

Newsletter-June 2024

It's *Diabetes Awareness week*
(10-16 June 2024)



This month take some time to know more about diabetes, how to reverse it and how to improve your blood sugar control!

Go on knowdiabetes.co.org and login to access lots of FREE reliable resources on diabetes 1 and 2 and tasty advice to improve both your meals and your sugar levels!



The screenshot shows the homepage of the knowdiabetes website. At the top left is the logo 'knowdiabetes'. To the right is a search bar with a magnifying glass icon and a red arrow pointing to it. Below the logo is a navigation menu with items: Home, Know More, Be Healthier, Prevention, Learning Zone, Get Involved, and About Us. On the far right of the menu is a 'Login/Register' button. Below the navigation menu is a section titled 'Resources in other languages' with four circular images representing different cuisines: Arabic, Punjabi, Gujarati, and Urdu.



RUNNING OUT OF MEDICATIONS?

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



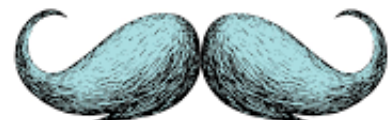
Let's talk about
**cervical
cancer**

Around 3,200 women are diagnosed with cervical cancer in the UK each year.

Don't be one of them, prevent it and get your cervical smear on time!

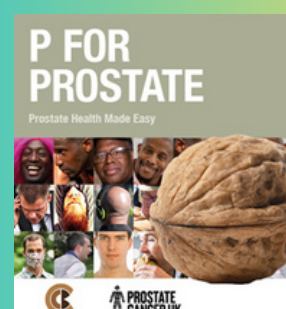
CONTACT US to book an appointment with our nurse and get protected now!

**MEN'S
HEALTH WEEK**



This June we focus on Men's Health, including prostate cancer prevention.

Find out more on:
menshealthforum.org.uk





GIVE US YOUR FEEDBACK!



If you've had an appointment with us recently, why you don't tell us what you think – it only takes few seconds!



SPARE TIME, CONTACT US ONLINE!



- PATCH is an online consultation service that helps you communicate with your GP more quickly.
- Answer a few simple questions and the practice staff will respond to you within 24h. **Start now!**