



# BLACKTHORN HEALTH CENTRE MARCH NEWSLETTER 2019



## NATIONAL NO SMOKING DAY 13TH MARCH 2019

Smoking is by far the biggest single preventable cause of death and disease in the UK.

For every year of continued smoking after the age of 35-40 years a person loses 3 months life expectancy.

Along with the health benefits the benefits to your pocket could be as much as:- £56 a week, £244 a Month and £2,900 a Year!!

Here at Blackthorn we have got all you need to help you achieve your goal to stop smoking with qualified quit 4 life counsellors. They offer one to one counselling appointments.

They can offer a wide range of medications to help you to stop smoking including Patches, Inhalators, Gum and Tablets. So please book a Quitters appointment now with our Health Care Assistants and start enjoying the benefits immediately.



## EASTER CLOSURE

**Blackthorn Health Centre will be closed from  
6.30 p.m. Thursday the 18th of April re-opening  
at 7.30a.m. Tuesday the 23rd April.**



## **CITIZENS ADVICE BUREAU COMING TO HAMBLE**

**From the 6th February The Citizens Advice Bureau will be running a session in Hamble. Provided by Citizens Advice Eastleigh, the service offers free, impartial and confidential advice on a wide range of issues including welfare benefits, debt, housing, employment and family matters. The new drop in advice session will offer a safe and confidential space to discuss your situation and possible ways forward. Appointments are not required, just come in to The Mercury (the new Hamble Library building opposite Hamble Church) between 10am and 12.30pm on the first Wednesday of the month.**

**Telephone advice is also available by calling 03444 111 306 and online  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**



## **BLOOD PRESSURE MACHINES OUT ON LOAN**

**A polite request to patients that may still have a Blood Pressure Machine on loan. Please return the machines as soon as you have finished using them so another patient may benefit from it as we have a waiting list for our Blood pressure monitors.**



## **Blackthorn Health Centre now have a Facebook Page.**

We will be posting and sharing various posts on the NHS, the Practice and news about the surrounding area that may affect our patients.

[www.facebook.com/BlackthornHealthCentre](http://www.facebook.com/BlackthornHealthCentre)

Remember to Like and follow our page to stay up to date with these updates. You can also share this page with friends and family.

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

In the month of **FEBRUARY**, **135 Appointments** were not attended this equated to **28.1 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**

### **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