

# The Wycliffe Medical Practice Newsletter

## January & February 2018

**Welcome to our Newsletter - this edition provides information about accessing services to help 2018 to be a healthy new year for you.**

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**Do you find it difficult to cope with everyday life because of low mood, your age or your caring responsibilities?**

If so, our Local Area Co-ordinator, Lynne, may be able to help.

**Lynne will be hosting drop in sessions in the Community Room between 9.30am - 12.30pm on Wednesday 24 January 2018 and Wednesday 28 February 2018**

Lynne wants to help you make your life better, so please come and see what is available. Please collect a leaflet from Reception.

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**Do you have a problem relating to your joints or muscles?**

Patients aged 16+ who suffer with neck or back pain, arthritis or have pain from a sprain, strain or injury can now self-refer to Physiotherapy without the need to see a GP . Please call 01509 564 379 Monday - Friday between 8am and 3pm. You will need to have your NHS number ready when you call.

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**If your BMI is 30 or above the LEAP programme can help you to lose weight in a friendly,**

**supportive environment.** This is a 12 week course focusing on nutrition and exercises to suit everyone. The Lutterworth LEAP programme runs on Monday Mornings at the Wycliffe Rooms. Please call 0116 222 7154 if you would like to find out more - you can start at any stage in January or February.

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### **Do you enjoy walking or are you looking for a new hobby?**

Then take a break at the weekend and join Lutterworth Ramblers for a healthy and sociable visit to the countryside. The group welcomes visitors and new members - they meet most Sundays for walks of varying lengths - from gentle strolls to more strenuous walks for keen ramblers. Visit their website

[www.lutterworthramblers.org.uk](http://www.lutterworthramblers.org.uk) or call John Whitehead for more information on 01455 554345



### **National Diabetes Prevention Programme**

All over the country the National Diabetes Programme is working hard to educate people, who are at risk of developing diabetes, about how to make simple changes to their lifestyle to reduce their risks.

We have been pleased to host sessions here in our own building, making it convenient for our patients to access this service.

Here are some comments from people who have attended sessions:

**“I have increased my exercise level, reduced my fat intake and become more conscious of my food choices.”**

**“It has made me stop and think about foods I was having and given me knowledge on how I can change to help reduce my sugar levels”**

**“Very well organised session and very friendly and knowledgeable instructions”**

The course is available free of charge to everyone who is at risk of developing diabetes. This risk is assessed with a simple blood test. If you are concerned that you may be at risk please mention this at your next appointment, or arrange a telephone consultation with your GP to discuss.

**QUIT READY LEICESTERSHIRE** offers smoking cessation support.



They have advisors available 9am - 7pm Monday-Friday and 10am - 2pm on Saturday. The friendly advisors will provide you with information and ongoing support tailored for you individually. They can issue free medication to help you stop smoking.

Please call 0345 646 6666 if you would like to stop smoking now or want to know how to plan to stop in the future.

Alternatively, you can visit their website [www.quitready.co.uk](http://www.quitready.co.uk)