



The Wycliffe Medical Practice Newsletter

January 2016



Have you made a New Year's resolution to improve your health in 2016?

If you have decided that 2016 is the year you would like to stop smoking then please book an appointment with our Stop Smoking Advisor, Lisa Hutchinson. If you would prefer to speak to Lisa by phone we can arrange this at a time to suit you - Lisa is happy provide face to face or phone support to patients who wish to stop smoking and also to have a chat with those who might not yet be fully committed to giving up but who would like a bit more information. Please speak to our Reception Team or call us on 01455 553531 to arrange this.

Help is available for patients who would like support to lose weight;

You may be interested to know that there is a special free Weight Management Service funded Harborough District Council. The options available include 12 free sessions at Weight Watchers to help you get off to a good start – if your BMI is above 25 please call 0116 222 7192 to get vouchers for this scheme.

If you want to start to exercise in 2016 you can join the Active Lifestyle Scheme.

Participants obtain discounted use of the gym and swimming facilities at Lutterworth Sports Centre. The scheme is designed for patients with long term health issues who would benefit from an exercise programme. This includes a wide range of conditions from diabetes or high blood pressure to simply being above a healthy weight. If you think the scheme could help you, we need to know your height, weight and blood pressure together with a day time contact number. You can take these measurements at home or in our Health Information Room. Please give the details to our Reception Team, either at the front desk or by telephone, so that we can prepare an application form for you. You will need to visit the surgery to sign the application form which we will then submit on your behalf. The scheme co-ordinator will call you to make arrangements for you to start your programme.



HAPPY NEW YEAR!



Welcome Back to Dr Shapiro

We are very pleased to welcome back Dr Binta Shapiro who has returned from maternity leave.
Dr Shapiro will be available on Mondays and Wednesdays.

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Cervical Cancer Prevention Week 24 – 30 January 2016

Jo's cervical
cancer trust



Cervical Cancer Prevention Week is a UK wide initiative led by Jo's Cervical Cancer Trust. For more information visit www.jostrust.org.uk

Are you Diabetic?

Do you monitor your blood sugar levels using a testing metre?

If so, we would like to invite you to a special educational evening event we are holding on

Tuesday 2 February

6.30pm- 7.30pm

at

The Wycliffe Medical Practice

If you would like to reserve a place at the event, please call 01455 553531 & leave your contact details

with our Reception Team, or email us at

wycliffe.medicalpractice@nhs.net