an annual celebration
organized by Cycling UK to promote and celebrate the benefits of cycling.

WORLD BLOOD DONOR DAY

Every year countries around the world celebrate World Blood

Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood

products and to thank voluntary, unpaid blood

donors for their life-saving gifts of blood Encourage your friends and family to become regular blood

donors. Volunteer with the blood service to reach out to members of your community, provide care to donors, and help manage blood donation sessions/ drives. Find out your blood type and register as a blood donor. Avoid doing any vigorous exercise or heavy Lifting the day of your donation – both before and after you've donated. Keeping your body in a rested state is important to give it a chance to replenish the fluids lost during donation, which will help you avoid feeling dizzy or lightheaded and keep you well.

You cannot give blood if you have had certain medical conditions, infections, or procedures, or are taking certain medications. Specifically, if you have had a heart attack or stroke, or heart failure, you cannot donate. Infections like a cold, flu, or other infections, require a 14-day recovery period before you can donate.