

CRADLEY SURGERY
NEWSLETTER

Dr Peter Clegg
Dr Chris Spruce

JANUARY 2024

January

*Welcome to a New Year at
Cradley Surgery!*

Best wishes from all of the team here at Cradley Surgery for a happy and healthy 2024!



A new year also seems the perfect time to celebrate the First Anniversary of our GP Partners. Congratulations Dr Spruce and Dr Clegg on making it through the first year together, here's to many more!



New Year's Resolutions

Alcohol

Lots of our patients do a 'Dry January'. It's a great idea; it gives the liver a rest and a chance to regenerate damaged cells. **But please note**; it is even better to have one day a week, one week a month, and one month a year without alcohol.

Smoking

Our Doctors can help you with nicotine replacement medication in various forms, or medication that works on the addiction centre in the brain (this has been around for several years). We don't mind how you do it, as long as you do. If you wish a doctor's help, please come to the appointment with two things 1) a list of things that have sabotaged your previous efforts to give up and 2) a date on which you are going to stop. Then we can make a plan. Please make the appointment and explain that is for smoking cessation.

Dispensary News

Upcoming Dispensary changes

We will have a new system in Dispensary which will come into place around January/February time.

Please be patient with our dispensary staff whilst they transition.

We will keep you updated with more information when we have it and if it affects patients in anyway 😊

Monthly Medications

A message from our Dispensary team;

“Please can we remind patients that it is the patient’s responsibility to order their medication each month or when required. It is not automatic, even if it is on repeat it still has to be requested by the patient.”

Do more with the NHS App:
Simply download the app to do the following and so much more!

- Order repeat prescriptions
 - View your GP health record
 - Book blood test appointments at the surgery
 - Find NHS services
 - Search symptoms, conditions and treatments
 - Get health advice through 111 online
 - Check you NHS Number
 - Book and manage hospital appointments.
- Please note that the Cradley staff are not technical support and we do not control the NHS App. For any assistance regarding the app please visit: www.nhs.uk/contact-us/nhs-app-contact-us/

22nd – 28th

January:
Cervical Cancer
Prevention
week



We are highlighting the benefits of cervical screening and reminding patients that having regular screening can help stop cancer before it starts. The campaign encourages those eligible for screening - aged 25 to 64, to respond to their cervical screening invitations and to book an appointment at their GP practice if they missed their last one.

Statistically 2 women die every day from cervical cancer in England. Yet it is one of the most preventable cancers and getting screened can help stop it before it starts. Screening checks for certain types of the HPV virus that can cause cell changes to your cervix. Cell changes are easily treated and this prevents cervical cancer.

Please contact us on **01886 880 207** to book in.