

# GREENBANK SURGERY

By the Partners.... for the Patients 1/1/2015

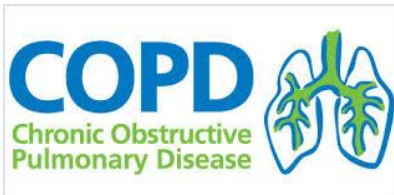
Edition 17

## COPD

Have you had a breathing test (Spirometry) to assess your lung function in the last 12months?

If not please book in with our friendly new Health Care Assistant – Kate Simpson.

Please note you must not have had chest antibiotics/steroids in the last 6 weeks.



## Change to Drop in Clinic from 19<sup>th</sup> Jan

The Nurse Practitioner drop in clinic will be open 8-10am all weekdays EXCEPT THURSDAYS. This means there will now be a drop in clinic on Friday mornings instead of Thursday morning. Our new Nurse Practitioner Elizabeth Williams will be taking over from Emma Scott who will be on leave for 6 months.

We are hoping to be able to run the drop in clinic every morning when Emma returns in August but until then it will be limited to Monday, Tuesday, Wednesday and Friday from 8-10am.

*On Thursday 29<sup>th</sup> January the surgery closes for training at 1pm - please contact the out of hours service on 111*

## Dementia

Do you or a relative have dementia?

If so have you/they had a physical health check up in the last 12months?

If not please book in with our new Health Care Assistant - Kate Simpson who is running a dementia annual physical health check clinic which includes blood pressure, weight measurement and urine screen.



## New Years Resolutions?

Make a positive change to your lifestyle & help improve your Health & Wellbeing in 2015.

Weight Loss

Healthy Eating

Getting back into Exercise

Stopping Smoking

A friendly Lifestyle Team Advisor can help you achieve your goals - contacted them on freephone 03000030818

If you feel you need a personal mentor to give you additional help and support towards making a positive lifestyle change you can contact the Wellbeing Team on

01925 444279

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