

# GREENBANK SURGERY

By the Partner.... for the Patients

1/1/2014

Edition 4

## Access to the Internet?

We understand that the surgery phone line can be busy at times and that the electronic answering service doesn't suit everyone. We are looking into alternative ways to improve this system.

While we do this why not use our website book/cancel appointments or email to order prescriptions:-

[www.greenbanksurgery.com](http://www.greenbanksurgery.com)

-minor illness advice

-online appointment booking

-online prescription ordering

[warccg.greenbankpx@nhs.net](mailto:warccg.greenbankpx@nhs.net)

-email prescription requests

Text To Cancel unwanted appointments : **07729459804**

## Are you Eligible for a Flu Vaccination?

We may be in January but its 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.

## Asthma/COPD

If you have not already done so please book at reception to see one of our nurses for your annual Asthma or COPD review. Remember to bring your inhalers. It is important that your lungs are well looked after and it may be that the strength or type of inhaler you currently use needs changing.

## Low mood, Panic or Anxiety?

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

[www.warringtoniapt.org.uk](http://www.warringtoniapt.org.uk)

## 2014 New Years Resolutions?

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In 2014 you may want to get fit, lose weight, stop smoking or reduce your alcohol intake. Lifestyle changes can have a huge positive impact on your lungs, heart, joints, brain and mental well being.....in fact your whole body. A new Healthy you!

Warrington Lifestyle Team offer exercise, healthy eating and smoking cessation clinics at venues across the town – ring freephone number **03000030818** or see details on the website [www.livewirewarrington.co.uk](http://www.livewirewarrington.co.uk)

Concerned about your own or someone else's alcohol or drug misuse? Speak to your GP or call Pathways To Recovery on **01925 415176**

*Good Luck with your new years resolutions and best wishes – Greenbank Surgery*

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