

Cockhedge Medical Centre

Newsletter February 2019

HEALTH CARE ASSISTANT CLINICS

Please be advised that from January 2019 we have made some changes to how we run our health care assistant clinics. Our health care assistant, Clare will be running clinics on a Tuesday 8am-6pm and Wednesday 8am-1pm.

1ST-28TH FEB - RAYNAUD AWARENESS MONTH

1 in 6 people in the UK live with Raynaud's. In people who have Raynaud's, the small blood vessels in the extremities such as hands and feet, fingers or toes are over sensitive to even the slightest changes in temperature, the cold and sometimes stress. This causes a Raynaud's attack where the fingers sometimes change colour, but not always, from white, to blue, to red. a Raynaud's attack can be very uncomfortable, possibly painful, process. it can also make everyday tasks, like buttoning a jacket or unzipping a purse very difficult. For more information visit: www.raynauds.org.uk

PATIENTS WHO DO NOT ATTEND APPOINTMENTS (DNA)

During January the number of patients who DNA was 33. Please help us bring this figure down. Missed appointments cost the practice up to £30 each time. We need your help with this, so please let us know as soon as possible if you are unable to attend your appointment so that it can be offered to someone else.

WE
WILL BE
CLOSED ON
THURSDAY
28TH FEBRUARY
FROM 1.00PM
FOR PROTECTED
LEARNING AND
TRAINING TIME. WE
APOLOGISE FOR
ANY
INCONVENIENCE