



## SUMMER NEWSLETTER 2020

**Welcome to our summer 2020 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 healthy.**

### URGENT – CORONAVIRUS UPDATE

In line with guidance from Public Health England regarding the coronavirus pandemic, we are not currently offering face to face appointments. If your concern is urgent and you need to see a GP, all appointments will be by telephone.

**YOU MUST NOT ATTEND THE SURGERY UNLESS YOU HAVE SPOKEN TO A GP OR NURSE ON THE DAY OR HAVE BEEN GIVEN A FACE TO FACE APPOINTMENT. A MASK OR SCARF COVERING YOUR MOUTH AND NOSE MUST BE WORN.**

Please visit [111.nhs](https://111.nhs.uk) for further advice or [gov.uk](https://gov.uk) for daily updates.

### GET RUNNING WITH COUCH TO 5K IN JUST 9 WEEKS

Couch to 5K is for everyone. Whether you've never run before or if you just want to get more active, Couch to 5K is a free and easy way of getting fitter and healthier. Visit the [NHS](https://www.nhs.uk) website for further information

### HOW TO EAT HEALTHY FROM THE CUPBOARD AND FREEZER

Use up items that you have in your cupboards, for example beans and pulses. If you have a freezer, it's worth spending a day cooking up meals in bulk to freeze. Plan your shop - think about what you actually need and how foods and ingredients might work together. Try something different - if you find that stocks of your favourites are running low, think of it as an opportunity to try something different. Take a look at the [Patient Information](https://www.nhs.uk) website for more ideas.

### CYCLE TO WORK DAY - THURSDAY 6 AUGUST

Take Part in the UK's biggest cycle commuting event. Cycle to Work Day is for absolutely everyone. It doesn't matter if you haven't cycled in years or have never cycled at all. This is just about giving it a go. You can sign up with Facebook, Strava or simply by entering your details, and then connect a smartphone app so you can log their rides.

Visit the [Love to Ride](https://www.lovetostride.com) website for further information.

WE HOPE YOU ENJOY COMPLETING THE WORD SEARCH BELOW

## SUMMER

E E Y X I S H G N I W D P M I  
X K N Z U C N H Y K R R A A K  
I M Q M U I S C S A D A T S O  
D Y M O N F X E G G T O I K K  
R E C N H E A L T H Y B E T V  
R E U R S B T C X O B P N F I  
X R T J N B Y Y Q Q Z U T Q J  
J E M T L N R C L D X C G P F  
M F V K E X F X A M L Q Z M X  
J V R I S L M P Y A W W G E R  
D U S E T E S P W H L G U B O  
R I L E E C J W T S U G U A D  
H K J Y C Z A W E S C A R F R  
D N S B I H E Q R N P E A O C  
R A Q X G O I R X A Z C Y K P

ACTIVE  
CUPBOARD  
HEALTHY  
NEWSLETTER  
RUNNING

AUGUST  
CYCLE  
JULY  
NHS  
SCARF

COUCH  
FREEZER  
MASK  
PATIENT  
SUMMER