

WESTFIELD ROAD SURGERY

NEWSLETTER



In This Month's Edition

Mens Health Week

&

DIABETES AWARENESS

**Can't make it?
Cancel!**

In May, **84** appointments were missed, the equivalent of over **20 hours**! Help us to use appointments for patients who urgently need them by cancelling your appointment when you can no longer attend.

MENS HEALTH WEEK

15-21st June



Many men feel they have to stay quiet about their feelings. But talking is a sign of strength, not weakness

Moving more reduces the risk of chronic diseases like heart disease, stroke, type 2 diabetes, and some cancers, while also improving mental health by decreasing stress, anxiety, and depression



Do regular self-checks for testicular and prostate health.



Eating well is important because it improves overall health, prevents disease, and boosts energy and mood



Your feedback

"The reception staff are very accommodating in help with queries and very punctual.."

"I'm very happy with the treatment that I have received from all the nurses and would recommend anyone about this service."

"The staff never rush you and demonstrate real care."

How was your recent experience?
We'd be grateful to hear your feedback via a Google review

Triage system information

We understand that not everybody finds it easy.

With this in mind, an electronic tablet has been installed in our waiting room, just for our patients to use. If you would like assistance with this, please speak to a member of the reception team, who will be happy to help you.

[Request an appointment online](#)

Question time!

Is sunscreen necessary on cloudy days?

☐ **YES**

☐ **NO**

Answer: Yes up to 80% of the sun's ultraviolet (UV) rays can penetrate thin clouds.

Key Information & Dates For Your Diary

The surgery will be closed on Tuesday 23rd June between 14.30 – 18.30 for staff training.

We're working hard to support you

In May we...



completed **3,325** appointments



issued **4,343** prescriptions



answered **2,639** calls



registered **99** patients

Diabetes Awareness

8-14th June

THIS DIABETES WEEK, LET'S CHANGE HOW WE TALK ABOUT DIABETES.



8 out of 10 people living with diabetes say they've faced negative attitudes because of their diabetes - people passing judgement, making sweeping statements, or blaming and shaming people living with diabetes.

Being physically active is good for people with diabetes – whatever type you have – and for people with prediabetes and others at risk of type 2 diabetes, like women who have or have had gestational diabetes.



For further information and support please visit

<https://www.diabetes.org.uk/support-for-you>





should
you be
eating
that?

Let's change how we
talk about diabetes.

And end the harm caused

by diabetes stigma. Search
"strike out stigma" or
go to **diabetes.org.uk**

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

The British Diabetic Association operating as Diabetes UK a charity
registered in England and Wales (215199) and in Scotland (SCO39136).
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**STRIKE OUT
STIGMA**

JOIN OUR

Patient Participation Group



What is it?

A group of volunteer patients, carers and surgery staff who meet regularly to discuss and support the running of the surgery. Patient Participation Groups look at the services offered, patient experience and how improvements can be made for the benefit of everyone.

Who can join?

All registered patients are able to join our Patient Participation Group. People of all genders, ages, ethnicities, and those with health conditions and disabilities are encouraged to join.

How do I join?

Please enquire at reception, or phone us on 01908 377103.

