



Abbottwood Medical Centre Patient Newsletter

www.abbottwoodmedicalcentre.co.uk

January 2019

Tel: 01386 552424

Dispensary Line: 01386 561143
Between (9am-12)

Doctors

Dr Claire Wunsch
Dr Alison Atkinson
Dr Kath Thomas
Dr Peter Evans
Dr Craig Embley
Dr Paula Baxter
Dr Rachel Purves

The Surgery opening hours are:

Monday to Friday 8am - 6.30pm (Dispensary opens at 8.30am - 6.30pm)

We are open for **on the day** Doctors appointments during the above hours. Additional surgery times are listed below:

Monday or Tuesday evening surgery	6.30pm - 7.30pm	(bookable in advance)
Wednesday morning surgery	7.00am - 8.00am	(bookable in advance)
One Saturday per month	8.00am - 10.00am	(bookable in advance)

Please give us as much notice as possible if you need to cancel your appointment. This will give us the opportunity to use the time for other patients. Thank you.

Walk your way into the New Year!

ramblers
at the heart of walking

walking for health

National Trust

Walking For Health Croome

NATIONAL TRUST CROOME
NEAR HIGH GREEN. WR8 9DW.

Meet at Visitor Welcome Centre from 10am for 10.30 start

- Monday 28 Jan 2019
- Monday 25 Feb 2019
- Monday 25 Mar 2019

A choice of 3 walks (30, 60 or 90 minutes) led by trained volunteer walk leaders offer local people the opportunity to:

- Walk at a pace you can manage
- Improve your fitness and well being
- Enjoy the company of others

To register and for more information, please contact
email: healthwalks@worcestershire.gov.uk or Tel: 01905 766155

Supported through funding from players of People's Postcode Lottery and Macmillan



The Vale Walkers walking our way to health

Regular FREE, short led walks across the Vale of Evesham.

Every Tuesday at 10am, The Court, Back Lane, Broadway
Andy Hartwell (07711 752843)

Every Tuesday at 10am, Raphael's Café, Boat Lane, Evesham
Judith Knight (01386 429434)

Every Friday at 10.30am, Leisure Centre, King George's Way, Pershore
Val Wood (01386 554235)

2nd Sunday of every month at 2.30pm, Raphael's Café, Boat Lane, Evesham
Veronica Nailor (01386 830666)

Just turn up!



walk 4 life



HOW ARE YOU?

Search One You and take the free health quiz.

BECAUSE THERE'S ONLY **ONE YOU**



Have you had your Flu vaccination yet?

Our drop in clinics have finished now, but that doesn't mean that you can't have your flu vaccination if you are eligible. Please contact the surgery to make an appointment with one of the Healthcare Assistants for this vaccine to be administered.



**Grace Kelly
Childhood
Cancer Trust**

Thank you to all of our patients who kindly donated to our collection for the Grace Kelly Childhood Cancer Trust, after wearing Christmas jumpers. We are happy to confirm that we have raised £56.78 for the charity this year.

Do you know about Tea and Talk?

Abbottswold Patient Reference Group and Care Navigators run a monthly group for patients to attend to meet new people and share a cup of tea or coffee and a biscuit over a chat.

Our next group meets on Thursday 24th January at 11am at the Sports Club on Defford Road in Pershore. This month we are having a quiz! Come along and join us.



Am I a carer?

You might not consider yourself a carer, but if you provide any unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental ill-health then you may be a carer.

If this is the case then you could be entitled to a free NHS flu vaccination along with other benefits. Please let your Doctors Surgery know if this applies to you.

In addition, the Worcestershire association of carers is a charity which offers FREE membership, Caring with Confidence courses, access to information along with support for yourself and your loved ones.

Helpline: 0300 012 4372 (Mon-Fri: 9am to 7am, Sat: 9am to 12 noon)

www.carersworcs.org.uk



**WORCESTERSHIRE
ASSOCIATION OF
CARERS**

DO YOU HAVE A NEW MOBILE PHONE? HAVE YOU RECENTLY MOVED HOUSE? PLEASE UPDATE US WITH YOUR NEW CONTACT INFORMATION AS SOON AS POSSIBLE