

Hampton Wick Surgery News

Your practice newsletter from the Patient Participation Group



No 18: Autumn 2026

Our Patient Information Event

**Are you worried about your memory?
Are you affected by Dementia?**

These are the themes for our next Patient Information Event being held on **Tuesday, 13th October 2026.**

Whether you or a family member is worried about the onset of Dementia, has recently been diagnosed with Dementia or you are caring for someone with the condition, local support organisations will be on hand to talk to and provide information at our Dementia Information Event.

Who will be there?

- **Alzheimer's Society Richmond** - wide range of information and telephone support.
- **Pathways through Dementia Richmond** – help with the legalities of the dementia journey; paying for care, managing finances, welfare, Power of Attorney etc.
- **Dementia Friendly Richmond** – borough wide support and information.
- **Kingston & Richmond Community Dementia Team** – NHS care in the community.
- **Crossroads Care, Richmond & Kingston** – Carers' Café, Hampton Hill.
- **Hampton Wick Surgery.**

Where is it being held?

The event is being held at Bullen Hall in Bennet Close, Hampton Wick, KT1 4AT from 12.30 to 2pm.

Bullen Hall is next door to Hampton Wick Library. It's only a few minutes' walk from Hampton Wick Station and local bus stops (281 and 285) in the High Street, via Shaw's Passage.

There's a limited number of pay and display car parking spaces in Bennet Close.

Registration is not necessary, just drop in.

Dr Kate Moore says: "information and support are so important for those affected by the many aspects of dementia; we hope that our information event will go some way to providing this. We look forward to seeing as many of you as possible

Attending Appointments

All doctors and nursing staff are committed to your health and wellbeing. However, it is very difficult to advise you properly if you come along to the surgery with a list of medical issues. Please book separate appointments if you have more than two items to discuss with the Doctor/Nurse, one issue preferably. This will enable much more focus on the matter that is of most importance to you.

Hampton Wick Surgery,
Tudor House, 26 Upper Teddington Road, Hampton Wick, KT1 4DY
Tel: 020 8977 2638 www.hamptonwicksurgery.co.uk

Remember

If you need to speak to a doctor urgently when the practice is closed, call the practice telephone number: 020 8977 2638 and you will be put through to our Out of Hours service. Alternatively, call 111 or 999.

PSA Testing For prostate Cancer: General Advice and Guidance

The prostate specific antigen (PSA) test which is a blood test may help find out if you are more likely to have prostate cancer.

It is not perfect: it will not help find all prostate cancers, it will miss some and will detect some that would never go on to cause harm.

Having a PSA test has potential harms and potential benefits.

This information should help you decide if you want to have the test or not. It is your decision. Before making your decision you may want to talk to your GP, practice nurse and your partner, family member or a friend.

Prostate cancer mainly affects men over 50, and your risk increases as you get older. If you're over 50 and you're worried about your risk, you might want to ask your GP about the PSA blood test.

You have a higher risk of prostate cancer if you're Black or have a family history of prostate cancer or have BRAC2 gene. For that reason, we strongly recommend you speak to your GP about having a PSA blood test from the age of 45.

You may be offered a PSA test if you have symptoms of a possible prostate problem.

Changes to look out for include:

- needing to urinate more often than usual, especially at night
- difficulty starting to urinate
- straining or taking a long time to finish urinating
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- a sudden need to urinate – you may sometimes leak urine before you get to the toilet
- dribbling urine after you finish urinating
- problems getting or keeping an erection.

Less common changes include:

- pain when urinating
- pain when ejaculating
- blood in your urine or semen.

There is a very good leaflet which explains with diagrams about the prostate and PSA testing

https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/PSA%20Advice.pdf

..