

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

Missed Appointments in September 2015 = 57 Doctors Appointments & 40 Nurse Appointments This amounts to approx. 9 hours of wasted Doctor time and 9.5hrs of wasted Nurse time and when appointments are not cancelled we are unable to reuse them for other patients. Please CANCEL an appointment if you no longer need it or are unable to attend for any reason. The consequences of not cancelling your appointment lead to longer waiting times for everyone. Please consider the financial strains currently affecting GP Surgeries and do the right thing "CANCEL YOUR APPOINTMENT IF YOU NO LONGER NEED IT!"

Flu Vaccinations Clinics are now set up so please phone the surgery to arrange an appointment for you flu vaccination.

Disabled Parking Please respect our Disabled Parking spaces at Willingham & Longstanton Surgeries. Please remember that only Blue Badge holders are entitled to park in our disabled spaces. If you have parked inappropriately we may ask you to move.

Carers Support Meetings Our next meeting at Willingham Surgery is on Wednesday 11th November 2pm – 4.30pm. Please feel free to pop along and get some support and advice. There is a representative from the Carers Trust who can give general advice and support and a representative from the Village Benefits Agency who can assist with financial queries and will help with form filling etc. Karen from the surgery who runs the group said "Please feel free to come along even if it's for 20 minutes if that's all the time you can spare for support and help, there really is no need to feel isolated at home". This is the last meeting until next year when they will recommence on Wednesday the 9th of March 2 – 4pm.

Out of Hours Care Please remember to phone Urgent Care Cambridge on 111 if you require medical attention when the surgery is closed.

NHS Choices Website www.nhs.uk Visit the NHS choices website for lots of useful health information. The website is a helpful tool for reading up on a lot of health related topics. The site covers useful Fitness & Healthy Eating advice which we can implement into our daily lives to improve our overall health. If you would like Weight Management advice & support please phone the surgery and book an appointment with our nursing assistant Jan.

Camtad Hearing Clinics The next Hearing Aid Clinics will be held at Willingham Surgery on Wed 18th November and Wed 16th December from 2-4pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

Sharon Unwin – Manager – November 2015