

GREENBANK SURGERY

By the Partners.... for the Patients

2/1/2014

Edition 5

Want to have your say?

We want to make sure the views and ideas of our patients are heard. We have a patient participation group (PPG) which meets on a monthly basis with the practice manager and a GP representative.

The PPG is consulted about proposed changes within the surgery and this provides an ideal opportunity to be the "voice of the patients".

The PPG are looking for new members to join this friendly and active group.

If this is something you may be interested in or would like more information please contact the practice manager or see our website for further details.

Are you Eligible for a Flu Vaccination?

We may be in February but it's not too late to have your Flu jab. It takes less than 5 minutes to protect yourself. Book in at reception today. If you are not sure if you are eligible ask at reception.

Email/Text/Web

Text To Cancel unwanted appointments:

07729459804

Email prescription request:

warccg.greenbankpx@nhs.net

Online appointments and prescription requests:

www.greenbanksurgery.com

Low mood, Panic or Anxiety?

The counseling service now operates a drop in clinic every Monday from 1-4PM at Making Space on Allen Street, WA2 7JB.

www.warringtoniapt.org.uk

Have you had your Blood Pressure checked recently?



High blood pressure (hypertension) is a risk factor that increases the chance of developing heart disease, strokes, and other serious conditions. The majority of people with high blood pressure **DO NOT HAVE ANY SYMPTOMS** and it is important to have it checked to prevent future complications.

Treatments include a change in lifestyle factors: weight loss if you are overweight, regular physical activity, a healthy diet, cutting back on alcohol, stopping smoking, and a low salt and caffeine intake. If needed, medication can lower blood pressure.

Book a 5minute appointment with the nurse to have yours checked today.

We closed at 1pm for training on Thursday 27th February - For urgent advice or the out of hours service ring 111

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