

ST MARTINS GATE SURGERY

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CORONAVIRUS: PUBLIC INFORMATION

IF YOU HAVE TRAVELLED FROM CHINA OR HAVE BEEN IN CONTACT WITH SOMEONE CONFIRMED AS HAVING CORONAVIRUS IN THE LAST 2 WEEKS, OR THINK YOU MAY HAVE SYMPTOMS DO NOT COME TO SURGERY, PLEASE RING 111

The Government and NHS are well prepared to deal with this virus. You can help too.

Germs can live on some surfaces for hours. To protect yourself and others:

- **Always carry tissues with you and use them to catch your cough or sneeze**
- **Bin the tissue, and to kill germs, wash your hands with soap and water or use a sanitiser gel.**
- **If you have arrived back from China within 14 days follow the specific advice for returning travellers.**

This is the best way to slow the spread of almost any germs, including Coronavirus.

Find out more at [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

In addition to the Practice's normal opening hours you can also book an appointment to see a local clinician in the evenings or on Saturday or Sunday at locations across South Worcestershire. GP Practices are working together to provide extended access appointments to our patients.

This means that your extended access appointment may be with a different GP, nurse or based in a different location or practice that you are used to, and some of these appointments are telephone only.

These appointments are pre-bookable by contacting the surgery during opening times - when calling please ask for an extended access appointment and our receptionists will help you to find a convenient appointment.

There is also a dedicated 'Improved Access' (IA) telephone number you can ring on 01905 789061.

The line is open between: Mon-Fri 8am-8pm and Saturday 8-12.



We have recently started using a new service for sending text messages to patients. This means for you, as patients the messages will be more tailored to you. Therefore, this is very important that we have your CORRECT mobile number and your consent that you are happy to receive these messages. If you telephone the surgery you will be asked to confirm both of these. If you have not been seen in surgery recently, please inform us at your earliest convenience if you do not wish to be contacted via SMS.

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:

- Tuesday 18th February -am @ **St Peters**
- Wednesday 26th February - am @ **St Martin's Gate**

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Follow the on-screen instructions to complete the process.

One month. No added sugar. For Cancer Research UK.



Resist those sweet treats and fizzy drinks, conquer those cravings by taking on Sugar Free February to fundraise for Cancer Research UK.

Cancer Research UK recommends giving up foods and drinks containing added sugar, but it's your challenge so you can give up as much as you like!

Benefits of Sugar Free February - The biggest benefit of going sugar-free for a month is that you're helping to beat cancer sooner by raising money to fund life-saving research but it also has a lot more benefits than you think. Here's the top 5:

- **FEEL GREAT** - Added sugar and junk food go hand in hand. Unfortunately junk food and feeling great doesn't! Enjoy how good you feel with less junk in your life.
- **BOOST YOUR INTAKE OF HEALTHY FOODS** - Cutting down on sugary foods means there's more room in your diet for nutrient dense foods like fruit, veg, wholegrains and pulses. So not only are you enjoying the benefits of eating less sugar, you can also get in more beneficial nutrients.
- **KEEP A HEALTHY WEIGHT** - Reducing your sugar intake helps you avoid extra weight gain and keeping a healthy weight cuts the risk of 13 types of cancer. Making small changes that fit in with your life means it's easier to stick with them long term, and remember you can still treat yourself every now and then. Even little changes can add up to a big difference.
- **LEARN SOMETHING NEW** - While it's no secret chocolate and cakes are high in sugar, it's surprising where else you might find it hidden. When you're taking on the challenge, you might find you're paying more attention to nutrition labels and ingredient lists which helps you work out the surprising places sugar finds its way in to. Plus you can learn to be a better cook by trying out some sugar free recipes.
- **IMPROVE YOUR WILLPOWER** - Sugar can be addictive. Give up added sugar for a month and your willpower to avoid it will be much stronger by the end of the month. It's time to say yes to saying no.