

## Current Health Campaigns – Oct, Nov, Dec

### October 2022

Stoptober is back this October! Now its in its 11<sup>th</sup> year, Stoptober is a great opportunity to encourage smokers to make a quit attempt and help them sustain it throughout October and beyond!



### November 2022

Mental health and suicide prevention, prostate cancer, and testicular cancer – they are taking them all on.

Since 2003, Movember has funded more than 1,250 men’s health projects around the world, challenging the status quo, shaking up men’s health research and transforming the way health services reach and support men.



### December 2022

This year, we will again be collecting Christmas presents for children to donate to the mission Christmas appeal. We are registered as a drop off point and will ensure all the presents arrive safely at head quarters in time for children to receive them this Christmas. Our cut off point for accepting presents will be **Friday 2<sup>nd</sup> December**. For more information on this please see our website.



‘Striving for excellence in healthcare for You and Your Community’

Winter 2022

# Patient Newsletter



## Winter Edition



We are very pleased to announce that we have two new female GP’s starting with us here at The Chorley Surgery from the beginning of October!

Dr Barron will be working Wednesdays and Thursdays currently and also Fridays from December.

Dr Almond will be working Mondays and Tuesdays.

A huge welcome to The Chorley Surgery team! 😊

Dr Almond



Dr Barron





Flu season is here! Our flu clinics started on Saturday 1<sup>st</sup> September. We have some weekend and weekday appointments available. We are sending text messages out with a link for you to book into a chosen time/date of your choice. If you have not yet received a message and you think you may be eligible, please get in touch!



**We are here to  
help you stay well  
this winter**

#### Our Top tips for being winter wise:

- Get a flu jab
- Get a COVID booster when it is offered
- Heat your home to at least 18 degrees (if you can)
- Find out about help to pay for your heating at: [www.simpleenergyadvice.org.uk](http://www.simpleenergyadvice.org.uk)
- Keep active around the house
- If you are feeling down or depressed contact us
- Make sure you have the medication you need (especially during Christmas week)
- Check on other people who might need help this winter

#### CONTACT US

You can find information about the surgery, booking appointments, and lots of other useful information via:

Website: [www.thechorleysurgery.com](http://www.thechorleysurgery.com)

Facebook:

[www.facebook.com/thechorleysurgery/](https://www.facebook.com/thechorleysurgery/)

Telephone number:

01257 513970

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#### Social Prescriber Drop in sessions

Our social prescriber Suzanne has very kindly agreed to do some drop-in sessions here at the surgery for our patients 😊

Suzanne sets up in the small front waiting room (next to the usual waiting room) no appointments necessary, all patients are welcome to pop in for a chat and see if there is any support, she can provide for you. You can find more information on the service via our website.

**Next drop in session dates:**

**Tuesday 15<sup>th</sup> November 9am-12pm**



#### National Award

You may have come across Dr Grant, one of our fantastic GP's here at the surgery. In addition to his role as GP, he is also our active practice lead (as well as many other things!). He has been working hard to encourage and implement active practice and lifestyle for our staff here at the surgery. Dr Grant has arranged staff walks, 'active advent' last Christmas where all staff chose to do something active each day during advent and much more. Dr Grant has been recognised on a national level for his work and commitment to encouraging us all to become more active. He recently received, on behalf of the practice the Proactive practice award. Fantastic achievement!

