**Welcome to our 2015 / 2016 Newsletter!**

**Flu vaccination**

If you have not had your Flu Vaccination yet, there is still time and we would encourage you to do so, please contact the surgery to make an appointment as soon as possible.

**Patient meetings with Primary Care Navigators**

Millennium Family Practice in conjunction with Bridges Medical Practice are working with Trinity Square Management and other tenants of the Square to offer patients services out of the practice (i.e. coffee mornings at Altin Coffee House on the High Street). This will initially be for patients who just want to meet each other, find out what other services are available for them and will be facilitated by our Primary Care navigator- Dawn. For more details, ask to speak to her.

**Volunteering**

Would you like to volunteer for the practice? For more information, please contact Tracy Atkinson Practice Manager on 0191 4783678. We would really like some patients to become “Health Champions” whether they would like to help our young and vulnerable or elderly and frail patients.

**NHS Health Check**

The NHS Health Check is for adults in England between the ages of 40 and 74. It will give you and your GP a clearer picture of your health, and help you take action to reduce your risk of heart disease, stroke, and Type 2 diabetes and kidney disease.

Please contact a member of the reception team who will check your eligibility and offer you an appointment. It’s all about prevention!

**Have you ever served in the Armed Forces?**

The NHS offers Healthcare information and support for the UK's 10 million-strong armed forces community, including serving personnel, reservists, families and veterans. For more information, please contact reception.

**Do you care for a family member or a friend?**

We also need to know who you are and signpost you to all the services available for carers.  For more information, please contact reception.

If you care for someone with a learning disability, it is vital they have their annual health check and flu vaccination. They are some of our most vulnerable patients and would benefit from this.

**Updating your contact details**

We may need to contact you, please ensure we have your updated landline, work and/or mobile numbers as well as your email. Please remember, you need to give us your consent if you want a relative or a friend to discuss your problems or medication. Your confidentiality is important to us!

**Access to your medical records online**

Would you like to make your appointments online? Order your repeat prescriptions online? See part of your medical records? If so, please speak to our receptionists.

Millennium Family Practice.