NEWSLETTER DATE: 10/01/2022





As we begin a new year there is no better time to make changes to improve your health. New year's resolutions can often include things to improve your lifestyle, whether that be to cut down on your alcohol with dry January, reducing your meat intake with Veganuary, stopping smoking or making the most of those January offers at your local gym. There are so many small steps you can take that can make a big difference to your physical and mental wellbeing and these do not all need to be committed to at the start of the year. Anytime is a GOOD time

The NHS has lots of tools and advice on its better health website including helpful apps to download such as food scanners and easy meal ideas to keep you on track while on the move

Better Health - NHS (www.nhs.uk)

You can also <u>find simple ways to lift your mood</u> with Every Mind Matters.

There has never been a better time to kickstart your health. Let's do this!



### As you find yourself recovering from COVID-19

You may still be coming to terms with the impact the virus has had on both your body and mind.

These changes should get better over time, some may take longer than others, but there are things you can do to help.

Your COVID Recovery helps you to understand what has happened and what you might expect as part of your recovery.



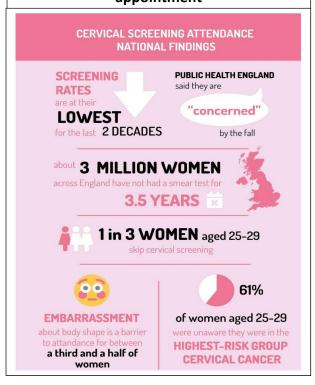
A warm welcome to our new receptionists

Jayne and Glynis who will be working

across our three sites



We want to raise awareness of cervical screening. One in four women and people with a cervix don't attend a cervical screening and we want to change that. If you have been invited for your routine smear test please do not delay in booking this quick and potentially life saving appointment



We are looking for new members to join our Patient Participation Group (PPG) and for someone to be Chair person and secretary of the PPG. This position would need commitment of an hour long meeting every other month and some time in between to discuss issues with the surgery to prepare for the meetings

If you are interested in this position, please contact our practice manager Liz Richards on liz.richards7@nhs.net



## **Covid -19 Vaccination Programme**

We are now calling all 16-17 year olds for your covid boosters if you have had your second vaccine more than 3 months ago

# Are your contact details up to date?

It is important that we have up to date phone numbers and address for all our patients. If your details have changed please put this in writing via our website

### **Useful information links**

Book or manage a coronavirus (COVID-19) vaccination - NHS (www.nhs.uk)



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