



BREAST SCREENING

Taking place between October and December

Your local NHS breast screening team is now working in this area, inviting women aged about 50-70 who are registered in this practice for routine breast screening. A research trial is also being done to help assess the benefits and risks of screening women slightly younger than 50 and older than 70. About half the women aged 47-49 and half aged 71-73 in this area are being sent letters inviting them for screening and giving them information about the trial.

****You can contact the breast screening department on: 261080****

BOOK NOW

**IF YOU HAVE STILL NOT
HAVE NOT HAD YOUR FLU
JAB AND YOU ARE ELIGIBLE.**

Patient Group Meeting:

The next patient group meeting is:

07.12.2016

If you should like to attend please contact
Jane Read (practice manager) for details.

ALL PATIENTS WELCOME

CLAREMONT BANK WALKING DATES

Tuesday 1st November

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

Tuesday 15th November

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





KEEPING WARM THIS WINTER...

Cold homes have a **significant impact** on people's health. One of the best ways of keeping yourself well during winter is to stay warm.

Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression.

- **Try to keep your home warm.** Keep your main living room at around 18-21°C (65-70°F). If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.
- **Eat well.** Food is a vital source of energy, which helps to keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.
- **Wrap up warm, inside and out.** Layer your clothing to stay warm and wear shoes with a good grip if you need to go outside. If possible, stay inside during a cold period if you have heart or respiratory problems.
- **Check on older neighbours or relatives** to make sure they're safe and well. If you're worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on 0800 169 2081.

'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.

ONLINE SERVICES

Come in **NOW** and pick up a registration form
(photo ID is required).