

ST MARTINS GATE SURGERY

Issue 35

October 2017

FLU CAMPAIGN - it's not too late to book!

If you have not already had your vaccination or booked an appointment to have one, you are not too late! We are still holding flu clinics on the dates shown below. If you are unsure you are eligible for a flu vaccination, please ask a member of Reception, who will be more than willing to check for you.



We are holding our big "flu Saturday" clinic on 7th October. As tradition goes, we will also be having our annual coffee and cake morning with all proceedings, this year, going to St. Richards Hospice.

ADULT FLU CLINICS			CHILD FLU CLINICS		
DATE	TIME	LOCATION	DATE	TIME	LOCATION
16 TH OCT	AM	ST. P	23 RD OCT	PM	SMG
30 TH OCT	AM	ST. P	24 TH OCT	PM	SMG
18 TH OCT	AM	SMG	31 ST OCT	PM	SMG
25 TH OCT	PM	SMG	2 ND NOV	AM	SMG
2 ND NOV	AM	SMG			

Please remember to update all of your contact details as there will be times when we need to contact you with important information.

We cannot change your address or name until a member of staff has seen documentary proof - i.e. change of address please bring a utility bill or driving licence / change of name please bring marriage certificate or deed poll.



PLEASE NOTE THE
NEW ADDRESS &
PHONE NUMBER

Friends and Family Test

Your feedback is important to us. It will help us to learn more about what you think of your experience - what you like and what you think we could improve. We would be very grateful if you could spare a few minutes and complete a questionnaire, located on front desk reception.

The Friends
and Family Test

Examples of patient's comments for Oct 2017

"Very helpful, friends receptionist and Drs are always kind and considerate."

"Appointments - same day if urgent. In other cases ASAP, very helpful and efficient."

"All staff are friendly and professional. Simple, effective booking system."

"Excellent support, particularly when my husband was ill."

"Reasonably easy to get an appointment, especially with the Nurse Practitioner. Pleasant staff."

"Proactive and good service."

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!**

Registering for online services

Please note that if you have recently moved to our Practice and have previously been registered for online services, you will need to re-register to continue to be able to use this service as unfortunately, the online services are attached to individual practices and not the user.

We will need to see photographic ID before we can enable you to register for patient access. For more information please speak with Reception.



IF YOU DON'T NEED THE MEDICINE PLEASE DON'T ORDER IT!

- If you need the medicine in the future you can still request it.
- If you are going into hospital for a planned procedure, remember to take all your medicines in a clearly marked bag.
- If you are going on holiday, remember to inform your GP practice and regular pharmacy.

REMEMBER THAT UNUSED MEDICINES CANNOT BE RECYCLED

- Even if you never open them, once medicines have left the pharmacy they cannot be recycled or used by any one else.
- Please take back your unused medicines to the Pharmacy for safe disposal. **NEVER** dispose of your unwanted or unused medicines down the toilet.
- Your medicines are prescribed only for you; it's not safe to share them with anyone else.

DO NOT STOCK PILE MEDICINE, IT IS A SAFETY RISK FOR CHILDREN AND OTHERS WHO MIGHT TAKE THEM.