**Claremont bank**

**surgery newsletter**

**March 2020**

**If you have a cough, fever or shortness of breath and have been to China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau, in the last 14 days, or have been in contact with someone having coronavirus you may be at risk of coronavirus. Please DO NOT leave the house or attend the surgery, instead call 111. Thank you!**

**If you can’t attend your appointment please phone the surgery on 01743 248244 in advance to cancel so that we can offer the appointment to someone else. Alternatively you can reply CANCEL to your text reminder. Not attending appointments can deprive other patients of essential medical services. Thank you for your cooperation.**

**Prescription Request**

**At Claremont Bank Surgery we do not take repeat prescription requests over the phone. This is due the congestion of the phone lines, preventing other patients being able to get through to the surgery.**

**Instead you can use the Prescription Ordering Direct (POD)**

**To order your repeat prescription call 03333583509 (local rate) Monday - Friday between 8 am and 5 pm (closed bank holidays)**

 **Alternatively you can bring the prescription to the surgery.**

 **Please use the prescription box facility in the porch it will save you waiting at the desk.**

 **If the prescription is ordered before 11am it will be ready after 2pm the same day. If ordered after 11 am the prescription will be ready after 2 pm the following day.**





**Eating Disorders Awareness Week**

1.25 million people in the UK are living with an eating disorder right now. But behind every one is a network of loved ones struggling too. Beat is the UK’s eating disorder charity. Beat translates the complex and technical into practical guidance for people affected by eating disorders, both sufferers and their friends and families. They offer awareness training in schools and workplaces, and a HelpFinder service to help people find treatment in their area. From the 2nd of March to the 8th of March it is Eating Disorder Awareness Week. It’s thanks to the generosity and fundraising efforts of people like you that Beat are able to continue to do vital work supporting anyone affected by an eating disorder. That’s why they are asking people to pull together for EDAW 2020 and help raise the funds they need.

Find more information and ways to get involved with fundraising on

https://www.beateatingdisorders.org.uk/edaw



**NHS Smoke Free Plan**

Are you thinking of quitting smoking? On the 13th of March it is no smoking day. Join the millions of people who have used Smoke free support to help them stop smoking. From email and text, to our free app and lots of other support, you can choose what's right for you.

Quit smoking with your free personal quit plan. You are more likely to quit with the right support. Find the combination that is right for you in 3 easy steps.

Many smokers want to quit but aren't sure about the best way to go about it. There's lots of free support on offer and by using the support that's right for you, you'll be boosting your chance of quitting.

For more information and to sign up for your free quit plan visit

**https://www.nhs.uk/smokefree**





**World Sleep Day- 13th March**

**World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.** Time and time again, sleep medicine professionals and researchers came up against the belief that sleep was not important enough in personal health and well-being to be a priority. That coupled with society’s 24/7 flow, the founders of this awareness event aim to celebrate the importance of healthy sleep.

For more information visit https://worldsleepday.org/

**Nutrition and Hydration Week**

From the 16th to the 22nd of March it is Nutrition and Hydration week. This global movement aims to focus on nutrition and hydration as an important part of quality care, experience and safety improvement in health and social care settings. Nutrition and Hydration Week has taken place every March since 2012.

Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care. More information available at

https://nutritionandhydrationweek.co.uk/

**Asthma Review**

**If you have asthma and have not had a review in the last 12 months contact Claremont Bank Surgery on**

 **01743 248244**

**to book an appointment.**

**Nominate a Pharmacy-** Did you know you can get your prescriptions sent direct to a pharmacy of your choice so you do not need to come to the surgery to collect. Speak to reception when you next visit us and ask us to update your pharmacy nomination to your chosen pharmacy.



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BEREAVEMENT SUPPORT at

CLAREMONT BANK SURGERY

Are you grieving following the loss of a loved one?

Maybe you feel –

* Disbelief
* Guilt
* Anger
* Loneliness
* Depression
* Unable to sleep, eat or concentrate

These are just some of the common reactions to loss, but the grieving process is also a highly individual, personal one.

If you feel you would like some support at what may be one of the most difficult times of your life, please ask your GP, nurse, or at reception to be put in touch with BECKY KELLY – COMMUNITY & CARE CO-ORDINATOR.

BECKY will listen to your experience, and can offer

* Advice on accessing individual counselling services
* Group support meetings at the surgery- numbers permitting
* Practical help and advice