

CLAREMONT BANK SURGERY NEWSLETTER

JANUARY 2018

CALLING ANYONE CARING FOR A RELATIVE AT HOME...

Do you look after a loved one long-term due to their frailty or health condition?

Do you sometimes wish you could discuss issues with others who will really understand?

If so, you would be very warmly welcomed to our patient support group here at the surgery.

We meet 6-8 times per year, and usually have a speaker or topic relevant to carers. There is always time for a good chat and free tea and cake.

Our next event will be held on **Wednesday January 10th at 2.30pm - 4pm**, when Sarah from **SIGNAL Hearing Hub** will be offering some information and advice regarding living with hearing loss.

If you would like to come to this meeting, or to be informed of future events, please contact **BECKY KELLY - COMMUNITY AND CARE CO-ORDINATOR** (Wed and Thurs) on 01743 248244

We look forward to hearing from you.

Claremont Bank January 2018 Walks

Tuesday 2nd January and Tuesday 16th January.

Meet at Claremont bank surgery at 10:30, have a 60 minute walk and finish back at the surgery.



If you are between the ages of 40 and 74 please contact the surgery on **01743 248244** to see you if you eligible for an NHS Health Check with Anne-Marie Stokes. The check should take about 20 minutes and is based on straightforward questions and measurements such as age, sex, family history, height, weight and blood pressure. There will also be simple blood tests to measure your cholesterol and if required glucose levels.



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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.

'FRIENDS AND FAMILY TEST'

PLEASE WHEN YOU VISIT THE SURGERY FILL IN ONE OF OUR QUESTIONNAIRES. WE WANT YOUR FEEDBACK

This questionnaire is about whether you would recommend the surgery to your friends and family.

EXTENDED HOURS

Open every Monday evening 18:30 – 19:45
You can ALSO book these appointments online

BOOK NOW IF YOU HAVE STILL NOT HAD YOUR FLU JAB AND YOU ARE ELIGIBLE



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