



# Patient Newsletter

July / August 2024

Summer is here and half of the year has somehow passed already. In June we were pleased to welcome our new Practice Manager, Julie Moore, who has hit the ground running and is already hard at work. As always, it would be great to hear any feedback you have about our practice as we continue to look at how we can improve.



## ALCOHOL AWARENESS WEEK 1st - 7th July 2024



Alcohol Awareness Week is a chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more..

Alcohol can sometimes plays a centre-stage role in our lives. It's promoted as we watch our favourite sports, advertised as we travel to work and strategically placed in our favourite films and TV shows. It's there when we celebrate, commiserate and when we're just trying to cope.

Yet alcohol is harming our health and wellbeing on a daily basis, from the quality of the sleep we're getting, to our relationships with those we love. And each year, thousands of people experience long-term health problems as a result of the alcohol they drink, or die from alcohol-related causes.

For support and information please visit [www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

## SELF-CARE DAY - 24th July 2024



WHO defines self-care as the ability of individuals, families and communities to promote their own health, prevent disease, maintain health, and to cope with illness with or without the support of a health or care worker.

Self care promotes responsibility for our own wellbeing in many ways, such as ensuring we get enough physical exercise, monitoring our own weight and ensuring we attend for scheduled health checks and vaccinations.

For more information on self-care visit [www.who.int](http://www.who.int) and start looking after yourself today!



# WORLD BREASTFEEDING WEEK 1st - 7th August



WABA | WORLD BREASTFEEDING WEEK 2024

Breastfeeding can act as an equaliser in our society and efforts must be made to ensure everyone has access to breastfeeding support and opportunities. It is essential that no-one is left behind especially vulnerable mothers who may need additional support to reduce breastfeeding inequalities.

Find out more by visiting [www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)

## FOODBANK DONATIONS



All of us at the practice are committed to being a part of our local community and wish to support those most in need.

Watch out for our new donation station where food and essential items can be left for the local food bank. If you are calling in for an appointment you can easily leave your donation and help to do your bit for the local community.

## REMEMBER

We now have a First Contact Practitioner based within the practice!

They can see patients for a range of musculoskeletal issues - ask at Reception for more information.

## BEAT THE FLU QUEUE!



Although we find ourselves in summer, we must remind you that flu season is almost upon us! Keep an eye on our website for updates on this years' flu clinics.

As soon as you receive an invite for your flu jab please contact the surgery to arrange an appointment and lets fight flu together!

## HELP US TO HELP YOU!

When you call the practice to make an appointment you may notice our Reception team will ask you questions about your current medical issue.

Our staff are trained to direct you to the best service to suit your needs and this may not always be a GP.

Often the quickest way to appropriate care is via a different health professional.

## ANNUAL HEALTH CHECKS

All of our patients with long term conditions will receive an invite for an annual health check around the time of their birthday either by text, email or letter.

Please make sure you call us to arrange an appointment ASAP.

## DNA CORNER



As a practice we do understand that sometimes appointments can be missed for a genuine reason - if you think you are due an appointment or may have missed one please call us to check!