**Riverside Surgery Newsletter**

**June 2018**

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| **Surgery Opening times** | | | |
|  | **Open** | **Lunch** | **Closed** |
| **Monday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Tuesday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Wednesday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Thursday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Friday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |

**The practice is open on a Wednesday morning between 07.00am and 9.00am for pre-booked appointments only; these will be with the Advanced Nurse Practitioner.**

**The surgery will be closed on the afternoon of Tuesday 19th June for Protected Learning time.**

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| **Mens Health Awareness Week**  Between the 11 and 17th June the Mens Health Forum will be campaigning to raise awareness of preventable health issues and to encourage the male population to seek medical advice for any health-related problems.  C:\Users\GARNT\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T0B5FTK0\Mens_health_forum_logo.svg[1].png  The aim of the week is to try and get men to become more aware of problems they have or could develop and have the courage to do something about it.  The focus this year will be on men and diabetes. Men are more likely to suffer from Diabetes, they are also more likely to suffer from complications, amputation and even death as a result of this illness. |

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| **Cervical Screening**  Around 3200 women are diagnosed with cervical cancer in the UK each year, about 2 in every 100 cancers diagnosed in women are cervical and these cancers are more common in younger women. More than half of those diagnosed are under 45.  It is therefore vital that you attend your cervical screening appointment as it is the most effective way of preventing cervical cancer. | |
| C:\Users\GARNT\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FLGFPSA4\facebook-logo[1].jpg  Did you know that we now have a facebook page where we update our patients on everything that is happening within the surgery and also the NHS!  You can even book your appointment (will need to register for online services first) and phone us through the facebook link! | **Confidentiality**  To avoid any ill feeling,  if you would like us to be able to speak to a designated third party on your behalf regarding your medical information including confirming appointments could you please ask for the consent form at Reception, unfortunately unless we have your consent in writing we will not be able to discuss confidential information with anyone else. |

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| **Healthy Eating Week**  The British Nutritional Foundation is promoting a healthy eating week between the 11th and 17th June. They have five challenges for people during the week   * Eat breakfast * Have your five a day * Drink plenty of water * Get active and move more * Try something new – set yourself a goal   C:\Users\GARNT\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FWFSLBJ5\Healthy-Living-Tips-to-Prevent-Cancer-294x300[1].jpg  If you go to [www.nutrition.org.uk](http://www.nutrition.org.uk) you will find a wide range of information about living a healthy and active lifestyle. |