

Alcohol Advice

Did you know?

7 million People in the UK drink more than the recommended amount of alcohol each day

3 - the number of units of alcohol in a large glass of white wine

2-3 - The safe daily number of units for women (3-4 for men)

2 - the number of alcohol -free days you should aim for each week

For further information about sensible drinking visit the website www.nhs.uk/alcohol

Stop Smoking!

Do you want to give up?

If yes, please make an appointment with one of our Practice nurses to receive advice on smoking cessation and enquire about nicotine replacement therapy which is free on prescription for a maximum of 12 weeks.

Advice is also available on the telephone advice line 0845 40 80 300 and on the website www.nhs.uk

Remember - each day without a cigarette is good news for your health, your familyand your pocket!

Get running !

Get running with 'Couch to 5k'!



The **C25k** programme is designed to get just about anyone off the couch and running 5km in nine weeks.

Available for free on the NHS Choices website you can access the programme , download free podcasts and get tips and advice from other people who have followed the programme. If you want to learn more please visit:

www.nhs.uk/Livewell

Staff News

We are delighted to welcome back Dr Nikki Doling who returned from maternity leave on 25 October 2011.

We are also very pleased to welcome our 2 new members of staff— Emma- Kathleen Hudson who has joined our Reception team and Rachel Russell-Sharp who has joined us as a Dispensary Assistant.

MORLAND HOUSE SURGERY NEWSLETTER

Autumn 2011

Telephone
01865 872448



Articles in this newsletter include:

- Keeping appointments
- 2011 Flu clinics
- Morland House On-line
- Alcohol advice
- Help with stopping smoking
- Get in shape—C24K!
- Staff news

Help us to help you



During September 2011 **52 patients** failed to keep their appointments and did not contact our reception to cancel. We were therefore unable to offer the appointments to other patients and valuable staff time was wasted.

If you are unable to keep an appointment or are running late please contact reception on 01865 872448.

Would it be helpful to receive a reminder of your appointment?

We can send you a text reminder message to your mobile phone within 24 hours of your appointment. To register for this service you simply need to give our receptionists your mobile telephone number and they will register you for the service.

2011 Flu Immunisation Campaign

For most people, flu is unpleasant but not serious and you will usually recover within a week. However, certain people are at greater risk of developing serious complications of flu, such as bronchitis and pneumonia.

The **flu vaccine is offered free** to people who are at risk, to protect them from catching flu and developing serious complications. These include children and adults with :

- Respiratory disease including asthma
- Heart disease
- Kidney disease
- Liver disease
- Diabetes
- A history of stroke
- A weak immune system

As well as

- Pregnant women
- The over 65s
- Carers

Bookings for free Flu immunisations will start in **October** and run through to **November 2011**. To book an appointment or to seek advice from the Practice nurse please contact our reception.

Morland House Online

In co-operation with EMIS our computer supplier, we're providing a service that enables you access to Morland House Surgery online.

Once you've created an account you will be able to use the following on-line services :

Booking appointments

Cancelling appointments

Ordering repeat prescriptions

For further information on how to create an online account please contact our reception on 01865 872448



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