

ST MARTINS GATE SURGERY

Issue 14

January 2016

STAFF NEWS

A huge welcome to Jade Fenton, our new Practice Nurse and a warm welcome to our new Phlebotomist Serena Slater who have both recently joined our team.



DRYATHLON®
No alcohol. For January.
To beat cancer sooner.
dryathlon.org

Taking on the challenge of giving up alcohol for a month could have lots of potential perks. Just imagine what awesome things you could achieve in an iron willed month without hangovers.

You'll not only be raising lots of money to bring forward the day all cancers are cured, there are all these other potential benefits too:

- Feel more energetic and get more things done
- Sleep better or even snore less
- Cut the boozy calories and lose weight
- Eat more healthily and increase your activity to get the maximum benefit
- A healthier, happier bank balance
- A sense of achievement with your new found hero status
- Time to do all those super cool things you keep putting off. Now is the time for taking that yoga class to writing your first novel.

And last but not least, every pound you raise will go towards life saving research.

The good news is the benefits don't have to stop when Dryathlon does - and if you drink less in the long term it could make a real difference to your long term health.

To sign up for this event and for more information, head over to www.cancerresearch.org

Please don't forget our new Patient Participation Group drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit patients.

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

- **Tuesday 12th January 9-11am**
- **Friday 15th January 3-5pm**
- **Friday 29th January 10-12pm**

You can always email our volunteer Chairman Colin Major: colin.major@tesco.net, or by a note in an envelope addressed to 'Chairman PPG'.



All the members of staff would like to wish our patients a very Happy New Year!

It is still not too late to book in for a flu jab! Please speak to reception to see if you are eligible and if so, book an appointment. You may also be eligible for a shingles vaccination, please also enquire about this.

We are happy to undertake, by appointment, medical examinations and reports for insurance companies. We can also provide specific reports for such things as fitness to travel and sporting activities, and will complete other medical reports, for example holiday cancellations and driving requirements.

This work is not covered by the NHS system and may incur a charge in line with BMA recommended scale. Please check the charge when booking an appointment or requesting information.

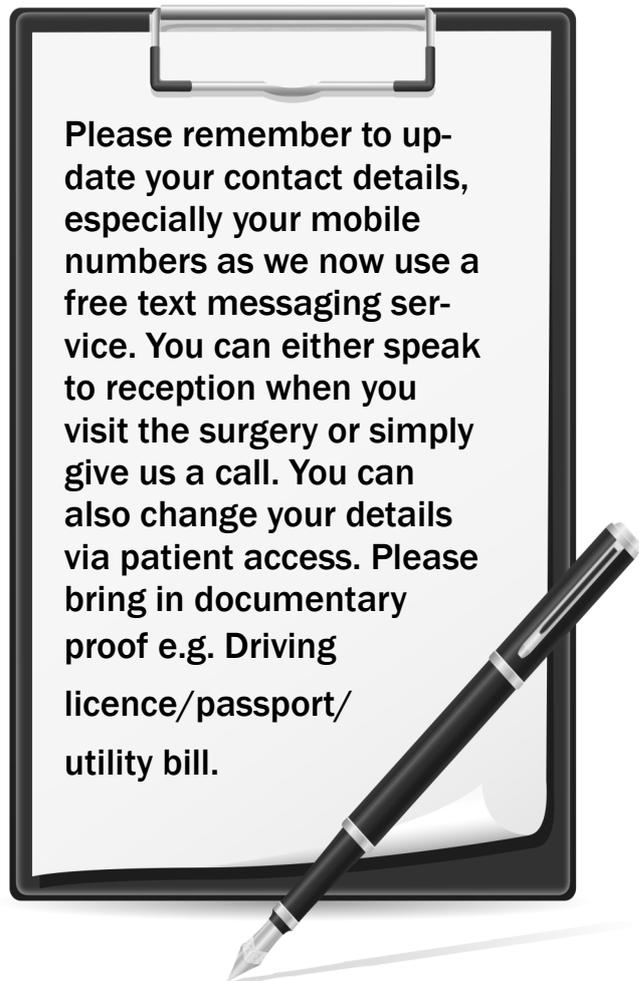
Payment is requested in advance; we accept cash only for these services. You will be notified when the certificate or report is ready. Please allow up to 2 weeks for completion.



Staff here at the surgery recently took part in wearing our Christmas Jumpers on Jumper Day to raise money for charity. We raised £89.79 for Children's Cancer and Leukaemia Group. An enjoyable day was had by all.



We would like to thank everyone who gave us gifts at Christmas! All were enjoyed thoroughly over the festive period.



Please remember to update your contact details, especially your mobile numbers as we now use a free text messaging service. You can either speak to reception when you visit the surgery or simply give us a call. You can also change your details via patient access. Please bring in documentary proof e.g. Driving licence/passport/utility bill.

REMEMBER, when going on holiday abroad, certain vaccinations may be required. To check what you will need, you will be asked to fill out a travel vaccination form. Please ensure this is done at least 12 weeks prior to departure. Once this is completed we will then book you an appointment with our travel nurse.

ZERO TOLERANCE

We will not tolerate any violence towards any of the surgery staff at any time. Anybody displaying inappropriate behaviour may be removed from the practice list. More serious episodes will be reported to the police.