



The Lodge Health  
PARTNERSHIP

Lodge Highfield Redbourn

NEWSLETTER DATE:

10/01/2022

NEW YEAR,  
NEW YOU!

Take Control Of  
Your Own Health



As we begin a new year there is no better time to make changes to improve your health. New year's resolutions can often include things to improve your lifestyle, whether that be to cut down on your alcohol with dry January, reducing your meat intake with Veganuary, stopping smoking or making the most of those January offers at your local gym. There are so many small steps you can take that can make a big difference to your physical and mental wellbeing and these do not all need to be committed to at the start of the year. Anytime is a GOOD time

The NHS has lots of tools and advice on its better health website including helpful apps to download such as food scanners and easy meal ideas to keep you on track while on the move

[Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

You can also [find simple ways to lift your mood](#) with Every Mind Matters.

There has never been a better time to kickstart your health. Let's do this!

Better  
Health

LET'S  
DO THIS



NHS

## As you find yourself recovering from COVID-19

You may still be coming to terms with the impact the virus has had on both your body and mind.

These changes should get better over time, some may take longer than others, but there are things you can do to help.

Your COVID Recovery helps you to understand what has happened and what you might expect as part of your recovery.

[Your COVID Recovery | Supporting your recovery after COVID-19](#)



A warm welcome to our new receptionists  
Jayne and Glynis who will be working  
across our three sites



We want to raise awareness of cervical screening. One in four women and people with a cervix don't attend a cervical screening and we want to change that. If you have been invited for your routine smear test please do not delay in booking this quick and potentially life saving appointment

**CERVICAL SCREENING ATTENDANCE NATIONAL FINDINGS**

**SCREENING RATES**  
are at their  
**LOWEST**  
for the last 2 DECADES

PUBLIC HEALTH ENGLAND said they are

**"concerned"**  
by the fall

about **3 MILLION WOMEN**  
across England have not had a smear test for  
**3.5 YEARS**

**1 in 3 WOMEN** aged 25-29  
skip cervical screening



**EMBARRASSMENT**  
about body shape is a barrier to attendance for between a third and a half of women



**61%**  
of women aged 25-29 were unaware they were in the **HIGHEST-RISK GROUP CERVICAL CANCER**

We are looking for new members to join our Patient Participation Group (PPG) and for someone to be Chair person and secretary of the PPG. This position would need commitment of an hour long meeting every other month and some time in between to discuss issues with the surgery to prepare for the meetings

If you are interested in this position, please contact our practice manager Liz Richards on [liz.richards7@nhs.net](mailto:liz.richards7@nhs.net)

**Your Surgery**

Your views: get involved

Have your say



Share your views

make a difference

**Covid -19 Vaccination Programme**

We are now calling all 16-17 year olds for your covid boosters if you have had your second vaccine more than 3 months ago

**Are your contact details up to date?**

It is important that we have up to date phone numbers and address for all our patients. If your details have changed please put this in writing via our website

**Useful information links**

[Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)



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