



The South Lawn Medical Practice News

March 2018

Spring Break



If you are lucky enough to be planning an early getaway this

year, please make sure you allow enough time to be booked in for any travel vaccinations recommended for the area you are visiting. Some vaccinations require a course of injections to be given over several weeks

If you book a last minute holiday then a pharmacy may be able to help with vaccinations at short notice if the Practice Nurse are fully booked.

GET READY TO STOP SMOKING!

Wednesday 14th March is National Stop Smoking Day.

Every year, more than a million people manage to quit smoking on No Smoking Day. If you are serious about giving up this year, ask at Reception or ring our appointments line on 01392 281100 to book a consultation with a Nurse shortly before the date you wish to give up. Nurses can help you decide on a Nicotine Replacement Therapy to suit you.



Or, if you'd like group support, try the NHS Stop Smoking Service on 0800 169 0 169.

The NHS Website is also useful: www.nosmokingday.org.uk

Friends Donations

The Friends of Heavitree Health Centre are always grateful for donations of books, bric a brac and even unwanted festive gifts for their shop.

Donations to the shop help the Friends generate the income they rely on to continue providing valuable services to patients of the Health Centre.

Please give donations directly to the shop— but if the shop is not open then the Receptionist will be happy to accept your donation.

Thank you.

Keeping Healthy

Why not take the healthy option and walk or cycle to your routine appointment at the Health Centre?

Your GP can recommend specific exercise classes such as ISCA Active or Waterbility.

The Practice Nurses are happy to see patients who would like an appointment for lifestyle or dietary advice, and can offer health eating diet advice sheets when needed.



Why not visit us online - www.slmp.co.uk