



@moseleyavenue



www.moseleyavenuesurgery.co.uk

MOSELEY AVENUE SURGERY SURGERY NEWSLETTER *January 2019*

Happy New Year and welcome to the January addition of Moseley Avenue Surgery's practice newsletter.

It is with regret that we say goodbye to Dr Meyer, who has been with the practice for many years. We wish her well in her retirement.

We welcome Dr Helen Folan who joined the practice at the end of November 2018. We will also be welcoming Dr Samantha Young to the practice at the end of February.

CERVICAL CANCER PREVENTION WEEK 21st-29th January

Do you know how cervical cancer can be prevented? During Cervical Cancer Prevention Week we want as many people as possible to know how they can reduce their risk of the disease and to educate others.

How can you reduce the risk of cervical cancer?

- Attending cervical screening when invited
- Knowing the symptoms of cervical cancer and seeking medical advice if experiencing any
- Taking up HPV vaccination if aged 11-18
- Knowing where to find support and further information



Every year in the UK, around 3,000 women will be diagnosed with cervical cancer. Cervical cancer is the most common cancer in women aged 35 and under. 75% of cervical cancers can be prevented by attending your cervical screening appointment when invited.

To find out more please visit: www.jostrust.org.uk

LEAVE US FEEDBACK

Were you satisfied with your visit or do you have a suggestion? We would love to hear your feedback so why not fill out a Friends & Family card in Reception or leave us a review on www.nhs.uk



FREE NHS HEALTH CHECK

The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

You will be invited for an NHS Health Check every five years if you are between 40-74 years old, as long as you don't already have an existing vascular condition.

You can call NHS 111 for free, 24 hours a day, seven days a week, 365 days a year





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DRY JANUARY

Can you stay off the booze for 31 days? Dry January is the UK's one month booze free challenge where participants give up alcohol from 1st-31st January



31 DAYS OF A BETTER YOU

- 88% of participants saved money
- 71% of participants had better sleep
- 58% of participants lost weight

Alcohol is linked to many long term health conditions including heart attacks and strokes. Whilst drinking alcohol can seem like harmless fun it can have extremely serious consequences when consumed excessively.

To register for Dry January or to find out more please visit: www.alcoholchange.org.uk

WANT TO STOP SMOKING?

We are delighted to announce that we have been awarded *1st place* in the stop smoking awards for the most 4 week quits!

Smoking is the biggest cause of preventable deaths in England, accounting for nearly 80,000 deaths each year. One in two smokers will die from a smoking-related disease. Our Assistant Nurse Practitioner, Tracey can give you free support and advice on how to stop smoking. If you are interested please ask at reception for more details.

ONLINE SERVICES

Did you know you could access your medical records online?

Patient Access allows you to access your prescriptions and book appointments online!

If you would like to know more and register for online services please visit reception.

Moved house or changed your contact details recently?

It is important we have up-to-date contact details, if they have recently changed please visit reception



USEFUL CONTACT NUMBERS

Moseley Avenue Surgery 024 7659 2201

Out of Hours GP Service/24hr Advice 111

Age UK Coventry 024 7623 1999

Coundon Health Visitor 0300 020 0099

Integrated Sexual Health 0300 020 0027

IAPT - 024 7667 1090

Have you had your flu jab?

Don't put it off. Get your flu jab straightaway.

STAY WELL THIS WINTER

