

ST MARTINS GATE SURGERY

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I'M ON A
DECHOX™

TIME FOR A DECHOX?

CHALLENGE YOURSELF TO GIVE UP CHOCOLATE THIS MARCH.

We are challenging the nation to give up chocolate for March and get sponsored to help raise money towards the fight for every heartbeat.

Whether you're an undercover chocolate eater, a crafty nibbler or a full-on midnight fridge raider, deep down you know it's time to dump the chunk and give chocolate the finger!

Any sort of cocoa is a no-no, which means chocolate sweets, treats, biscuits, ice cream, cake - and even the chocolate sprinkles on your cappuccino - are off limits during March.

Last year, 19,800 dedicated Dechoxers took part, raising just over £86,000 and 2017 promises to be even bigger and better!

So if you've ever found yourself sneaking a cheeky chocolate bar after the gym or digging into your desk drawer for an afternoon cupcake, then now's the time to test your willpower, have fun and feel good in the process!

WANT TO TAKE ON THE ULTIMATE DECHOX?

If giving up chocolate doesn't seem like enough of a challenge, try out an Ultimate DECHOX! Not only is chocolate off limits during March, but all sweet treats are a no no - eek! That's no cake, dessert, biscuits or even gummy sweets... This is extreme test of willpower is sure to raise even more money for a great cause.

To find out more visit www.bhf.org.uk and search for "DECHOX".

ANNUAL REVIEWS

If you have annual reviews of your health conditions with a clinician, you may have noticed that the letters or text messages ask you to contact us to book an appointment, using the name of a tree. Please be assured that this does not mean that you have a new condition, it is simply an amendment to our administration of these appointments to improve our service to our patients. You will be contacted before or during your month of birth to book these appointments.



The banner features a stylized human silhouette on the left with various colored circles representing different health conditions: Stroke (blue), Dementia (green), Heart disease (red), Diabetes (yellow), and Kidney disease (purple). On the right, the NHS logo is displayed above the text 'Free NHS Health Check' and 'Helping you prevent heart disease, stroke, diabetes, kidney disease and dementia'.

Subscribe To
Our Newsletter



If you would like to receive our newsletters electronically, you can sign up at
www.stmartinsgatesurgery.co.uk

To subscribe to the newsletter online, simply head to the website. Once on the home page, scroll down to the bottom of the page and you will see a yellow circle saying "Subscribe to our newsletter" like the one opposite.

Patient Participation Group

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 you in anyway. They are available in reception to speak to you on the following dates:

- Thursday 9th March - am
- Monday 13th March - am
- Tuesday 21st March - am
- Wednesday 29th March - am

**No Need to Knock
Come on In!**

Patient Participation Group members will have access to a computer just off Reception. This will enable them to help you with any queries you may have with regards to using online patient access for booking or cancelling appointments, ordering prescriptions etc. Together with our reception team they may also be able to provide you with the relevant help links on our website and patient information about services that are available to you eg. if you need help accessing services such as Age UK, Worcestershire Association of Carers or help with services for dementia.



It's time to bin your bra!

Local women are being invited to save their unwanted and unloved bras to help raise funds for the Worcester's Breast Unit Haven. The

Worcestershire Breast Unit Haven charity fundraises to help the new Breast Unit provide clinical services, assistance with breast care needs and complementary therapies over and above what the NHS can offer.

The appeal has generated considerable interest already and business; clubs; retailers and offices are putting bra bins in their premises for people to bag up and "bin" ready to deliver to the Worcester's Breast Unit Haven.

St Martin's Gate has a bra bin ready for you to donate your unwanted, unloved bras. Please hand these into reception.

*The donation of unwanted bras will raise £1 per kg/£1000 per tonne.
One tonne equates to approximately 13,000 bras.*



