



Happy New Year

We wish you all a

Happy and Healthy

2019

Annual Health Review

Many of you will have an annual health review with Julie which we align with your birthday month so it is easier for you to remember when it is due.

Please phone the practice in your birthday month to book an appointment for your annual review. This is usually a blood test, then a follow up appointment for the review and results 7-10 days later.

You do not have to wait for us to phone you to remind you this is due, it would be very helpful if you could phone and ask to book your “annual health review”.

If you are unsure if you are entitled to this please ask a member of the team who will be happy to advise.

GP Extended Opening Hours in the Shrewsbury Area

A new service has been set up to enable patients to make a routine appointment to see a GP or nurse in the evening between 6-8pm and at the weekends.

Many practices across Shropshire are offering this service.

Worthen Medical Practice is part of a group of practices in the Shrewsbury area who are offering this service to their patients.

If you would like to book a routine appointment later in the evening or at the weekend please ask at reception.



GP National survey for 2018

As you will see Worthen Medical Practice consistently achieved a high satisfaction score. In nearly all areas surveyed our score was higher than the Nation average and higher than the Shropshire average.

All the staff are dedicated to providing the best possible service and are very proud of the results and that year on year we can continue to score highly in this patient survey.

If you have any comments on the surgery results or areas where we can improve further please let us know.

Many thanks for your support.

Please find a copy of the surgery in the waiting room for you to read



Children and Young Adults with Type 2 Diabetes

Data from diabetes UK have shown that England and Wales has 6836 children and young adults living with type 2 diabetes mellitus (T2DM) in 2016-2017.

T2DM takes a much more aggressive course in children and young people compared with adults, and the risk of early complication is likely to be higher.

Diabetes UK is calling on the government to implement strong measures to tackle the obesity epidemic among children.

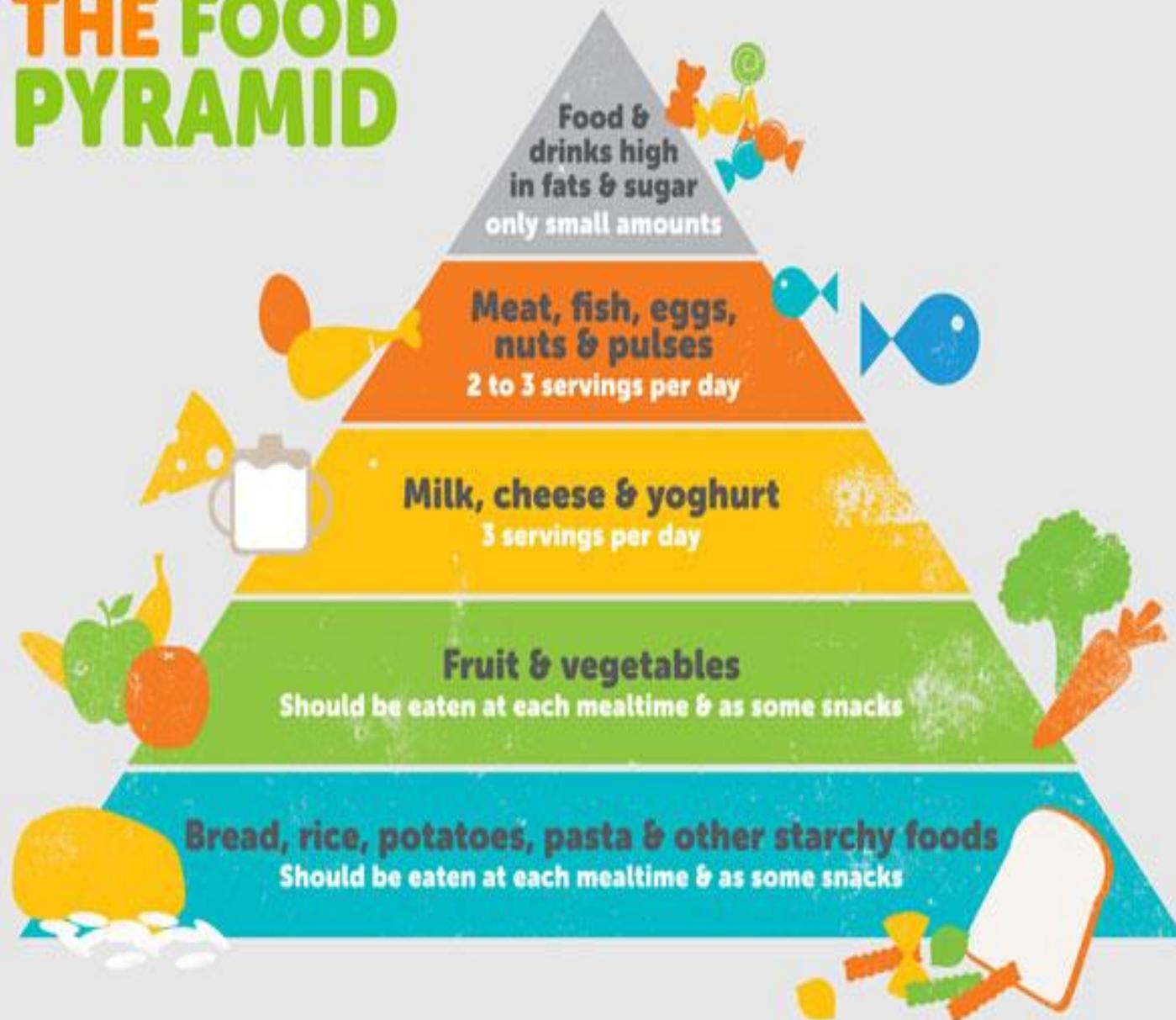
Don't forget to have your
5 a day



Getting your 5 a day on a budget

- ✓ Buy loose fruit and veg rather than pre packed, this can be as little as half the price
- ✓ Replace morning and afternoon snacks with a piece of fruit, less than half the price of most chocolate bars.
- ✓ Don't throw away vegetables that are about to go out of date. Use them in stews, soups and casseroles, which you can freeze and eat another time
- ✓ Fruit and vegetables are often cheaper at your local street or farmers' market
- ✓ Fruit and vegetables are usually cheaper if they're in season. You can find what's in season at the [Love British Food website](#)

THE FOOD PYRAMID



Would you like to loose weight or stop smoking?

Our Practice Nurse Julie can provide you a fantastic free service to help you on your journey to loosing weight or stopping smoking.

Please ask to book an appointment with the Practice Nurse for either

Help to Slim

Or

Help to Quit



YOU CAN
QUIT
SM~~OKING~~!

A graphic where the word 'QUIT' is written in large red letters, and the word 'SMOKING!' is written below it in red. A lit cigarette is positioned over the 'O' in 'SMOKING', and a red 'X' is drawn over the word 'SMOKING'.