



# BLACKTHORN HEALTH CENTRE OCTOBER NEWSLETTER 2017

From  Public Health  
England

What's  
Stoptober?

It's like  
October  
but without  
cigarettes!



Be part of the challenge. Starts 1st October.  
Search Stoptober.

Get involved  /stoptober  @stoptober

Stoptober

  
SMOKEFREE

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# Sign up to Stoptober with friends, family and colleagues.

Research shows smokers are 67% more likely to quit if their partner also stops smoking and 36% more likely to quit if a friend stops.

Smokers across the country are being urged to sign up to Stoptober (<https://www.nhs.uk/oneyou/stoptober/home>) the country's 28 day mass quit attempt from Public Health England (PHE), to receive support and encouragement every step of the way from some of the nation's top comedians.

To stand an even better chance of quitting, they are encouraged to sign up with their friends, family and colleagues, as evidence reveals that this type of "social quitting" can dramatically improve people's chances of successfully stopping.

Research shows that smokers are two-thirds (67%) more likely to quit when their spouse stops smoking, and a third more likely to quit when a close friend (36%) or someone they work with (34%) stops. The data also shows that individuals are much more likely (61%) to smoke if their partner or a close friend smokes, showing the powerful influence that people's social networks have on their own smoking behaviour.

This is backed up by a study of smokers in Australia, Canada, the UK and the United States which shows that the fewer smoking friends someone has, the more likely they are to succeed in a quit attempt.

Over a quarter of a million people across the country signed up to Stoptober last year with more than half making it to 28 days. This year, it is expected the campaign will welcome the millionth sign up. By stopping smoking for 28 days you are 5 times more likely to stop for good.

Smoking is still our biggest preventable killer. 80,000 people die a year in England because of smoking, and so stopping smoking is the single best thing a person can do for their health.

The benefits of stopping smoking are almost immediate, quitters will soon see reduced blood pressure, easier breathing and better circulation. It is one of the things a person can do to improve their health and reduce their chances of developing long-term conditions and dying prematurely.

Book in now for an appointment with one of our Quitters trained Health Care Assistants.

NB:- From 1st October 2015 the law is changing and it will become illegal to smoke in vehicles with someone under the age of 18 present in the vehicle. Both driver and passenger could be fined £50.



## BLACKTHORN HEALTH CENTRE ANNUAL ADULT FLU CLINIC

SATURDAY 14TH OCTOBER AND 11TH NOVEMBER  
FROM 8AM BOOKING NOW!!

Flu vaccinations are available every year on the NHS for people in one of the at risk groups to protect people who are at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people such as:

- Patients aged 65 and over
- Pregnant women
- people with an underlying health condition
- People with long-term heart or Respiratory disease
- People with a weakened immune system

If you're in one of these at risk groups, you're more likely to develop potentially serious complications such as Pneumonia (a Lung infection), so it's well worth having a flu jab every year to protect you. Flu jabs for people in the at risk groups are available free on the NHS.

If you are in any doubt as to whether you are in one of the at risk groups please call and speak to a Receptionist who can advise you.

## **Attendance/Non-Attendance by Patients**

In the month of **SEPTEMBER**, **111 Appointments** were not attended this equated to **21.5 HOURS** of GP, Nurse and Health Care Assistant time being wasted.

Please make sure you cancel any appointments that you no longer need in good time so that they may be offered to another patient.

Cancelling your appointment is even easier now if you receive Text reminders as you are able to send a text back to cancel any appointments that you no longer require. Simply follow the instructions when you receive your reminder text. You can also call the surgery, choosing Option 4 and leave a message.

For more information and how to register please visit:

**<https://patient.emisaccess.co.uk>**

## **When the Surgery is closed**

**If you have a healthcare need when the Surgery is closed please see contact details below:-**

**NHS Out of Hours Service. Tel No: 111**

**If you have a life threatening emergency please Telephone 999**

**A&E is under intense pressure please do not attend for minor ailments or problems**

## **Reception Private Side Room**

Should you wish to speak to a member of staff in private please be advised that the side room next to our main Reception Desk is available for patients or visitors at all times so they may speak to a member of staff in total confidence.

## **Blackthorn Health Centre Contact details**

Email: [WHCCG.BlackthornHealthCentre-reception@nhs.net](mailto:WHCCG.BlackthornHealthCentre-reception@nhs.net)

Website: [www.blackthornhealthcentre.org.uk](http://www.blackthornhealthcentre.org.uk)

Telephone: 02380 453110

Fax: 02380 452747



## WHERE TO GO FOR TREATMENT

Self-Care	Grazed knee Cough or cold Sore throat	Make sure your medicine cupboard is stocked up with over the counter remedies
Pharmacy	Diarrhoea Runny nose Headache Eye Infections (2 years +)	For advice on common illnesses and medicines to treat them
NHS 111	Unsure Unwell Confused Need to know where to go outside of GP opening hours	Outside your normal GP opening hours of when you need medical help fast and it is not a 999 emergency
eConsult (WebGP)	Before calling your GP	Illnesses which do not need a physical examination
Blackthorn Health Centre	Ear pain Backache Throat Infection Sprains & Cuts	If you have an illness or injury that will not go away, contact the surgery
Minor Injuries Unit	Minor breaks / fractures	Where a Diagnostic examination (for example an X-Ray or Ultrasound) is needed
A&E & 999	Choking Chest Pain Blackout Blood loss	Life threatening situations and emergency