**CLAREMONT BANK SURGERY**

**MARCH NEWSLETTER 2017**

[](http://www.google.co.uk/url?url=http://clipart-library.com/quit-cliparts.html&rct=j&frm=1&q=&esrc=s&sa=U&ved=0ahUKEwiO_JqJt5LSAhWLK8AKHQ41Crs4FBDBbggaMAI&usg=AFQjCNERlsivbokZmZ08R0_-UOFhez79dw)

**EXTENDED HOURS**

We are open every Monday evening from 18:30 till 19:30

The government have introduced an extended hour’s policy where some surgeries are open later at night, meaning more people can get appointments.

Please call: 0333 222 6649 for more details

**REMINDERS:**

On the first Tuesday of every month we are closed from 12pm for one hour due to staff training.

**Help 2 Quit**

If you want help to quit smoking we offer a H2Q clinic on a Wednesday afternoon.

Please contact us or ask at reception if you would like to book an appointment.

**TEST RESULTS**

Please call for results of any blood tests, urine tests, x-rays or scans we have ordered for you. You can phone for these results after 14:00.

DO NOT WAIT FOR THE DOCTOR TO CONTACT YOU. Due to the high numbers of results we process every day, it is impossible to call everyone routinely with their results. If there is a problem with your result, you will be contacted.

[](http://www.google.co.uk/url?url=http://www.shutterstock.com/pic-179169377/stock-vector-asthma-inhaler-character.html&rct=j&frm=1&q=&esrc=s&sa=U&ved=0ahUKEwiZjrSYvJLSAhWLWBQKHcoxA9s4KBDBbgg0MA8&usg=AFQjCNFZYGjw211LAELTR8rlBxAUJbGteg)

The next Patient Group Meeting is being held on the 05.04.2017. Please ask at reception for more information.

**ARE YOU ASTHMATIC?**

**If you are asthmatic and have not had an asthma review with the Practice Nurse in the last 12 months then please book an appointment at reception.**

**NHS Health Check**

If you are aged between 40 and 74 you may receive a letter offering you an appointment for an NHS Health Check, if you do please attend!

The appointments are held by Annemarie Stokes on a Thursday afternoon.

**Becky Kelly –Community and Care Co-Ordinator**

**M.E/Chronic Fatigue Syndrome Support at Whitehall Medical Practice- 03/03/2017 @ 10:30am -11:30/12pm**

**Bereavement Support at Claremont Bank Surgery- 26/04/2017 @ 2:30pm- 3:30/4pm**

**Carer Support Meeting at Claremont Bank Surgery- 10/04/2017 @ 2:30pm- 3:30/4pm**

**Please speak to Becky Kelly if you are interested in any of these as places are limited.**

**Are you eligible for a smear test?**

If you are eligible, please attend your appointment. 1 in 5 women don’t attend their smear test and that number is rising.

A smear test can detect whether you have abnormal cells in your cervix and can therefore prevent you from having cervical cancer.

All women aged between 25 and 49 are invited every 3 years, and women aged between 50 and 64 are invited every 5 years.

[](https://www.google.co.uk/url?url=https://www.her.ie/health/have-you-taken-the-time-to-get-a-smear-test-recently/274099&rct=j&frm=1&q=&esrc=s&sa=U&ved=0ahUKEwj9kuzyupLSAhWjHsAKHXQGB784FBDBbggkMAc&usg=AFQjCNFMkjYBAgowOwe5DT8lEJlblCVBFg)