

ST LUKE'S SURGERY

Winter Newsletter 2016 / 17

Want to Quit Smoking for the New Year



SMOKEFREE

New Diabetic Prevention Programme

'Healthier You'

Patients that have had recent blood tests showing blood glucose levels outside of the normal range may be eligible to attend a new programme aimed at reducing the risks of developing diabetes. The programme provides a support with lifestyle, nutrition and an understanding of the causes of diabetes. The sessions are based locally

Alternatively contact



**Do you want to Stop Smoking?
New Leaf sessions at**

Radford Health Centre

Thursday 10:15pm – 12:30pm

For information on all other sessions please call the number below

A FREE SERVICE FOR SMOKERS WHO WANT TO STOP
Telephone 0800 561 21 21
Text FREE the word "NEW" to 80800

www.facebook.com/newleafstop

[@newleafstop](https://twitter.com/newleafstop)

Telephone Numbers

Please can you make sure we have an up to date contact number on your records. Please speak to a member of reception to up date this information.



Flu Vaccination programme

The surgery is offering Flu and pneumonia vaccinations for anyone in an at risk category aged 2– 64 years.

Children aged 4 & 5 years old will be vaccinated in schools.



Every Tuesday and Friday St Luke's surgery will have a



Specialist Advisor from Wellness in Mind supporting patients registered at the practice

This is a new service connecting people in Nottingham to better mental health.

Wellness in Mind can help you to better understand your feelings and, if necessary, direct you to other sources of support in Nottingham. If you feel you need to talk to someone please speak to a GP so we can arrange an appointment with the advisor.

Nottingham Recovery Network

Providing a single point of free support, advice and treatment to people who use alcohol and drugs in a problematic way across Nottingham City

Call the free information and help line

0800 066 5362

Training & Early Closing

The surgery is closed for staff training on Tuesday 7th February 2017, Tuesday 14th March 2017 and Tuesday 16th May 2017 from 12:30pm onwards

We are also closed every Thursday afternoon from 12:30 onwards

If you require an appointment when the practice is closed the answer phone will redirect you to the out of hours service, NEMS.

www.stlukessurgery-nottingham.co.uk

Nottingham Heathy Change



The Lifestyle Referral and Support Hub (Healthy Change) is an advice service that supports people with one or more behavioural risk factors for Cardiovascular Disease and/or other long term conditions.

The team directs people to the appropriate service for them to receive the support they need to make health improvement lifestyle changes including stopping smoking, improving diet, achieving a healthy weight and increasing physical activity.

The main source of referrals will be GPs but people can also self-refer on the following number

0345 604 7352

Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then you already know why you should join Change4Life. Joining is a brilliant first step to get the most out of Change4Life. Their quick assessment will help you



Please take one of the packs in the waiting area or go online and register for free

2.7 million and growing
Loads of people have already made a Change4Life - and more are joining in every day.

Patient Participation Group

The next meeting is Tuesday 7th March 2017 at 2pm here at St Luke's Surgery. If you would like to join the PPG please contact a member of the reception team for a membership form

Booking a GP Appointment

The majority of GP appointments at St Luke's are booked on the day. We do have appointments with the GPs that can be booked up to 4 weeks in advance, however these pre-bookable appointments are limited due to the level of failed appointments

The phone lines open at 8.15am for all patients to book an appointment on the day and