

NHS Health Checks



We continue to offer NHS health checks to patients

If you're aged 40-74 and you haven't had a stroke, or you don't already have heart disease, diabetes or kidney disease, you should have an NHS Health Check every five years.

Please visit the link below for a full explanation on what is involved. Please contact the surgery if you would like to receive a check.

<https://www.nhs.uk/Conditions/nhs-health-check/Pages/What-is-an-NHS-Health-Check-new.aspx>



Get involved with
Carers Week 2019
10 - 16 June

Norwich: Carers Support Day

**At the Forum, Norwich
Friday 14th 10am-4pm**

Physical activity and Health Promotion board

A number of Paston staff have started an activity board in the waiting room (blue board next to the blood pressure machine). We plan to include updates on how to keep yourself healthy with tips for exercise and a healthy lifestyle.



PASTON
SURGERY

Surgery Newsletter

Issue No. 19
June - July 2019



PASTON
SURGERY

The Surgery will be Closed on the following Days.

Tuesday 18th June - Only Closed 1pm - 2.30pm
Wednesday 3rd July - Only Closed 1pm - 2.30pm

When the surgery is closed & you need urgent medical assistance, please telephone **111**
If you are experiencing chest pains, severe breathing difficulties or signs of a stroke please dial **999**

Staff changes

We are very happy to have a new HCA join us, Susan. We are also pleased to see Carly (a member of the patient liaison team) continuing to expand on her HCA skills, now working both in the PLT and running her own HCA clinics.

We welcome Dr Cathryn Ruddock who has also joined us as cover during Dr Kellys maternity leave.

We also have two new trainee GPs starting with us in August.

New Patients Welcome

Our practice list remains open and we continue to encourage new registrations.



PPG - Patient Participation Group

The PPG has raised over £2,000 to date and continues to support Paston surgery and its patients.

For additional information, or to join our PPG please contact the surgery on 01692 403015. Alternatively you can email the surgery at paston.surgery@nhs.net

Practice Wi-Fi

We are very happy to provide free internet access for our patients.



Simple turn of the Wi-Fi from your device (phone, tablet etc.) and select 'NHS Wi-Fi Public' from the list of hotspots.

Your device will then guide you through the registration. For more information please visit

<https://www.skywifi.cloud/>

Holiday Vaccinations



When travelling away please contact the surgery with plenty of notice if you require any travel vaccine. We may need to order in specific vaccines, or may not be able to provide a vaccine you require.

The reception team will be able to book a travel vaccine appointment with our nursing team who will check any vaccines you may need and discuss any further travel advice.

Please pass any suggestions for future editions on to the reception team or via our email paston.surgery@nhs.net



You can use our online services to **book** appointments, **order** medication and **request** access to view your medical records.

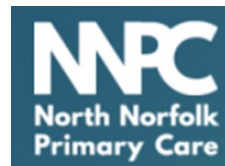
This is all available via a link on our website or via a mobile app (Apple IOS or Google Android).



You will need a **login and password** for the online system. To receive these please speak to **dispensary or reception**.

Health Information Video Library

Norfolk Primary Care has created an online video library containing medical information and guidance.



You can view this at the link below.

<http://videos.northnorfolkprimarycare.co.uk/>