

NEWSLETTER

MAY

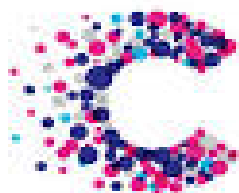
2015

CLAREMONT BANK SURGERY

Climb Everest in aid of World Cancer Research Fund UK

We as a surgery are going to attempt to 'climb Everest' and raise money for World Cancer Research Fund UK in June this year.

Through small steps, we'll burn thousands of calories over a few weeks and raise money for a great cause as together, with other companies we climb to the summit of Everest. It's good for your heart and it's good for your mind.



CANCER
RESEARCH
UK

Bereavement Support

From **September** we will be holding **fortnightly** meetings for any patient who has suffered bereavement and is finding it difficult to cope with what can seem like overwhelming feelings of loss and grief.

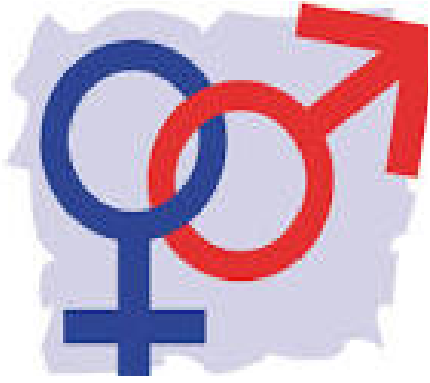
Tuesdays 1-3.30pm at Claremont Bank Medical Practice

Becky Kelly - our Community and Care Co-ordinator, alongside a trained **CRUSE counsellor** - **Alison Sorrell** will be offering a series of 10 sessions which aim to give you an opportunity to talk in a safe, confidential and empathic environment. We are hoping it will give us the chance to learn from each other and support one another.

If you think you might be interested in joining us, or would just like to have a chat about it in the first instance, please speak to your GP, Nurse or Reception staff, or call the surgery on a Wednesday or Thursday, and ask to speak to Becky Kelly.

Looking forward to hearing from you (and welcoming you to the group!). There is not a cost to this service.

NB. Start date and more details to follow soon.



SEXUAL HEALTH CLINICS

Here at the surgery on
Tuesday + Friday
afternoons

Ask reception for details
or phone them direct on:

0300 123 0994

MAY WALKS

05.05.2015 + 19.05.2015

Meet at the Claremont Bank Surgery 10.30am
60 minute walk starting and finishing at the
surgery



**NEW FY2 (Foundation year two
Doctor):**

Dr Ajay Mohite is our new Foundation
Year Two Doctor; he is a fully qualified
Doctor training within the Practice. Please
assist in his learning and agree to an
appointment if offered one.

'FRIENDS AND FAMILY TEST'

PLEASE WHEN YOU VISIT THE SURGERY FILL
IN ONE OF OUR QUESTIONNAIRES.

**ARE YOU USING
OUR ONLINE
SERVICES?**

Ask at reception for
details or phone.

We do require ID for
all patients 18 +