

Access to coded GP Patient Records

Following implementation of the new on line repeat prescription ordering service and on line appointment booking at the end of last year, the surgery now offers access to coded GP patient records. This facility will automatically be available to all patients that register for the on line service from the middle of February onwards. If you registered before this time and you wish to access your record, you will need to contact the surgery and ask that the service be added to your on line profile.

KEEP WARM THIS WINTER

Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well during winter is to stay warm.

Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression. The chances of these problems are higher if you're vulnerable to cold-related illnesses because of one or more of the following:

- you're over 65
- you're on a low income (so can't afford heating)
- you have a long-term health condition, such as heart, lung or kidney disease
- You are disabled

Simple tips for keeping warm and safe include:

- keep your house warm, min 18°C
- eat well
- stay active
- wear warm clothing
- Check on older neighbours and relatives



Wasted appointments

As with most GP surgeries there is constant pressure to provide ever more appointments. Unfortunately, many appointments are wasted by patients booking them and then not turning up. In January this year we had a total of **101** missed appointments that equated to a massive **21 hours** of clinician time. Not only does this represent a huge waste of money, but more importantly these are appointments that could have been used by other patients.

PLEASE REMEMBER TO CANCEL APPOINTMENTS IF YOU ARE UNABLE TO KEEP THEM

PPG Donation -

A big THANK YOU from the surgery

Following the successful efforts of members of the Patient Participation Group over the last year, the surgery was presented with a much needed hand held Doppler to replace the old broken one.

This is already proving invaluable and the surgery is extremely grateful

MANY THANKS

