

LOXWOOD MEDICAL PRACTICE

Friends of Loxwood Medical Practice Newsletter January 2015



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DIARY DATES

Periodically the Practice will close to enable us to meet with other NHS clinicians and administration staff to update any skills.

During 2015 we will be closed for the afternoon on the following days from approximately 12.30-5.30;

- Tues 10th February
- Thurs 5th March
- Tues 12th May
- Tues 30th June
- Wed 8th July
- Thurs 10th September
- Thurs 8th October
- Wed 18th November

During this time you will need to call the 'Out of Hours' team. Their telephone number does change please call our reception and listen to the message which will give the correct telephone number for these events. During the weekend or evening you must call 111.

WELCOME TO OUR NEWSLETTER FOR 2015 DESIGNED TO KEEP YOU INFORMED OF UPDATES OR CHANGES TO PRACTICE WORKING

WISHING YOUR A HAPPY, HEALTHY 2015

This is our first newsletter for the new year. Please pass it on to your friends and neighbours and if you would like more information about us please visit our website www.loxwoodmedicalpractice.co.uk. If you would like to receive an electronic version please let us know your email address. You can email loxwood.billingshurst@nhs.net.

DRY JANUARY?

Can you stay off the booze for 31 days? Dry January is a campaign by Alcohol Concern and aims to get people thinking and talking about their drinking.

It aims to challenge people to stay off the 'booze' for the month of January. **It's a chance to lose weight, feel better, save money and make a difference.**

Why not give this a go, contact;
Visit: www.dryjanuary.org.uk
Email:
dryjanuary@alcoholconcern.org.uk



 [Facebook.com/DryJanuary](https://www.facebook.com/DryJanuary)

 [Twitter@dryjanuary](https://twitter.com/dryjanuary)

Or if you would like a bit of support from us there are a number of ways you can do this. If you visit our website, click on the 'support' tab at the top of the page and then select 'NHS Tools' you will find a number of ways to calculate what is a 'unit', how much alcohol is safe to consume and how to keep a drinks diary. There are lots of other self help guides too. Or book an appointment with one of our nurses.



ALIVE 'N' KICKING

In conjunction with 'Change 4 Life' and West Sussex County Council there is a new initiative being launched called Alive 'n' Kicking. It is aimed at families with children aged 5-18 years of age.



Alive 'N' Kicking are running **FREE** clubs in the local area for families and young people who want to have a healthier lifestyle!

Want to sign up or get more info?

Call the team on **0300 123 0892**
email rebecca@wmc.uk.com or speak to one of the nurses.



 [ANK_WestSussex](https://twitter.com/ANK_WestSussex)
www.ank.uk.com

INTRODUCING OUR NEW FEATURE... DID YOU KNOW?

In each newsletter edition we will write this section to help you understand different aspects of life here at Loxwood Medical Practice, and the things you may not be aware of when you visit us.

Traditionally Mondays are always the busiest day of the week to try and book an appointment. This is due to the weekend where people may fall ill and need to see a doctor quickly. If you need a routine appointment why not call in the middle of the week where demand is less. Have you also thought of registering for SystmOnline, removing the rush to hit the telephones at 8.00am, no need you can book online anytime. Also remember if you cannot make your appointment, please call us to cancel it. During the month of November we had **39** doctor **Did Not Attends** (DNAs). Did you know a doctor routinely has 27 appointments available each day therefore almost a day and a half of Doctor time has been wasted.

Dr Sue MacCallum and Dr Joe Murtagh have arrived. We hope you will join us in wishing them a warm welcome to Loxwood.