

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 July 2015 = 89. This amounts to approx. 18.5 hours of wasted Doctor/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.

Flu Vaccinations will be arriving towards the end of September and we will be running special flu clinics. Please ring for details from mid-September.

Carers Support Meetings Our next meeting at Willingham Surgery is on Wednesday 7th October 2pm – 4.30pm. Please feel free to pop along and get some support and advice.

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.

12 tips to help you lose weight

- Don't skip breakfast
- Eat regular meals
- Eat plenty of fruit & veg
- Get more active
- Drink plenty of water
- Eat high fibre foods
- Read food labels
- Use a smaller plate
- Don't ban foods
- Don't stock junk food
- Cut down on alcohol
- Plan your meals

Quit Smoking There are many health benefits from stopping smoking. Read the stop smoking section on the NHS Choices website. If you are interested in quitting please book an appointment with one of our practice nurses who will be able to advise and support you.

Some Long term benefits from quitting

- Live longer
- Breathe easier
- Improve smell & taste
- More energy
- Younger looking skin
- Whiter teeth

Camtad Hearing Clinics The next Hearing Aid Clinics will be held at Willingham Surgery on Wed 16th Sept and Wed 21st October 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 – September 2015