

IMPORTANT INFORMATION

Contact Numbers

Appointments

0191 371 0232 Lines open 08:00 am

Book online with Patient Access

Download the app at the Apple App Store or Google Play

VERY IMPORTANT

If you are not able to attend an appointment, please let the surgery know. This precious appointment can then be offered to another patient.

DID YOU KNOW

In January, 85 patients did not attend their doctor appointment. There were 144 missed nurse appointments.

This behaviour impacts us all.

- **Appointments are hard to get**
- **Staff are under pressure**
- **Our NHS is struggling**
- **Our taxes are wasted**

So, help everyone by keeping the surgery informed.

Prescriptions

0191 371 0232

The line is open 10:00 am to 3:00 pm Monday to Friday.

Welcome

Sacriston Surgery Newsletter

This is the first edition of the Sacriston Surgery News and Information Bulletin. It is put together and published by the Patient Group. This group meets every other month to discuss issues about the surgery, the welfare of patients and staff, and to look at ways of supporting the work of the practice.

Never heard of the Patient Group? Well, you have now. If you would like to get involved or would like more information, contact Martin Bell, our Business Manager, by phoning the surgery (0191 371 3140), or sending a message via our website: www.sacristonsurgery.co.uk

Do you know?

People who take some responsibility for their health live longer. Some things you can do to keep healthy and look after yourself, your kids, and your family.

Healthy Heart - Blood Pressure



Have you taken your blood pressure recently? Why not use our machine in the waiting area? to the reception team.

The Importance of Being Vaccinated



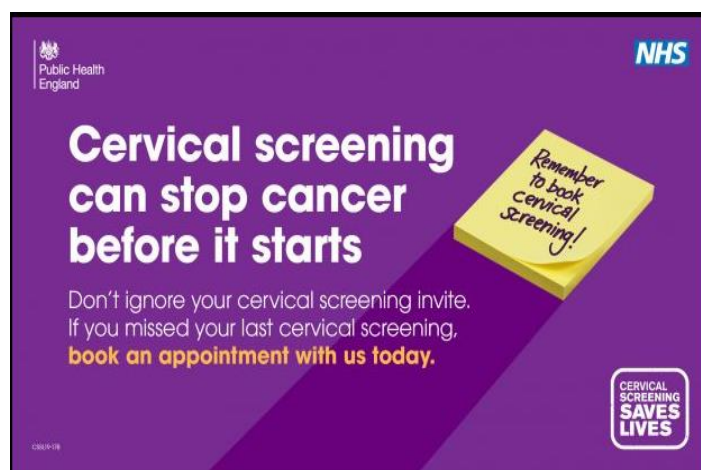
Vaccines are a safe and simple way to reduce risks of getting a disease by working with your bodies natural defenses to build protection. When you get a vaccine, your immune system responds.

Childhood vaccines are especially important, to give your child the best possible health protection against common diseases such as measles, mumps, and rubella.

The surgery is here to help and support you, so if you are unsure about vaccines, contact us.

Cervical Screening: Smear Test

Cervical Screening checks a sample of cells from your Cervix for certain types of Human Papillomavirus (HPV). These types of cells can cause nasty changes to the cervix and are called 'high risk' types of HPV. If these types of cells are found during the screening (a positive result), the sample of cells are then checked again for abnormal changes. A smear test can spot issues early and so can help those who need treatment to access it earlier. Make an appointment if you are eligible for a smear and have not had on for a while.



Taking care of your health helps you live longer, enjoy a better quality of life with your partner, your children, and your grandchildren. You can be more active, walk in the sunshine, ride your bike, cut the grass, get up on the dance floor and play sports.

There are many things that you can do to help you stay healthy. Professor Michael Moseley has a series of 15-minute podcasts on BBC Sounds. In each episode he explores 'Just One Thing' that we all can do to help us stay healthy and look after ourselves. He encourages us to drink more water to help lose weight, choose a small glass of red wine instead of a large one, to swap fruit for sugar, or to practice things like Tai Chi.

Logon to BBC Sounds and search 'Just One Thing'*

Phone Lines

Closed each day 12 noon to 1:00 pm. This is to allow staff to do other work. The surgery is still open, and reception is still staffed.

*This is not an endorsement of BBC Sounds by the practice
