

# CROFT MEDICAL CENTRE—AUTUMN NEWSLETTER

September-December 2018

Are you eligible for a free  
NHS flu vaccination?

Flu can be more dangerous if  
you are over 65, have an existing  
health problem, are pregnant, a  
carer, or children under 4.

Don't put it off. Get your flu  
vaccination straight away.  
Ask at your GP Practice.



## Walk in Flu Clinics

9.00am-11.30am

Sat 29th September Croft MC

Sat 6th October Lisle Court MC

Sat 13th October Croft MC

Sat 2th October Croft MC

Sat 27th Oct Lisle Court MC

1.30pm-4.00pm

Tues 2nd October B. Tachbrook

Tuesday 16th October B. Tachbrook

We will also be visiting all care homes  
and patients who are housebound.



According to Cancer Research UK, tobacco is the leading cause of preventable death in the world. Research has shown that if you can stop for 28 days, you are five times more likely to be able to give up smoking for good. **The Nurses at Croft offer an individual, monitored plan to help you quit. Ask at reception for more information.**

## Extended Access to GP services

This service is part of the national NHS initiative to improve patient access to GP services. You can now pre-book appointments to see a GP or Nurse between

**6pm-9pm Monday – Friday**

**9am-1pm Saturday and Sunday**

In South Warwickshire these services will run through two hubs, Waterside Medical Centre and (Leamington Spa) and Trinity Court Medical Centre (Stratford upon Avon). Appointments can be made at reception during normal working hours.

At the first  
sign of a  
winter illness  
seek advice  
from a  
pharmacist



Most winter illnesses can be treated by over the counter medication from a pharmacy. Your local pharmacist can see you without an appointment and provide you with advice on how to manage your minor illness. For more information **Visit: [www.nhs.uk/staywell](http://www.nhs.uk/staywell)**

**STAYWELL  
THISWINTER**

## Your opinion matters to us

Croft Medical Centre works hard to provide a high quality service to our patients, but we are always striving to be better.

We welcome any feedback you may have.

Here's how to get in touch

**Email: [croftadmin@nhs.net](mailto:croftadmin@nhs.net)**

**Tel: 01926 421153**

**Comment cards** - available in reception

**PPG**

a representative group of patients who meet regularly at the practice as well as an email group. To join, please give your details to reception.

## What's happening in your local community centre

The SYDNI Centre provides facilities for information, recreation, sport, education and leisure. Here are just some of the activities run there. For more information, pick up a copy of the latest booklet from the surgery, pop into the Sydni Centre, go to [www.sydni.org](http://www.sydni.org) or call 01926 422071

### **Mondays**

Zumba Gold 9.30am-10.30am  
Sydniwinks 9.30am-11.30am  
Gardening 11.30am-11.30am-12.30am  
Chair exercise 11.30-12.30  
Parkinsons physio 11.00am-12.45pm  
Table tennis 2.00pm-4.00pm  
1st Sydenham Cubs/Scouts 6.30pm-8.30pm

### **Tuesdays**

Mind 9.30am-10.30am  
Yoga 11.00am-12.30 pm  
Circle of Tea 10am-11.30am  
Turning point 9.30am-4.00pm  
Sydni singers 10.00am-12.00pm

### **Wednesdays**

Women's group 9.30am-12.00pm  
Walking group 10.15m  
IT drop in 2.00pm—4.00pm  
English for life 9.30pm-12.00pm  
Craft Group 2.00pm-4.00pm  
Bhangra Burn—6.00pm-7.00pm

### **Thursdays**

Turning point 9.30am-4.00pm  
The creation gym 1.00pm-3.00pm  
1st Sydenham beavers 6.00pm-7.45pm

### **Fridays**

Bingo 1.00pm-3.00pm  
Mancraft .00pm-6.00pm