

Garswood Surgery Newsletter Winter/Spring 2023

Happy New Year to you all. We hope you have all had a healthy and safe festive period. We are looking forward to the New Year and delivering a great service.

If you would like to get more involved in the Practice and being a patient advocate we have positions on our Patient Participation Group (PPG). If you are interested we meet twice a year and more information can be found on our website or by speaking to a member of our reception team.

Surgery News

We are delighted to announce that Dr Katie Brennan is joining the practice on a permanent basis as our salaried GP. Dr Brennan has recently completed her GP training with the practice and will be in surgery on Monday, Wednesday and Thursday (AM only). We are sure you will join us in welcoming her to the practice.

We have also recently recruited two new receptionists to the team Megan and Spike.

Join us on 8th February between 10am and 12pm for a Health Awareness day at Senely Green Community Hall (next door to the Surgery)

We will have representatives available from St Helens Wellbeing to discuss any issues such as stopping smoking, alcohol awareness and keeping fit. We will also have a local representative from Slimming World.

Our social prescribing team Hollie & Jess will be on hand to give advice on issues such as the cost-of-living crisis, debt, food banks and lots more. Representatives from the mental health team will also be available.

Come along and have a chat and see what help and advice might be available for you

**HEALTH
AWARENESS DAY**



A black and white photograph of the Garswood Surgery building, a modern structure with large windows and a sign that says 'PHARMACY'. The building is set against a backdrop of trees and a clear sky. The text 'Garswood Surgery Newsletter Winter/Spring 2023' is overlaid in green on the left side of the image.

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**IN 2022 1313 APPOINTMENTS WERE NOT ATTENDED AND
THEREFORE WASTED.**

**THIS IS 4.5% OF APPOINTMENTS OFFERED BY THE SURGERY
BETWEEN 1ST JANUARY 2022 TO 31ST DECEMBER 2022**

If you cannot attend your appointment, please let the surgery know as soon as you can. You can cancel your appointment by replying "cancel" to the appointment text reminder or via your patient access account.

Patient who repeatedly miss appointments may be asked to find a new GP surgery

NHS HEALTH CHECKS

We are currently offering patients aged between 40 – 74 a free NHS health check.

The NHS Health Check is a health check-up for adults in England aged 40 to 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

We will be inviting all our eligible patients by letter in due course.

For further information regarding these checks and to see if you may be eligible for one, please visit www.nhs.uk and search for health checks