

Look forward to a New Year, New You with Wellbeing for Life

As the festive period for many is a time of over indulgence followed by resolve to start the New year healthier, Wellbeing for Life are here to help.

The Wellbeing for Life service offers free support, both one to one or as a group to help you improve your health and wellbeing. This includes help to eat healthier, be more active, drink less alcohol, give up smoking, meet new people and learn new skills. For any individuals looking to make a change in 2019, it is easy to get involved with the service. We run a weekly surgery at Willington Medical Group on Thursdays between 1pm and 6pm. Your GP, Nurse or Healthcare Assistant can refer you to our service or you can call us on

- Freephone 0800 876 6887. Our friendly Wellbeing Practitioners
- will work with you over 8 weeks to help you develop a
- personalised plan for change, setting goals each week to help you achieve success. The service is **free** and available to anyone over the age of 16. However, if you feel you are likely to benefit from a group, why not join our popular Eat Wise and Drop a Size course at Willington One Point Centre? Over 8 weeks we will be looking at how to eat more healthily, reduce alcohol consumption and increase physical activity as well as deal with stress.

Weekly sessions start on Friday 18th January, 9.30-11.00am. To book a place please contact Faye Guy on 07919 625594. As well as personal support we offer the chance to attend free health related training courses such as 'Food and Mood', Diabetes Awareness and Basic Mental Health Awareness. Details of the courses may be found at www.hits.cdd.nhs.uk. If your new start includes being more involved in your community, perhaps you would like to volunteer with Wellbeing for Life. For more information on the role of Community Health Champion give us a call on the Freephone number or visit www.wellbeingforlife.net.

Willington Medical Group

**Newsletter
January &
February 2019**

Staff Training for February 2019

Willington Medical Group will be closed for Staff Training on Wednesday 20th February 2019 from 12 noon. The surgery will open on Thursday 21st February at 8am.

Practice News

We would like to welcome two new members of staff to the Practice Team. Susan Duff and Claire Parmley have joined as Receptionists. We also say goodbye and good luck to Sharon Wardell Practice Support Worker who leaves us in February to work at Darlington Memorial Hospital.

Nasal Flu Spray Catch Up Clinics for Children in Primary schools within County Durham & Darlington in Reception through to Year 5

Date	Time	Venue
26.01.19	09.00 - 12.00	The Louisa Centre Front Street, Stanley DH9 0TE
	13.30 - 16.00	Chester le Street Community Centre, Newcastle Rd Chester le Street DH3 3TS

Dicing with Debt?

Don't leave it to chance, if you've been caught short after Christmas or you're struggling with income issues, don't wait..... speak to experts who can help you.

Ask at reception for a referral to the Healthier & Wealthier Team, Citizens Advice, County Durham.

Tel: 01388 742500 Email: willingtonmedical-group@nhs.net

Website: www.willingtonmedicalgroup.org.uk

Charitable Activities

Staff at the Practice filled shoe boxes with small toys, stationery items, basic toiletries, sweets etc. We donated them to the Salvation Army in Crook along with new toys and food items that the Practice team have donated. Staff also donated items for the Women's Refuge.

The Practice also had a Charity Christmas Jumper Day and raised £11.



Items donated for the women's refuge, 15 Christmas stockings



Donations to the Salvation Army, 51 shoe boxes filled.

Help with stopping smoking

Is your New Year resolution to stop smoking? We offer a Stop Smoking clinic here at the surgery every Monday and Friday. You do not need to see a GP just book an appointment at reception.

Willington Happy Feet Running Group - Evening Run

If you would like to join - we are starting an evening 'Couch to 5k group' on Tuesday 5th March 2019 at 6.15pm. To sign up go to <https://runtogether.co.uk> and search Willington, Durham. This will lead you to our Run Together page for Willington Happy Feet. Running can help improve physical and mental health.

Cancelling appointments via text message

When you receive a text reminder for an appointment you will be asked if you want to cancel if you no longer need the appointment. To cancel, insert the word **CANCEL** in your text reply. Using the word **CANCEL** is vital otherwise the appointment remains on our system. This will reduce the number of wasted time for our GPs and Nurses as well as improving access for all patients to our services.

Please check with Reception that we have your up to date mobile number. Thank you.

Zero Tolerance



Willington Medical Group operates the NHS Zero Tolerance Campaign. This means that we will meet your health needs in a polite and professional manner and that we expect patients to behave in a similar way towards the Doctors and staff working in the Practice.

We appreciate that sometimes things go wrong but please do not shout and be rude with the Admin Team. They are trained to do their jobs efficiently and effectively. However, if you are unhappy please ask to speak to Julia Steele, Practice Manager. She is happy to speak with patients via telephone or in person.

This newsletter is available on our website and in large print.