

## **News from Holbrook and Shotley Surgery**

### **Training afternoons**

Our next staff training sessions will be on Thursday 15<sup>th</sup> May and Wednesday 25<sup>th</sup> June when the surgery (including dispensary) will be shut from 1pm. For future dates, please visit our website. As always, for advice out of hours, please ring 111. In an emergency dial 999.

### **Saturday morning surgery at Holbrook**

Our Saturday morning surgery is for pre-booked appointments only. If you have a medical concern, you should continue to ring 111, or 999 if it is an emergency. Medications that have been ordered with the required 48 hours' notice may be collected but we are generally unable to dispense non-ordered medication on a Saturday.

### **Norfolk Diabetes Prevention Study**

The Norfolk Diabetes Prevention Study is trying to recruit volunteers for a study to see if they are at risk of becoming diabetic. If you are over 40 and would like to take part please ring 01603 597300 or go to [www.norfolkdiabetespreventionstudy.nhs.uk](http://www.norfolkdiabetespreventionstudy.nhs.uk) for more information.

### **Kidney Disease**

A million people don't know they have kidney disease. Your kidneys flush the waste from your body via your urine but if they don't work properly your body slowly poisons itself from the inside. For more information text KIDNEY to 70755 or call 0800 912 0011 or go to [www.missingmillion.co.uk](http://www.missingmillion.co.uk)

### **Parking at Holbrook**

Please do not park on the junction of Heathfield Road and The Street. This is causing significant problems when exiting the practice car park and narrows the road causing cars to mount the pavement and endanger pedestrians. Unfortunately the new lamppost obscures the sign erected by the Parish Council but the Highway Code dictates that you shouldn't park within 10 metres of a junction. If you notice anyone parking incorrectly, please contact the local police on 101, who are aware of the problem and are monitoring it.

Julia Smith  
Practice Manager