

www.bathroadsurgery.co.uk

Newsletter-July 2024

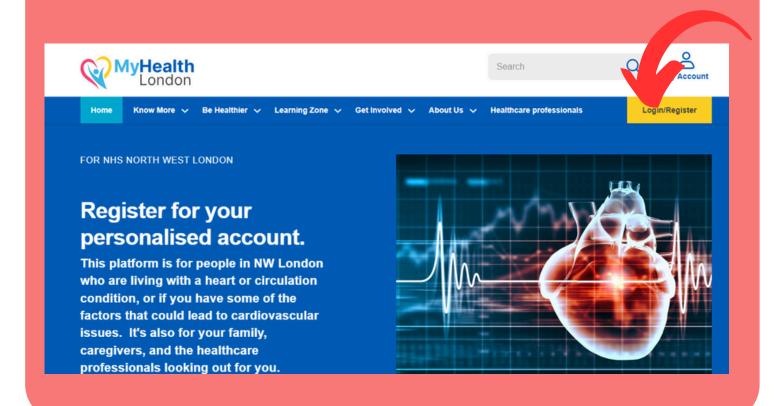
Learn more about your hearth health this month





On the new MyHealth London platform you can find plenty of reliable information on *how to prevent cardiovascular diseases* and lots of supporting tools for *people already living with a heart condition*.

Please register or visit: https://www.myhealthlondon.nhs.uk/



Alcohol Awareness Week

1 - 7 July 2024 Understanding alcohol harm

#AlcoholAwarenessWeek

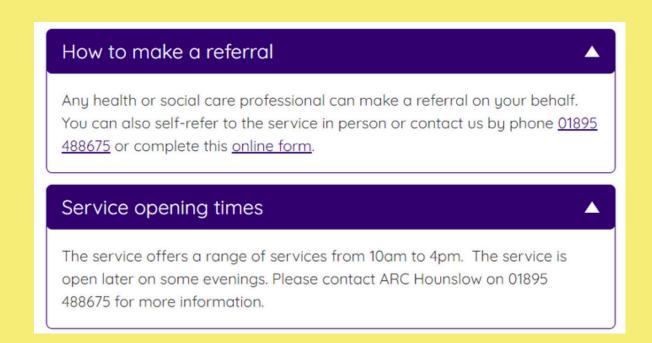


It's never too late to understand the harmful effect of alcohol on your health and embrace a healthier lifestyle.

Visit <u>Alcohol change UK</u> or download <u>TryDry</u>, the free app that helps you to cut down your alcohol consumption.



Stopping, or even reducing, drinking is not easy. If you need extra help and you live in Hounslow, you can self-refer yourself to <u>ARC</u> <u>Hounslow</u> and access FREE help, learn how:





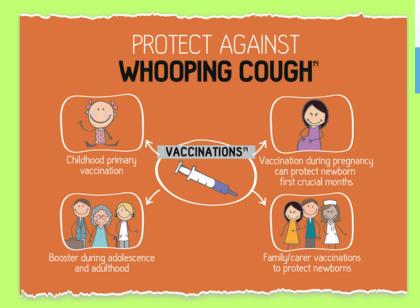
RUNNING OUT OF MEDICATIONS?

Download the NHS
App now and follow
this video on how to
request your
prescriptions in few
minutes!



We are currently experiencing a *WHOOPING COUGH OUTBREAK* in England;

Check for symptoms and more info <u>here</u>.



WHOOPING COUGH GET THE VACCINE TO HELP PROTECT YOUR BABY

Cases of whooping cough are on the increase – by getting the vaccine while pregnant you can help protect your baby.



For more information talk to you GP or midwife.

Public Health Agency

Get protected as soon as possible booking a vaccination appointment with our Nurse