



# Patient Newsletter

January/February 2024

**Happy New Year from us all at Westbourne Medical Centre!**  
**The Start of a brand new year is a great time to revamp your health and make some positive changes to your lifestyle. What are you waiting for!?**

## VEGANUARY



Veganuary is an incentive to encourage people to eat a plant based diet in the month of January and maybe even beyond- with great health benefits as well as doing your bit to protect the environment.

Visit [www.veganuary.com](http://www.veganuary.com) for more information and support.

## 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.**



## DRY JANUARY

**After the Christmas and New Year festivities, January is a great time to rest and refresh. Challenge yourself to go alcohol free for 31 days and help raise the awareness of the effects of alcohol. Taking part is a chance to ditch the hangover, reduce your waistline, boost energy and save some cash - all while doing your body a lot of good!**

**Even if giving up alcohol completely seems too big a step, even reducing your intake can have massive health benefits.**



## Time to Talk Day - 1st February

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities and workplaces to come together to talk, listen and change lives.

The more conversations we have, the better life is for everyone. Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel.

Visit [www.timetotalkday.co.uk](http://www.timetotalkday.co.uk) for more information.

If you are struggling with your mental health, please do make an appointment to discuss your issues - or if you find it easier to put down in writing how you are feeling initially then complete an eConsult through our website and one of our clinicians will review this and contact you accordingly.



## Blue Monday - 15th February

Blue Monday is said to be the most depressing day of the year...

Why not pre-plan something you enjoy to help fight off those negative thoughts? Even getting out for some fresh air or having a good chat can do wonders!



World Cancer Day held every 4 February is the global uniting initiative led by the Union for International Cancer Control (UICC). By raising worldwide awareness, improving education and catalysing personal, collective and government action, we are all working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all - no matter who you are or where you live. Visit [www.worldcancerday.org](http://www.worldcancerday.org) for more information

## Eating Disorders Awareness Week 25th February

Around 1.25 million people in the UK suffer from these illnesses, many in secret. Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly.

If you would like more information please visit [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Please arrange an appointment with a GP if you need support with an eating disorder.



Rare Disease Day is the globally-coordinated movement on rare diseases, working towards equity in social opportunity, healthcare, and access to diagnosis and therapies for people living with a rare disease. If you or someone you care for has a rare disease, visit [www.rarediseaseday.org](http://www.rarediseaseday.org) for more information and support



## 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!

Across November and December 2023 our practice had 215 missed appointments.

This equates to 3765 minutes of wasted consulting time for our clinical staff.