

The Esplanade Surgery Newsletter

January 2015



01983 618388

Happy New Year! We hope you have had a good Christmas and New Year and have managed to keep healthy.

Friends & Family survey We have an IPAD located in reception in which we would be pleased if you could complete a very short survey—two questions. Your feedback is important to us.



Refurbishment In the coming months we plan to refurbish part of the reception area, moving staff who are working in a cramped environment to the top floor and creating another consulting room on the ground floor. The alterations to the office on the top floor will enable the reception staff to complete the move. We aim to complete the works by the end of March. The work will cause some noise and inconvenience to all that use the surgery, we will try to keep the disruption to a minimum. We hope you will understand the need for this in order to improve services here at the Esplanade surgery for all of our patients.

Appointments Please cancel your appointment if you no longer need it!

Demand for appointments is on the increase and patients who cancel their appointments that are no longer needed really help us to manage the demand on a daily basis, we can offer your appointment to another patient— Thank you.
You can cancel over the phone, select option 1 then option 1 again then follow the instructions, or **just text the word CANCEL with your name and date and time of appointment to 07722 219035**

Five Ways to stay healthy over Winter

1. Sleep— On average we need around 6 ½ hours sleep a night.
2. Milk—You are 80% more likely to get a cold in the winter, so top up your immune system with calcium rich drinks/food.
3. Eat more Fruit & Veg—five portions a day. Cook up a few vegetables to make a filling soup.
4. Try new activities for the whole family—regular exercise boosts your immune system.
5. Have a hearty breakfast such as porridge, will keep you feeling full for longer.

**For urgent, but not life threatening emergencies
and for Out of Hours Tel NHS 111 (Free to call)**

Life threatening emergencies dial 999

Surgery Website www.theesplanadesurgery.co.uk

REPEAT PRESCRIPTIONS email your prescription request to us now at
prescriptions@gp-j84005.nhs.uk