

St Margaret's

NEWS

October 2016



Quit today



Stop for 28 days and you're five times more likely to quit for good



Boost your health

No matter how long you've smoked for, quitting can help improve your health straight away.



Cash in

You'll have much more cash in your pocket. If you smoke a packet a day, you could save around £250 each month!



Quit for your family

You're more likely to live longer and have more energy for quality time with your children, family and friends.



medication



E-Cigarettes



Facebook messenger Bot



Daily Email Support



Get the App

Choose your way to quit, for more information visit.....

www.nhs.uk/oneyou/stoptober/home



FLU CLINICS Saturday 1st October & Saturday 15th October

Please book your appointment if you are eligible

Children aged 2, 3 and 4 years are eligible plus all children with long term health issues. This is a nasal vaccine and is effective both in protecting the children themselves and also their communities from flu. Children in school years 1,2 & 3 will be offered this vaccine in school.



SMS Text Appointment Reminders

Please continue to pass on your mobile phone numbers. This year we have been sending messages to patients who have signed up for this service providing information of our clinics. You will receive confirmation of any booked appointments and then receive a reminder the day before. We are hoping that this will reduce the amount of missed appointments that we have at our practice. We are currently looking at how best to deal with the level of missed appointments that occur.

September DNAs
47 Doctors' Appointments
16 Nurses' Appointments
missed

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

47 missed doctors
appointments
equates to 3 whole
morning surgeries



In July we prescribed **10,849** items at our surgery at a cost of **£102,421.50**



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What You Need
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The aim of our page is to provide current topical information to our patients & keep patients informed of upcoming clinics.