



PARKSIDE SURGERY NEWSLETTER

APRIL 2026

Training closure date: Wednesday 22nd April 2026

We have recently said goodbye to GP Registrar Dr Charlotte Greenall she will now be moving to another surgery to continue her GP learning journey. This month we welcome GP Registrar's Dr Chinedu Okere and Dr Shahzad Hussain.

We have recently welcomed Kerrie-Leigh to the reception and administration team. She is currently undergoing her training so please bear with her during this time.

We are also rolling out the spring covid booster, we are contacting patients who are eligible for this to arrange a routine appointment.

Our phone lines are busiest between 8am and 9:30am, if your call is of a non urgent nature you may prefer to call after these times or alternatively use our online consultation form on our website to request an appointment or for an admin query.

Your request will be answered on the same day and an appointment offered within 10 working days. This is the easiest way to get an appointment.

Website: <https://www.parksidesurgery.co.uk> or click on the link: [Contact us about your request - Accurx Patient Portal](#)

Please cancel your appointment if you are unable to attend so this can be offered to another patient. You can cancel an appointment via our website or by calling the practice.

On the 22nd March, our practice nurse Melanie completed a high peak trail walk to raise funds and awareness for Ashgate Hospice.

Ashgate hospice provide palliative and end-of-life care free of charge to people aged 18 and over. They care for people living with a life-limiting illness, including cancer, neurological diseases, and end-stage heart, kidney and lung diseases.

Their aim is to ensure that their patients are well informed, supported and pain free. Their purpose is to provide end-of-life care, they can help improve quality of life soon after a terminal diagnosis. They also support people's loved ones to ensure they get the practical, emotional and bereavement support they need.

For more information of what Ashgate Hospice do please visit the following website: <https://ashgatehospice.org.uk> or click on the following link [Ashgate Hospice - We're here for you](#) .

EASTER BANK HOLIDAY CLOSURE

The surgery will be closed on the following dates for Easter:

Friday the 3rd April

&

Monday the 6th April

If you need medical assistance during this time please call 111.



Testicular Cancer Awareness month

April is **testicular cancer** awareness month, it is important to check your testicles regularly so you know what is normal for you. This will make it easier to notice any changes in size, look or feel of your testicles.

Testicular cancer usually only affects one testicle, but it can affect both. Testicular cancer mostly affects men aged 15 to 49 however anyone with testicles can get it.

Main symptoms of testicular cancer:

- A lump or swelling in your testicle
- Your testicle getting bigger
- An ache or pain in your testicle or scrotum (the skin that covers the testicles)
- An ache or pain in your back or lower tummy
- Your scrotum (the skin that covers the testicles) feels heavy, firm or hard
- You notice a change in one of both of your testicles that is not normal for you.



Important

These symptoms are very common and can be caused by many different conditions. Having them does not definitely mean you have testicular cancer. But it's important to get them checked by a Doctor. This is because if they're caused by cancer, finding it early may mean it's easier to treat.

If you notice any of the symptoms, please make an appointment with a Doctor.

The Doctor will ask you about your symptoms and general health. They will check your testicles and the lymph nodes (small glands that are part of the body's immune system) at the top of your legs. You may get an urgent referral for more tests or to see a specialist in hospital if the GP thinks you have symptoms that could be cancer. This does not definitely mean you have cancer.

For more information please visit the following website: <https://www.nhs.uk/conditions/testicular-cancer> or click on the link: [Testicular cancer - NHS](#)

Testicular cancer UK is a charity run by survivors in the UK and offer support and advice. Please visit the website for more information: <https://www.testicularcanceruk.com> or click on the link: [Testicular cancer | Charity | Symptoms](#)

How to perform a testicular self-exam

 <p>Step 1</p>	 <p>Step 2</p>	 <p>Step 3</p>	 <p>Step 4</p>
<p>Set aside 5 minutes to check your testicles in the shower once a month.</p>	<p>Check one testicle first, then the other.</p>	<p>Gently hold and roll each testicle between your thumb and fingers.</p>	<p>See your GP if there are any lumps, bumps, any changes, or pain.</p>