



Rushbottom Lane  
Patient  
Participation  
Group

# UPDATE



PPG Chairman  
John Hall

A Happy & Healthy New Year to all our members.

Just a quick reminder that our next PPG meeting with the surgery staff is:  
- Wednesday 14<sup>th</sup> January 2026 at 18.30hrs

Meeting to be held at Rushbottom Lane Surgery  
and on Microsoft Teams for those unable to be there in-person.

Come and have your say. All members are welcome to attend.

Below is an **UPDATE** list from both Rushbottom Lane Surgeries. This shows the number of wasted appointments last month (December 2025), where patients just **Did Not Attend**.

St Georges Medical Practice Dec 2025 DNA's				Dr Khan & Partners Dec 2025 DNA's			
Clinician	Appointment	Minutes	Hours	Clinician	Appointment	Minutes	Hours
GP	24	353	5hr 53min	GP	88	1,178	19hr 38min
ANP	3	45	0hr 45min	ANP	1	30	0hr 30min
Nurse	34	275	4hr 35min	Nurse	106	1,655	27hr 35min
<b>TOTAL</b>	<b>61</b>	<b>673</b>	<b>11hr 13min</b>	<b>TOTAL</b>	<b>195</b>	<b>2,863</b>	<b>47hr 43min</b>

**Combined total number of Did Not Attend**

**WASTED:- Appointments Minutes Hours**

December 2025 256 3,536 58hrs 56mins

November 2025 202 3,098 51hrs 38mins

**Don't need or can't make your appointment?**

**Cancel it so that someone else can be seen.**

**Call the surgery number and select option 6 - Or -**

**Text CANCEL in response to the appointment text reminder from the surgery**

**Or email: - [reception.rushbottomlane@nhs.net](mailto:reception.rushbottomlane@nhs.net)**



**During the month of December 2025,  
Rushbottom Lane Surgery received a total  
of: - 14,397 Incoming telephone calls.**

## Here are three of the awareness events taking place in January 2026

### The Great Big Hearing Test January 2026

**The Great Big Hearing Test awareness month**, launched for the first time in 2025. It was organised by “Boots Hearingcare” to encourage people across the UK that are experiencing the symptoms of hearing loss to act sooner, with one in six Brits with hearing loss reveal it took them over 10 years to get their hearing tested, after first noticing issues with their ears. New research by Boots Hearingcare has revealed that more than six in ten (62%) people with hearing loss said family gatherings, such as Christmas, acted as a driver for them to finally seek out help. Alongside the new year being a popular time for resolutions, with many Brits often turning their attention to their health, there's no better way to start the new year than with greater confidence in your hearing.

<https://www.awarenessdays.com/awareness-days-calendar/the-great-big-hearing-test/>



### Awareness 19<sup>th</sup> - 25<sup>th</sup>

The campaign aims to bring attention to those whose lives have been impacted by cervical cancer, to find solutions, and to remember those we have lost. Cervical cancer awareness is key to saving lives, as in the UK alone, around 3,200 to 3,300 women are diagnosed with cervical cancer each year, with around 850 to 890 deaths annually. Cervical cancer accounts for 1% of all new cancer cases in the UK.

Cervical screening is changing, with some women aged 25 - 49 now invited every five years instead of three if they test negative for high-risk HPV. Approximately 99.8% of cervical cancers are caused by persistent HPV infection. And incidence is highest amongst women aged 30-45.

### Parent Mental Health Day January 27<sup>th</sup> 2026

Parental Mental Health Day is a beacon of awareness in a society that frequently underplays the mental health struggles of parents. By shining a light on these issues, we not only acknowledge their existence but also pave the way for understanding, compassion, and collective support. Juggling work deadlines, managing family schedules, nurturing little (or not-so-little) ones – being a parent is no easy feat. It's a demanding role that often leaves us feeling drained, overwhelmed, and sometimes, even invisible. But amidst the chaos, there's a day dedicated to reminding us, the superheroes in capes disguised as pyjamas, that our mental well-being matters too.

The stigma surrounding mental health issues can be particularly pronounced for parents, who may fear judgment or scrutiny. This observance aims to break down these barriers, creating an environment where parents feel empowered to speak openly about their mental health without the fear of judgment.

Parental Mental Health Day underscores the importance of accessible resources that can aid parents in navigating their mental health challenges. From online support groups to local counselling services, the promotion of resources is a key element in fortifying the mental resilience of parents.

# Home prostate cancer screening trial

## Home prostate cancer screening trial means faster results.



Testing for prostate cancer with a few drops of blood and a mobile phone could mean faster diagnosis thanks to a new ground-breaking trial.

The innovative approach, thought to be the first of its kind in the world for prostate cancer screening, allows patients to test themselves from the comfort of their home. After receiving a lateral flow test through the post, they take a simple finger-prick blood sample to screen for prostate cancer. Results are captured via a

smartphone app and securely sent to clinicians at Mid and South Essex NHS Foundation Trust for review and any necessary follow-up care.

A PSA (Prostate-Specific Antigen) blood test is not a test for prostate cancer, but a test to help spot potential problems with the prostate. By itself, a PSA blood test cannot diagnose or rule out prostate cancer. In fact, a PSA blood test is only the first step in the pathway for diagnosing prostate cancer, identifying which men would benefit from further tests (such as an MRI scan).

PSA is a molecule produced by cells in the prostate – both normal cells and prostate cancer cells. That means that, if you have a prostate, it's normal to have a small amount of PSA in your blood. The amount rises slightly as you get older, and your prostate gets bigger. What's more, an elevated PSA level can be caused by many factors, such as a urinary infection, an enlarged prostate, prostatitis, or prostate cancer.



## Survey



### Do you access a range of health and care services?

If you, or someone you care for, access several different health, social care or voluntary sector services, we would really like to hear from you.

This survey focuses on the lived experience of people who use more than one service, such as GP and hospital care, community or mental health services, adult social care, carers' support, or community and voluntary sector organisations.

Your feedback will help us understand how well services work together and where there may be opportunities to improve coordination, communication and support across the system.

The survey is open to residents and carers across mid and south Essex.

<https://virtualviews.midandsouthessex.ics.nhs.uk/do-you-access-lots-of-health-service>

**Survey closes: Friday 30 January 2026**

# NEW YEAR, NEW RESOLUTIONS, NEW YOU!

## Health and Wellness Resolutions

As we embark on a new year, many of us make health and wellness resolutions to improve our health and well-being. While traditional goals like eating healthier and exercising more remain popular, there's a growing awareness of the importance of environmental factors, particularly indoor air quality.

Here are some practical health and wellness resolutions to consider for 2026:

### 1. Prioritise Sleep:

- Establish a consistent sleep schedule.
- Create a calming bedtime routine.
- Optimise your sleep environment for darkness and quiet.

### 2. Nourish Your Body:

- Eat a balanced diet and cut out process foods.
- Cook more meals at home to control ingredients and portion sizes.
- Stay hydrated by drinking plenty of water throughout the day.

### 3. Move Your Body Regularly:

- Find physical activities you enjoy, whether it's dancing, hiking, or yoga.
- Incorporate movement into your daily routine, like taking short walks or doing stretches.
- Set realistic fitness goals and track your progress.

### 4. Manage Stress Effectively:

- Practice mindfulness techniques like meditation or deep breathing.
- Engage in hobbies and activities that bring you joy.
- Seek support from friends, family, or a therapist.

### 5. Connect with Nature:

- Spend time outdoors, whether it's a short walk in the park or a longer hike.
- Bring nature indoors with houseplants.
- Practice gardening or other outdoor activities.

### 6. Take Better Care of the Air Quality in Your Home and Office:

- Invest in air purifiers to remove pollutants and allergens.
- Regularly clean and maintain your HVAC system.
- Open windows to allow fresh air to circulate.
- Use natural cleaning products to reduce exposure to harmful chemicals.

By incorporating these health and wellness resolutions into your daily life, you can improve your overall health and well-being. Remember, small steps can lead to big changes.

### BENEFITS OF

# WALKING

JUST A THIRTY MINUTE WALK EACH DAY, CAN HAVE GREAT BENEFITS FOR YOUR HEALTH.

You don't have to walk alone. In fact, walking with another person has further benefits as it can help to combat loneliness and depression.

# Have you tried the Healthy Choices Quiz?

Are you ready to improve your overall health and wellbeing, but not sure where to start?

The NHS free quiz gives you guidance, based on your answers, to help you live a healthier life.

We start by asking general questions about you and your motivations. These answers won't affect your result. Then we move onto questions about your lifestyle, which is the main part of the quiz.

We will not ask about your medical history as this is not a medical assessment. Why not try the quiz and see how well you score.



<https://www.nhs.uk/better-health/healthy-choices-quiz/>

## Healthy Living for people with type 2 diabetes

### What is Healthy Living for people with type 2 diabetes?

Healthy Living is a free, online **NHS** programme that supports people to live well with type 2 diabetes.

#### It includes information and advice about:

- Type 2 diabetes
- Eating well
- Becoming more active
- How to look after your body and mind
- Other NHS services and support
- Living with diabetes, including driving, working and travelling

You can use the Healthy Living programme whenever suits you, and for as long as you need - there is no limit to access so you can learn at your own pace. It can also be used alongside any other diabetes programmes or education you may be taking part in.

#### Register now:

Sign up now by completing the registration form: - <https://healthyliving.nhs.uk/>

If you need help with joining or using the Healthy Living programme, contact: -

**healthyliving@support.changinghealth.com**

Or call: - **0191 429 6000** if you would prefer to speak to one of the support team.

They are available Monday to Friday, 9am to 5pm.

The support team cannot offer medical advice, as the telephone contact and email address are not monitored by medically trained members of staff. If you are concerned about your health, please contact a health professional such as your GP or diabetes nurse if you are already being monitored by the surgery.

A man and a woman were traveling in a train.

**Woman:** Every time you smile, I feel like inviting you to my place.

**Man :** Awwww .....! Are you single ?  
**Woman :** No, I am a Dentist....



**There's no such thing as a grouchy old person.**

**The truth is,**  
**once you get old, you stop being polite and start being honest.**

### Fun Fact:

**The majority of archaeologists are women, due to their natural ability to dig up the past.**



## Breast Cancer & FUTURE DREAMS

Charity

Future Dreams was founded in 2008 by mother and daughter, Sylvie Henry and Danielle Leslie. By a cruel twist of fate, they were both diagnosed with breast cancer, Danielle aged just 35 and a mother of three young children. Tragically both women lost their lives to secondary breast cancer within a year of each other in 2009. Their legacy lives on in Future Dreams and the thousands of women the charity supports every year. They believed nobody should face breast cancer alone.



### CHECK YOUR BOOBS

#### HOW TO CHECK YOUR BREASTS FOR CANCER



Future Dreams has partnered with ITV's The Lorraine Show on the Change+Check campaign to raise awareness of the signs and symptoms of breast cancer. One in seven women will be diagnosed with breast cancer in their lifetime, but more than 50% of women say they do not know the early signs of the disease.

<https://futuredreams.org.uk/>

Breast cancer is cancer that starts in the breast tissue, with symptoms including a lump, swelling, skin changes, or nipple discharge. Risk factors include age, family history, and certain lifestyle factors. Treatment options typically involve surgery, chemotherapy, radiation, or hormone therapy, and the survival rate is generally good, especially with early diagnosis.

# Why do men get a distended stomach?

Men get a distended stomach (*Beer Belly*) as they get older due to a combination of factors including a natural decrease in testosterone, which promotes belly fat storage, and a slower metabolism that leads to less muscle mass and more fat gain around the abdomen. Other contributing factors include increased stress hormones like cortisol, dietary habits, and digestive issues like constipation and slower gastrointestinal motility.



Men primarily store fat around the abdomen and chest, leading to an "apple shape," while women typically store fat in the hips, thighs, and buttocks, resulting in a "pear shape". For many men, by the time they hit their middle-fifties, they begin slowing down and relaxing more and reducing their physical activity, without also reducing their caloric intake, (especially the liquid-kind 😊).

This can be avoided. But takes a monumental effort to overcome it. A man's got to start eating naturally good stuff and turn away from carbohydrates in the form of alcohol, starches such as found in potatoes, bread, cake, desserts, must be reduced to almost nothing. Plus, exercise several times a week (not necessarily the gym but just taking regular walks) to help teach the body how to burn off its own excess energy stores contained in fat cells, and gradually the gut will reduce and go away.

## UPDATE - On Two



## Local Hospitals



A brand-new Acute Kidney Care Unit is coming to **Basildon Hospital** soon. This modern unit will help people with kidney problems get the care they need faster and in a calm space. It means shorter waits, fewer readmissions and better care for patients who need urgent help.

Dr Gowrie said: - *"This is an exciting step forward for people with kidney disease. The new unit will be transformative, enabling us to deliver prompt, specialist care in a calm, modern environment."*

**The first patients will arrive in June 2026.**



The revamp of **Southend Hospital's Emergency Department** is part of a big transformation to improve care for everyone.

Patients will have more space, which means a better experience. There'll be a new area just for children and their families, helping young patients feel calmer and more at ease. The layout will also help us move people through more quickly, so ambulances can hand over patients faster and get back to the community sooner. Treatment and waiting areas will be more modern, more comfortable and better for both patients and staff.

**Don't forget, our next PPG meeting with the surgery staff is: -**  
**Wednesday 14<sup>th</sup> January 2026**

The meeting starts at 6.30pm and finishes at around 7.45pm.  
 But please feel free to join us at any time if you are unable to make the start time.

The meeting is to be held in the Rushbottom Lane Surgery board room, and will also be available via Microsoft Teams for those unable to be there in-person.

Come and have your say, meet some of the other PPG members and staff.

All members are welcome to attend.

If you are unable to make it on the night, but have a question you would like asked, then please email: - [PPG-RushbottomLane@gmx.com](mailto:PPG-RushbottomLane@gmx.com)



Dr Khan & Partners click here:

<https://accurx.nhs.uk/patient-initiated/F81001>

St Georges Medical Practice click here:

<https://accurx.nhs.uk/patient-initiated/F81142>

Accurx is a digital triage and online consultation platform that is ideal for those unable to make the 8am telephone queue.

## Rushbottom Lane Surgery Opening Times

Mon to Fri 08:00 - 18:30\* Sat\* & Sun Closed

\*Out of hours appointments available. Ask at reception.

Appointments can be booked by Telephone from 8.00am Mon-Fri

Appointments can be booked in person by queuing outside from 8.30am Mon-Fri

As a registered patient at the Rushbottom Lane practices, you have access to a range of locally provided additional services through their partner organisations. Visit the surgery's **Attached Services** page to learn more. <https://www.thekhanpractice.nhs.uk/attached-services>

## Time to Learn Sessions 2025 - 2026

The surgery will close at 1.00pm on the dates below and re-open at 8.00am the following morning.

This is protected time for clinicians and staff to attend training sessions.

**Patients should contact 111 with any medical issues during this time.**

Tuesday 3rd February 2026 | Tuesday 2nd March 2026

**If you have any feedback or suggestions for articles in future issues of our UPDATE magazine, then please email us.**

**[PPG-RushbottomLane@gmx.com](mailto:PPG-RushbottomLane@gmx.com)**