**Greengates Medical Group Winter Newsletter 2019**

### Try the new NHS App

If you’re a patient at our practice you can now use the new NHS App, a simple and secure way to access a range of NHS services on your smartphone or tablet.

You can use the NHS App to check your symptoms and get instant advice, book appointments, order repeat prescriptions, view your GP medical record and more.

If you already use SystmOnline you can continue to use it. You can use the NHS App as well.

For more information go to [www.nhs.uk/nhsapp](https://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/)'

**FLU VACCINES**

**Flu vaccines are going well but if you have not had yours yet and you would like one, please ask at the reception for details on eligibility and booking an appointment**

**CERVICAL CANCER Prevention Week**

**20th -26th January 2020**

We want to ensure all women and people with a cervix know how cervical cancer can be prevented. This means:

* Attending [**cervical screening**](https://www.jostrust.org.uk/information/cervical-screening) when invited
* Knowing the [**symptoms of cervical cancer**](https://www.jostrust.org.uk/information/cervical-cancer/about-cervical-cancer/symptoms) and seeking medical advice if experiencing any
* Taking up the [**HPV vaccination**](https://www.jostrust.org.uk/information/hpv-vaccine) if aged 11-18
* Knowing where to [**find support**](https://www.jostrust.org.uk/get-support) and further information

If you want to know more or have a question, please ask to speak to one our Practice Nurses

**TIME TO TALK**

Mental Health services are available to you direct with no need to see a clinician first. If you would like help and assistance please ring:

Emotional Wellbeing on 01482 335453

Or

Single Point of Access Mental Health 01482 301701 including Crisis situation

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Christmas is coming – don’t panic!

It’s December, so it’s time to look ahead to the holidays at the end of the month.

The practices will be closed on the weekends and bank holidays only; we will be open as usual on Monday 23rd December, Friday 27th December and Monday 30th December.

On Tuesdays 24th and 31st December Greenwood Avenue Surgery, Walkergate Surgery and Cottingham Medical Centre will remain open until 6pm but Minstergate Surgery and Molescroft Surgery will both close at 1pm and phones will be diverted to Greenwood Avenue.

If you are going away, you may like to order your repeat prescriptions in advance. If so, please give us as much notice as possible but for most of you, as we are in fact only closed for three extra bank holidays in this period, there may be no need at all to change your ordering patterns.

Merry Christmas and a happy – and healthy – New Year to all our patients!

CHRISTMAS QUIZ

1. What is the English translation of the names of Donner and Blixen, two of Santa’s reindeer?
2. In which ocean is the North Pole located?
3. How many birds were calling in the song The Twelve Days of Christmas?
4. In what year did Slade have a Christmas number one with Merry Xmas Everybody?
5. Which global drinks company played a big role in creating the popular image of the jolly Santa Claus we know today?

Answers: Thunder and Lightening; Arctic Ocean; Four; 1976; Coca-Cola