

Welcome to the new issue of our practice newsletter. We hope that you had joyous Christmas and had a wonderful New Year celebration. In the spirit of caring for your well-being, we want to bring your attention to some important updates and initiatives within our healthcare community. If you have any suggestions as to what you would like to see in your newsletter then please inform a member of staff.

Get your free NHS flu jab if you're eligible

Do all you can to keep yourself well during winter.

Flu Vaccines

As we navigate the winter months, the flu season is well and truly upon us. We encourage you to prioritize your health and that of your community by scheduling your flu jab if you are eligible. Flu can be serious and even deadly for some people, especially those who are over 65, pregnant, or have a long-term health condition. The flu vaccine is the best way to protect yourself and your loved ones from flu. You can find out more about the flu vaccine and whether you are eligible on the NHS website:

<http://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

We understand the demands of daily life, and while we hope your schedule allows for timely appointments, we acknowledge that unforeseen circumstances may arise. If you find yourself unable to attend a scheduled appointment, please reach out in advance. Your proactive communication ensures that we can provide continued quality care to all of our patients.

December 2023 Appointments:

Appointments offered	Did not attend	DNA %
3113	146	4.7

Missed Appointments



Order repeat prescriptions on the NHS App

easily choose where your prescriptions are sent
 order at a time that suits you
 need help? Access support in the app or visit [nhs.uk/helpmeapp](https://www.nhs.uk/helpmeapp)

NHS App

Prescription Ordering

In our ongoing effort to enhance your experience, we've introduced a streamlined process for prescription ordering via email. This secure and convenient method simplifies managing your prescription's. Take a moment to familiarise yourself with the designated email address for prescription requests, as we no longer take requests over the telephone. Alternatively you can use the NHS app on your smartphone to order, or just pop into surgery to fill a request form out. Email you prescription requests: gmicb-bol.prescriptions.p82016@nhs.net

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NHS HEALTH CHECK

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as: heart disease, diabetes, kidney disease and strokes. During the check-up you'll discuss how to reduce your risk of these conditions. If you're aged over 65, you'll also be told about symptoms of dementia to look out for.

Your NHS Health Check will be done by a health improvement practitioner. The check takes about 20 to 30 minutes and usually includes:

- Measuring your height and weight
- Measuring your waist
- A blood pressure test
- A cholesterol test, and possibly a blood sugar level test, which is usually a finger-prick blood test. You may be asked to have a blood test at or before the NHS Health Check

You'll also be asked some questions about your health including:

- whether any of your close relatives have had any medical conditions
- if you smoke, and how much
- if you drink alcohol, and how much
- how much physical activity you do
- Your age, gender and ethnicity will also be recorded.

Your NHS Health Check results

You'll usually be told your NHS Health Check results during the appointment. You'll be given your cardiovascular risk score of developing a heart or circulation problem, such as heart disease, stroke, type 2 diabetes or kidney disease, over the next 10 years. The healthcare professional may describe this risk score as low, moderate or high.

How do I get an NHS Health Check?

If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by the surgery every 5 years. Alternatively you can call to arrange: **01204 300033**

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Quit Smoking

If you're contemplating quitting smoking this New Year, our free smoking cessation advice services are here for you. Embark on a step-by-step journey towards a smoke-free life with the support and guidance of healthcare professionals. Your commitment to a healthier lifestyle is commendable, and we encourage you to make that first step. Please visit www.bolton.gov.uk/healthy-living/stop-smoking

It's never too late to stop smoking and there are many benefits to doing so, such as:

- Younger looking skin
- Whiter teeth
- Better breathing and fitness levels
- Living a healthier life for longer
- Improved smell and taste
- More energy



Feedback

Whether you've recently interacted with our reception staff, utilised our services or engaged with our clinicians, we want to hear about your experience. Your insights will aid us in understanding what we're doing right and where we can make improvements.

We appreciate your time and commitment to helping us refine our offerings. Your feedback plays a vital role in shaping the future of Harwood Group Practice and we're grateful for your partnership on this journey. If you have any comments, suggestions or ideas, then please do not hesitate to let us know. Our email address is: gmicb-bol.p82016@nhs.net

We look forward to hearing from you.