

ST MARTINS GATE SURGERY

Issue 23

October 2016

** FLU CAMPAIGN SATURDAY 1ST OCTOBER **

Once again the patients arrived in large numbers through the course of the morning and at the time of writing this newsletter we have given over 1269 vaccinations, 1011 of which were given on our Flu Saturday.

A number of patients commented on how well received our Flu Saturday Campaign is and how they look forward to our annual coffee and cake morning. It is always a nice feeling when patients want to tell you how pleased they are with what we do and Flu Saturday is one of those occasions.



As in previous years we held the coffee and cake morning supported by members of staff with our Patient Participation Group and raised a total of **£412.59**. The money raised will be donated to Breast Cancer Care. We would like to say **thank you** to those patients who joined us on what is a very busy Saturday.

** PLEASE REMEMBER **

If you have not already done so, there is still time to book in for your Flu vaccination. To check if you are eligible, please speak with Reception or visit our website.

OUR NEXT FLU CLINIC IS AVAILABLE TO BOOK - 2ND NOVEMBER 10am-12noon

If your child is aged 2,3 or 4, please book them in for the flu nasal spray.

Our Child Flu Clinics are available to book on:

Wednesday 19th October - AM

Friday 21st October - PM

Tuesday 25th October - AM

Wednesday 26th October - PM



St. Martin's Gate Surgery has been a teaching practice for many years and we accept medical students on a day release from Birmingham University. Some of these students will be in their first year and the attachment to the practice will give them the an early introduction to the role of the General Practitioner. We ask our patients if they would be willing to help attend some of the teaching sessions. If you are willing to spare an hour of your time for students to practice their clinical skills i.e. checking blood pressure and taking a pulse etc, please ask at Reception for further information and complete the form provided. If you have previously put your name forward to help with the students, please could you complete a new form this year so we have your up-to-date contact details.

This is of course, entirely voluntary, but we hope this will provide a rewarding experience in the knowledge that you are helping to train our future doctors.

Each year thousands quit smoking for 28 days with Stoptober starting on 1st October.

By joining in they access a range of free support including email, app and Facebook Messenger - all providing information, advice and daily tips to help them through the month.

Everyone quits together, supported by employers, communities, charities and other partners, as well as encouraging each other via our Facebook page. And by making it to 28 days Smokefree, they are 5 times more likely to quit for good.

If you are thinking about quitting smoking now or want more information about support when you're ready to quit, there is plenty of advice and expert help available on the Smokefree Website.



And if you really fancy a challenge...

By signing up to be a superhero, you are doing something amazing for people with cancer. All the money raised by those Going Sober this October will make sure that Macmillan can be there to help even more people take back control from cancer.

It will mean that we can be there right from the moment of diagnoses, through their treatment and beyond. It will mean we can be there to help give them the energy and support to take back control of their life,

Becoming a superhero might not mean you have X-ray vision or you get to wear a cape (although you can if you want to), but not drinking does mean you'll get heroic qualities, that us beer and wine drinking mortals can only dream of.

Staying off booze (along with a few small improvements to your diet and exercise routines) can mean: increased energy levels; clearer head; sleeping better and snoring less; weight loss; clearer skin; generally feel healthier and most importantly doing something for a good cause and **no hangover!**

Patient Participation Group

Please don't forget that our Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you the patient.

Why not pop in, say hello and see if they can help in any way. They are available in reception to speak to you on the following dates:

Wednesday 5th October - AM

Monday 10th October - AM

Wednesday 12th October - AM

Monday 17th October - AM (St. Peters)

Thursday 27th October - PM

Monday 31st October - PM



No Need to Knock
Come on In!