

APRIL

Newsletter

April is Bowel Cancer Awareness Month.

Here are the main symptoms of bowel cancer. Other health problems can cause similar symptoms – but it's important to get them checked by a GP if you have any symptoms for 3 weeks or more. For more information, visit nhs.uk/bowel-cancer



Blood in your poo, which may look red or black



Changes in your poo, such as having diarrhoea or constipation



Needing to poo more or less often



Often feeling like you need to poo



Bleeding from your bottom



Feeling tired for no reason



Losing weight without trying



Tummy pain or bloating



Contact your GP practice if you have any of these symptoms for **3 weeks or more**

Contact your GP online

Get in touch with your GP online for a quick, easy way to get the help you need.



1

Send a request into your GP practice



2

Your GP works out how best to help



3

You will be contacted soon

- ✓ Make requests in your own time
- ✓ Avoid telephone queues
- ✓ Instantly access NHS self-help resources
- ✓ Available on the [NHS](#) App

The new Online consultation service **Accurx Patient Triage** is now live. You can access this on the Practice website or via the NHS mobile app. This replaces the previous online consultation service **Klinik**.

Tree Planting Bottesford Beck, Scunthorpe.

Alan, the landowner, having purchased land adjacent to Bottesford Beck, had a vision and made a plan. His dream was to provide a walk in the woods for the local people of Scunthorpe. North Lincolnshire Council were making an ongoing effort to extend the Bottesford Beck bridleway From Ashbyville Local Nature Reserve to the River Trent. The route would cross his land and he took this opportunity to realise this dream. The planning and permissions to plant a wood took two years to arrange and involved North Lincolnshire Council, the Woodland Trust, the provision of detailed information for the Environmental Impact Assessment (EIA) screening and entries to the Public Register, which is held and administered by the Forestry Commission.

I am Dr Chris Trueman, the the environmental lead for The Rotary Club of Scunthorpe Pentagon and I was contacted by the Natural Environment Policy Specialist at North Lincolnshire Council, Andrew Taylor. He desperately needed help to plant the trees that the Woodland Trust had provided. Could the the Rotary Club help?

As Environmental lead, I coordinated a request for volunteer planters with the support of the Rotary Club of Scunthorpe Pentagon, Alan the land owner and Andrew at the Council. We successfully raised interest using a cascade of emails and we were able to gather together over 70 volunteers to come together over a number of planting sessions.

It is with our grateful thanks that members from the Rotary Club of Scunthorpe Pentagon, The Conservation Volunteers of Hull, The Friends of Bottesford Beck, The Bottesford Litter Pickers, the Lincolnshire Wildlife Trust, North Lincolnshire Council, The Catzero Charity from Grimsby (providing young volunteers with job experience), Hanson UK, Severn Trent, The Canal and River Trust, Bottesford in Bloom, The Environment Agency, Councillor John Davison Mayor of Bottesford, families, friends and neighbours and not forgetting Mike the council truck driver, turned out to plant three and a half thousand trees in just three and a half days!

Tree species include Oak, Hazel, Aspen, Scots Pine, Dog rose, Hawthorn, Dogwood, Alder, Silver Birch, Wild Cherry and Holly. The finished plantation was left in a clean and presentable state and is visible from the east bound carriageway of the M180.

From a child who loved to play in the woods, to a grown man with a dream, Alan was supported by the environmental team of The Rotary Club of Scunthorpe Pentagon to arrange and succeed in the implementation and manifestation of his vision.

Many thanks to all those involved. Dr Christopher J Trueman .

VOLUNTEER PLANTERS INCLUDING THE ROTARY CLUB OF SCUNTHORPE PENTAGON.

