

# St Margaret's NEWS

December 2019



## Manage your healthcare from a smartphone



Easily book appointments for you and your dependants



Set up reminders to take your medication on time



Record your weight and blood pressure data



Download our new appointment bookings app to your smartphone for free. myGP was developed to make access to healthcare easier and faster for patients. Once downloaded, simply log-in with your date of birth and mobile number and add the people you care for, allowing you to book and cancel appointments for them. It's really that easy! For more information, please visit: [mygp.com](http://mygp.com)



### Disclaimer

The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.

### How does it work?

With myGP you can book and cancel your GP appointments, receive appointment reminders and add the details to your calendar.

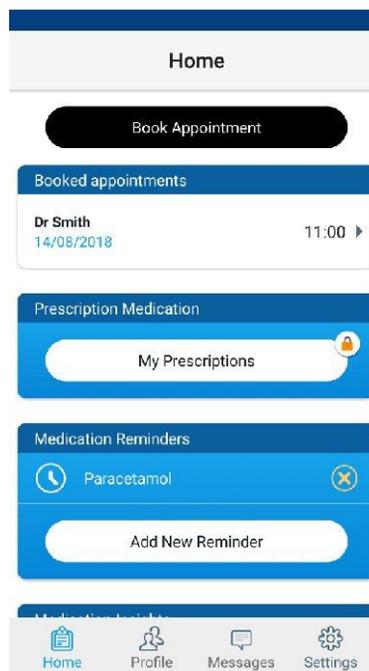
### Who is it suitable for?

Any patient aged 16 and over who's registered with a GP in the UK.

There are tools that let you track your weight and blood pressure, and help you take better control of your health and wellbeing.

### Book GP appointments swiftly

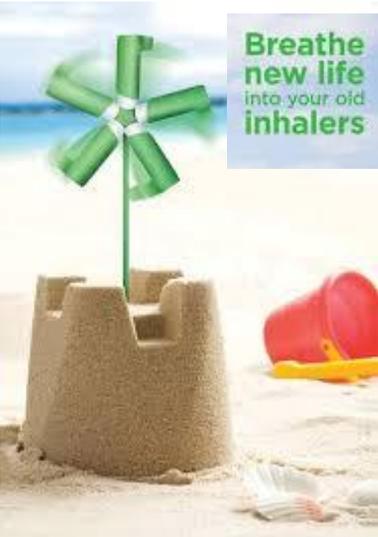
At home, work or play, the myGP app puts you instantly in control of your personal health 24/7



### Christmas opening times:

Tuesday 24<sup>th</sup> December **8.30am – 1.00pm**  
 Wednesday 25<sup>th</sup> December **CLOSED**  
 Thursday 26<sup>th</sup> December **CLOSED**  
 Tuesday 31<sup>st</sup> December **8.30am -1.00pm**  
 Wednesday 1<sup>st</sup> January **CLOSED**

**NB, these times are correct at time of printing, please check our website for the most up-to-date information.**



### Why recycling and recovering inhalers is important

New research shows that 58% of people in the UK are putting their used inhalers into their home waste bin, where it can end up at landfill or being incinerated. Whilst 33% of people surveyed said that they use a kerbside recycling service, councils can't typically recycle the plastics and gases contained in inhalers. Again, the inhaler may go to landfill or incineration. Complete the Cycle is an easy and convenient way to recycle your inhalers. Our scheme helps to reduce waste and greenhouse gas emissions, moving towards a more environmentally sustainable treatment of respiratory disease. Complete the Cycle gives you an easy way to make a difference to the environment and allows you to breathe new life into your old inhalers.

Simply hand in your empty, out of date or unused inhaler to a participating pharmacy.



**What happens to the inhalers**  
 The inhalers are collected as part of routine deliveries, so no extra miles are travelled, and then taken to be sorted for recycling or recovery. Recovery means using the non-recyclable parts of the inhaler to generate energy. We can also recycle and recover respiratory inhalers manufactured by companies other than GSK. The Complete the Cycle swirl and name is a registered trademark of the GlaxoSmithKline group of companies. This service has been fully funded by GlaxoSmithKline.



**'Did Not Attend' April – July**  
**108** Doctors' appointments  
**101** Nurses' Appointments missed

GP appointment?  
 Can't make it?  
 Don't need it?



Over ordering pills means **BIGGER** NHS bills!



**Visit Website**

[www.stmargarets.gpsurgery.net](http://www.stmargarets.gpsurgery.net)

**Email Us**

[solccg.stmargarets@nhs.net](mailto:solccg.stmargarets@nhs.net)