



## Your Doctors

Dr C. Carey (f)  
Dr J. Wood (m)  
Dr M. D'Ambrogio (f)

### Telephone

**01409 241215**

### Practice Manager

Sue McLaren

### **OPENING TIMES**

**8am—6.00pm**  
**Dispensary 9am-5pm**

Closed Saturday & Sunday

### **Enhanced Access**

Monday & Tuesday evening, by pre-booked appointment only.

**Call 111 for medical advice & direction: 999 for life-threatening emergencies.**

### **When to call 999?**

**You should always call 999 in a life-threatening emergency:** heavy bleeding, chest pain, collapse or losing consciousness, extensive/major burns, sudden facial or limb weakness, seizures, spinal injury, floppy unwell infant, severe allergic reaction, poisoning or overdose, headache with loss of consciousness **all need 999.**

If you are unsure what to do, dial 111 to be directed.



## ARE YOU HEALTH CHECKED?

If you're aged between 40 and 74 and do not have a pre-existing health condition, did you know that you are entitled to a free NHS Health Check every 5 years?

The check is a free check-up of your overall health, held at your surgery. It can tell you whether you're at higher risk of getting certain health problems, such as:

- heart disease
- diabetes
- kidney disease
- stroke

During the check-up you'll discuss how to reduce your risk of these conditions. If you're aged over 65, you'll also be told about symptoms of dementia to look out for.



**GET IN TOUCH after 11am  
IF YOU'D LIKE TO BOOK IN**

### WHAT HAPPENS AT A HEALTH CHECK

Your NHS Health Check will be done by a healthcare professional. This will usually be a nurse or a Healthcare Assistant.

The check takes about 20 to 30 minutes and usually includes:

- measuring your height and weight
- measuring your waist
- a blood pressure test
- a cholesterol test



and possibly a blood sugar level test, which is usually only a finger-prick blood test. You'll also be asked some questions about your health including:

- whether any of your close relatives have had any medical conditions
- if you smoke, and how much
- if you drink alcohol, and how much
- how much physical activity you do

Your age, gender and ethnicity may also be recorded.

Early detection of health conditions can be crucial to treatment options and outcomes, so we want to encourage you to take up a check if you are eligible. Stay as fit and well for as long as you can!

# Did Not Attends! The facts revealed

We know things occur that can make cancelling an appointment difficult - everyone forgets from time to time, lines are busy when you try to get through, something occurs that stops you being able to let us know. We understand this. At Bradworthy Surgery we usually have very few of these instances, when people simply do not turn up for appointments with that appointment time then being lost.

However, December's DNA (Did Not Attend) figures showed an alarming increase in missed appointments.

**41 patient appointments** were missed without us getting any notice, and not able to offer them elsewhere. This equates to **9 hours and 35 minutes**— a whole day's worth of appointment time lost.

So, just a reminder that if you are unable to attend a previously-booked appointment, to let us know AS SOON AS you can, even if the appointment is that day. We may still be able to offer it to someone else.

You can cancel appointments using **NHSApp**, **PatientOnline** (if you don't have this, please ask at reception), or by calling the surgery as soon as you know you won't be needing the appointment.

Our system logs every DNA against a patient's record, which we are able to check. People who frequently DNA will be contacted by us.



Don't forget to cancel! Thank you.

## Help stop infections from spreading by

- Staying at home if you feel unwell
- Washing your hands regularly
- Catching coughs and sneezes in a tissue
- Opening a window when meeting others indoors
- If you need to go out, consider wearing a mask

UK Health Security Agency **NHS**

### You'll be offered the RSV vaccine once you turn 75

RSV can cause pneumonia and other **life-threatening conditions in older adults**, with thousands needing hospital care every year.

From Sep 2024 the vaccine will be offered to adults when they turn 75. There will be a one-off catch-up programme for those already aged 75-79.

## Shingles Vaccinations

### HOW OLD ARE YOU?

Eligible	Turning 65	70 to 79
50+ with a severely weakened immune system* (severely immunocompromised) You're eligible now	You'll be eligible from your 65th birthday	You're eligible now
Not eligible	Under 64, turned 65 before 1st Sept or currently 66 to 69	Over 80

### ONLINE PAIN CAFE

A well-being space to learn to live well with pain  
No pain café in your area? Unable to join us in person but want to experience the pain café? Join us online every last Thursday of the month

Thursday 30th January 12pm  
Thursday 27th February 12pm  
Thursday 27th March 12pm  
Thursday 24th April 12pm  
Thursday 29th May 12pm  
Thursday 26th June 12pm

No booking required - Free service  
Contact - libby.huddy@imagineif.net  
<https://pain.cafe/> - Link can be found on Website  
<https://www.facebook.com/CornwallandDevonPainCafes/>

CONNECTED  
By Pain

imagine if

KEEP UP TO DATE!  
BRADWORTHY SURGERY  
is on FACEBOOK

