



### Lifestyle Clinic – Hosted by Dr Tilly Holt:

#### Our next sessions are now available to book!

Attend our lifestyle clinic which consist of **1 hour group sessions over a 4 week period**

Sessions will cover how to create long lasting healthy habits, nutritional advice, debunking diet myths and how to become more physically active.

Sessions are open to all adults and will be on **Wednesdays** at both **10.00 – 11.00** and **17.30 – 18.30**. These will be held at **The Open Door Café**.

Please show your interest at reception, let the reception team which session you would like to attend and someone will be in contact with you with a date.

### Ways you can Lower Your Cholesterol:

#### Eat more of foods like:

- Oily fish, like mackerel and salmon
- Brown rice, wholegrain bread and whole wheat pasta
- Nuts and seeds
- Fruits and vegetables

#### Eat less of foods such as:

- Meat pies, sausages and fatty meat
- Butter, lard and ghee
- Cream and hard cheese, like cheddar
- Cakes and biscuits
- Food that contains coconut oil or palm oil

#### Exercise more

#### Stop smoking

#### Cut down on alcohol

### Who can you see February 2024?

#### GPs:

Dr Henry White (Lead GP)  
Dr Tilly Holt (Salaried GP)  
Dr Rupinder Sumra (Salaried GP)  
Dr Nicola Gadsdon (Registrar)  
Dr Gursimran Singh Sidhu (Registrar)  
Dr Henk Mulder (Locum)

#### PCN:

Clinical Pharmacist – Furhan Ansari  
Mind Practitioner – Esme Blackshaw  
FCP Advanced Physiotherapist – Joanna Smith

#### Nurse/HCA:

Nurse – Sally Bell  
Nurse – Ruth Mullineux  
HCA – Claire Robbins / Lisa Northall

### Research - Pneumococcus Urine Sample:

You may have been asked this last month at the surgery to do a swab sample for any acute respiratory illnesses, as well as a urine sample. The samples we send off are being tested for Pneumococcus infection, which can be detected within the urine.

We would like to thank those who have taken part in this. They are testing all of the samples and so far are **hitting a positive rate that is around 30% of urine samples tested**.

If you have sent off a urine or swabbing test and have yet to receive your results back, please ring reception to see what result you have recorded. We usually text patients if we get any result back, so keep an eye out for them!

If you have an acute respiratory illness and would like to test what kind of cough or cold you have, feel free to speak to our reception team to get involved. We will text you with any result we get!

### MMR Vaccines – Measles Outbreak:

As you may be aware, there is currently a Measles outbreak. Babies under 1 years old have immunity from their mothers, whilst from 1 years old they will need to be vaccinated for this, and then again at 3 years old. There is also the MMR catch-up programme, people who have never received an MMR vaccination no matter of age are eligible to get theirs today. Please call reception on 01926 403 800 to book your vaccination in!

### Closures in Feb-24:

We are closed on Wednesday 28<sup>th</sup> of February from 12:30 onwards for Practice Learning Time.

### Dates to remember – February 2024:

L.B.G.T.+ History Month  
Raynaud's Awareness Month 2024  
Boost Your Self Esteem Month  
02/02 - NSPCC Number Day 2024  
02/02 - Time to Talk Day – Mental Health  
04/02 – World Cancer Day  
05/02 - Race Equality Week  
05/02 - Sexual Abuse & Sexual Violence Awareness Week  
05/02 - Tinnitus Awareness Week 2024  
05/02 - National HIV Testing Week 2024  
09/02 - Toothache Day 2024  
12/02 - You Can Care Week 2024 (Careers in Social Care)  
Children's Mental Health Week 2024

