



# Abbey Notes

Published by the Abbey Medical Centre Patient Participation Group

Issue 19  
October 2015



People enjoyed the afternoon's events



Singer Marc Block entertains the gathering

## Songs in the surgery



Above: Pat McIndoe. Below: Tea and chat



## Afternoon of music and exercise is well received

THE surgery was buzzing for our first Golden Years afternoon held on Thursday, September 17.

Nearly 30 people attended and enjoyed a chairbound exercise session with physiotherapist Pat McIndoe, followed by tea and coffee and biscuits.

After a chance for a chat and a browse through many useful leaflets for the elderly and people with dementia and their carers, the afternoon rounded off with a sing-a-long music session from guitarist and singer Marc Block.

The next Golden Years

event is on Thursday, November 19, from 1.30pm to 3.40pm in the surgery, when the music will be supplied by male singing group Oldish Spice. There will also be a session on health and well-being.

The events are organised by the Abbey Medical Centre Patient Participation Group with funding from the Nottingham West Clinical Commissioning Group and the Broxtowe Health Partnership. There will be two more sessions on March 31, with Beeston Ukelele Band, and May 19, when music will be from duo The Right Time.

# Turn over a New Leaf with local NHS stop smoking support service

WITH Christmas approaching, you might think of saving some money. How much could you save if you stopped smoking NOW?

New leaf is a free, friendly and confidential service. If you take advantage of it, your chances of success will be four times higher than going it alone.

In the last 10 years, New Leaf has helped about 12,000 smokers stop. By stopping smoking you will be healthier, wealthier, and New Leaf believes, happier too.

There are one-to-one sessions at the Abbey Medical Centre from 9.30am to 12.30pm on Wednesdays. New Leaf can also offer telephone,

text and email support for smokers, if they prefer.

Their friendly, highly trained and experienced advisers are there to help you succeed.

To find out more about the service, to have a chat and/or to make an appointment, please phone New Leaf on 0800 389 77 12, text 'leaf' to 80800 or email newleaf@nottshc.nhs.uk

The website is [www.stopsmokingwithnewleaf.co.uk](http://www.stopsmokingwithnewleaf.co.uk).

## Did you know?

When someone stops smoking

**\* In 20 minutes blood pressure and pulse rate return to normal (less strain on the heart).**

**\* In 20 hours carbon monoxide (a poisonous gas) will be eliminated from the body.**

**\* In 3 days breathing becomes easier – the bronchial tubes begin to relax.**

**\* In 3 months circulation improves.**

**\* In 3-9 months lung function improves by about 10%.**

**\* In one year the risk of a heart attack falls to about half of that of a smoker.**

**\* Long term stopping smoking reduces the risk of lung cancer, heart disease, strokes, chronic lung disease and other cancers.**

## More Golden Years pictures



People had a chance to stretch their legs in the tea break



Head of reception Joy with some of the patient group members



More exercise with Pat McIndoe



Left: Patient group secretary Sue McNab is the one to contact with any ideas on 0115 9221294

## Pharmacy closed on Thursday pm

THE Abbey Medical Centre would like to remind patients about closing times at the neighbouring Abbey Pharmacy.

Although the surgery is now open from 4.30pm to 6.30pm for GP appointments on Thursday afternoons, the pharmacy is closed on Thursday afternoons from lunchtime onwards.

This means that although people can call at the surgery during opening times to collect prescriptions, they cannot take them to the pharmacy for filling on Thursday afternoons, which might mean a second journey.