

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



New Year Resolutions Why not make this the year that you decide to Give up Smoking. Our practice nurses and pharmacy staff are qualified to help you and can arrange free smoking cessation products on an NHS prescription.



Health Check Clinics Ring for an appointment in our new Wednesday evening clinics with our Health Care Assistant Jan. She can offer health checks and lifestyle advice about fitness, weight management and eating disorders.



Phlebotomy Clinics We can now offer early morning appointments for blood tests from 7.30am on Thursday mornings.



Flu vaccination If you qualify for free NHS flu vaccines and have not yet had yours, it is not too late to protect yourself for the remaining winter months. Vaccination is free to over 65's, pregnant women, carers in receipt of Carers Allowance, and to those of any age with a qualifying long term medical condition. If you are unsure whether your condition will qualify, you can ring and ask for a nurse telephone appointment to discuss this.

Shingles Vaccines If you do not meet the government criteria for the free NHS shingles jab and would like to protect yourself from this very unpleasant condition we can offer private vaccines. Please ask in pharmacy for details.



Medicines costs Did you know that second to staff costs, medicines are the biggest single budget expenditure in the NHS. Our local CCG spends over £125 million on medicines every year. Order only the items you that you need each month from your repeat medication list and do your bit to help our struggling NHS prevent wastage of resources.



Claiming free prescriptions The NHS Authority is reinforcing its guidance about how to claim free prescriptions. Patients must show Proof of Entitlement to pharmacy or practice staff before signing the patient declaration **each time they collect their medicines**. If you claim free NHS prescriptions that you are not entitled to there is a penalty charge of up to £100 as well as the original prescription charge and further charges if the penalty is not paid within the required timescale. NHS leaflets regarding entitlement are available in our pharmacy and dispensary at Longstanton.



Car Parking It has been brought to our attention by a patient that our car park is being used by parents for the school drop-off at 9.00am and pick-up at 3.15pm. Please can we remind you that our car park is for the use of patients attending the surgery. Can we also remind everyone to respect the disabled and emergency parking spaces in front of the surgery

Cynthia Bidwell – Practice Manager – January 2015