

WILLINGHAM & LONGSTANTON SURGERIES

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 260073

District Nurse Team: 01223 726469 Option 2 Health Visitors: 01954 207612

Out of hours cover: Ring 111 Website: www.willinghammedicalpractice.nhs.uk



Goodbye to our long serving practice nurse Beryl Cook who is retiring at the end of January. We shall all be sorry to see Beryl go and will miss her expertise. Thank you to all of you who sent cards, signed her Retirement Book and contributed to a retirement present.



Welcome to our new practice nurse Claire Davree who will start working with us from the end of January. Claire has worked with us over the years as a District Nurse in the area so some of you will already know her. We look forward to working with her and I am sure you will all welcome her to the team.



Our Christmas Lucky Squares raised a Grand Total of £328 in aid of MAGPAS. Thank you to all who donated prizes and bought lucky squares. A list of prize winners is available in reception. We would also like to extend our thanks for all the lovely Christmas cards and gifts we received at our surgeries and for your kind words, which were much appreciated.



The Friends and Family Test has now been extended to include GP practices. You can give feedback about our service either by completing a very quick questionnaire in surgery which takes about 2 minutes, or by going on line to our website or the NHS Choices website. We hope you would feel satisfied that you could recommend us to your friends and family.



Hearing Help Service (formerly CAMTAD) Sessions will now increase to monthly and will be held on every 3rd Wednesday of the month from 2.00-4.00pm at Willingham Surgery. No appointment necessary. Just come along to get your free NHS hearing aid batteries and for help and advice regarding your hearing problems. Next dates Wed 18th Feb/ Wed 18th March



Carers Support Meeting The next meetings are on Wed 11th Feb and Wed 4th March 2.00-4.30pm at Willingham Surgery. Come along for a friendly chat and learn about the support available to you. Ring Karen at the surgery for details.



AAA Screening Clinics The clinics for this area will be held at Willingham surgery on Wed 4th Feb, Tues 3rd March and then every 1st Tuesday of the month thereafter. Abdominal Aortic Aneurysm is a condition where the aorta (the big blood vessel which takes blood from the heart around the body) gets weak as we get older and swells up. This swelling could potentially burst with fatal consequences. Men aged over 65 are more likely to have an AAA and are eligible for free screening. They will receive an invitation letter to attend for a simple test called an ultrasound scan and the appointment lasts less than 10 minutes. For more details ring 01223 256909 or visit the website www.aaa.screening.nhs.uk or NHS Choices website www.nhs.uk



Counselling at Willingham Surgery – Julia Hall **MBACP**

The New Year is often a time of change and, with this in mind, counselling is often able to help people make choices and reach decisions about how to handle and move forward with their concerns about the future. Julia is now able to offer a free 30 minute taster session at the surgery with a view to setting up some private follow up sessions. If interested please contact Julia by phone or email to arrange an appointment. Tel: 01223 305324 Mobile: 07930 874570 Email: juliabhall@hotmail.com You can pick up a leaflet in the surgery.

Cynthia Bidwell – Practice Manager – February 2015