

A HAPPY AND HEALTHY NEW YEAR FROM EVERYONE AT THE AVENUE SURGERY

2018 NEW YEAR'S RESOLUTIONS

1. Book an NHS Health Check with our Nurse

Are you aged between 40 and 74? Not been diagnosed with heart disease, stroke, type 2 diabetes or kidney disease?

Then you are eligible for a free [NHS Health Check](#) every five years. The [NHS Health Check](#) will assess your risk of developing heart disease, stroke, type 2 diabetes, kidney disease and some forms of dementia and you will be offered personalised advice on how to reduce the risks. It is free of charge, including any follow-up tests or appointments.

Contact Reception to book an [NHS Health Check](#) today with our Nurse

2. Sign Up for Online Services

Online services give you the option to:

- make appointments online
- order repeat prescriptions online as well as
- view your own medical record online.

You can do this using a computer, tablet or smartphone rather than having to phone or visit the practice. You can book and cancel appointments or request repeat prescriptions at a time that is convenient to you – day or night. It can also mean not having to travel to the surgery and can free up phone lines for people without access.



Ask Reception today for an application form and information sheet.

3. Have a flu jab

If you fall within an at risk group then why not book an appointment today to have your flu jab. Speak to Reception or phone 01273 606214 to book an appointment for your flu vaccination.

Flu vaccination provides the best protection against an unpredictable virus which infects many people and can cause serious illness and death.

The vaccination is free and recommended yearly for those most at risk of flu.

If there is someone you rely on to care for you, please ask them to contact their own GP Practice as they may be eligible for a free flu vaccination.



4. Let us know if you are a carer for someone on an unpaid basis

Make sure we know that you are a [carer](#) so we can make sure we offer and signpost you to the support you need.

5. Don't forget that our Practice Nurse, Pippa, runs a drop-in young person's sexual health clinic every Tuesday between 15:30 and 17:30

You don't need an appointment but please let Reception know. You will be offered help and advice about contraception, sexually transmitted infections and other related issues.

6. Let us know if you have recently moved or changed contact details – including your phone number

We can only contact you if we have your up to date contact details. Fill in our contacts page on the Practice website or let reception know the next time you are at The Avenue Surgery

7. Quit Smoking in 2018

In 2014 lung cancer was the commonest form of cancer diagnosed in our patients. All of these cases were in people who were smokers. Speak to one of our Smoking Cessation Advisers, Laura or Kirstie. Quitting is the best thing you can do for your health and the health of those around you.

8. Ask our Receptionists first if you have a query about your repeat prescription or if you need a sick note

Our Receptionists can deal with many of your queries particularly about repeat prescriptions or sick notes. You do not necessarily need to speak to a GP. Don't forget that for safety reasons all repeat prescription requests must be made in writing. Have you considered using our on-line repeat prescription service? It is simple to use. Ask Reception about how to register.

9. Use The Avenue Surgery services wisely as we too are struggling to meet the increased workload

The NHS continues to face unprecedented pressures. Use our services wisely so that we have the capacity to offer you the best possible service for you and your family.

10. Complete a Friends and Family test

Your feedback is important to us, please complete this very short questionnaire. Why not fill in one today. Paper copies are available in reception, or swipe the smart code, or complete a copy online via this link

<http://cfep.net/nwf>

The Avenue Surgery 2018

<http://www.thevenuesurgerybrighton.co.uk>

Happy
New Year!