



## AUTUMN NEWSLETTER



**Welcome to our Autumn 2018 Newsletter. We have included some news about what is happening in the NHS over the next few months, including some ideas on how to stay fit and healthy.**



### **ORGAN DONATION WEEK 2018 3 – 9 September**

**This campaign is to raise awareness of the important need for families to talk about organ donation to help save lives**

**Add your name to the [NHS Organ Donor Register](#) and one day you may be able to save lives.**



### **RACE FOR LIFE**

**Well done to three members of the Brunton Park Health Centre team (Dr Sarah Rae, Maxine Whitfield, Practice Nurse and Gill Mavin, Senior Receptionist) for taking part in the Race for Life and raising £53.50.**



### **NATIONAL FITNESS DAY**

**Encourages people all across the country to make 26 September the most active day of the year. Visit the [National Fitness Day](#) website for further information.**



### **MEN'S HEALTH AWARENESS MONTH 1 – 30 November 2018**

**This takes place every November and men across the world grow a moustache to raise awareness about prostate and testicular cancer, as well as raising money for this charity.**

**Take a look at the [Movember](#) website to see how you can get involved as well as some useful information on men's health.**

### **FLU CLINICS**

**We will be holding two flu clinics; one on Saturday 15 September for under 65s with chronic disease **ONLY** and the other on Saturday 17 November for over 65s **ONLY**. Please note that the vaccines used for each clinic are specific for that age range/condition. Contact reception to book an appointment.**

### **NEW GP**

**We are pleased to announce that Dr Adrian Scott will be joining the Practice from Monday 17 September 2018.**

### **APPOINTMENTS AND MEDICATION**

**Do you know that you can book GP appointments and order your medication to go direct to a pharmacy of your choice online? Please contact reception for further information.**

### **STAFF TRAINING**

**Please note that the Practice will be closed for staff training from 12.30 pm on Tuesday 11 September, Wednesday 17 October and Wednesday 21 November  
PLEASE RING 999 IN AN EMERGENCY OR 111 FOR SAME DAY ADVICE.**



## BONFIRE NIGHT

**Bonfires and fireworks can be great fun. However, whether you are going to an organised event or planning something yourself, [The Tyne and Wear Fire Service website](#) has some great advice on how to have fun and keep safe.**

## WINTER PLANNING

**[NHS Choices](#) has some great ideas to stay healthy during the winter months. Here are a few things to try:**

- 1 BANISH winter tiredness – get outdoors when possible – get a good night’s sleep – destress with exercise or meditation**
- 2 EAT more fruit and veg – read more about your [5-a-day](#)**
- 3 DRINK more milk – make sure your immune system is in tip top condition**
- 4 TRY new activities for the whole family – maybe a bracing winter walk on the beach or in the park or even ice skating**
- 5 HAVE a hearty breakfast – a warm bowl of porridge is delicious and a great way to start your day.**



We are pleased to announce that the Practice raised £66.10 in support of the Alzheimer’s Cup Cake Day on Thursday 14 June 2018. Thank you to all those who supported this fund raising event.

## WE HOPE YOU ENJOY COMPLETING THE WORD SEARCH BELOW

### AUTUMN

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P	S	E	K	W	E	K	T	S	W	E	I	K	S	C
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N	M	I	O	N	R	J	R	R	A	A	J	R	W	Q
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ALZHEIMERS  
COAT  
FITNESS  
HAT  
LEAVES  
SAFETY

BONFIRE  
DONATION  
FROST  
INFLUENZA  
MOVEMBER  
SCARF

BOOTS  
FIREWORKS  
GLOVES  
JUMPER  
ORGAN  
WINTER