



Western Road Medical Centre Patient Newsletter

No 6 - February 2015

Dr Johan Bryan's 12 in 12

Johan has committed to run 12 marathons in 12 months! He is doing this crazy challenge to raise money for Arthritis Research UK, as he was diagnosed with Rheumatoid Arthritis at the age of 18. To read Johan's full story or to make a donation please visit his website at:

<https://www.justgiving.com/BeatingMyDemons/>

Johan's Marathon Calendar 2015

January 23rd - Standard Chartered Dubai Marathon - **COMPLETED in 5hrs 55mins**

February 15th - Austin Marathon (Texas, USA)

March 15th - Zurich Marato de Barcelona

April 26th - Virgin Money London Marathon

May 31st - EMF Edinburgh Marathon

June 14th - Rock 'n' Roll Liverpool Marathon

July 5th - Wales Marathon

July 17th - Cycling from London to Barcelona in support of my friend Jon King (raising money for CF trust)

August 22nd - Reykjavik Marathon

September 27th - Berlin Marathon

October 18th - Amsterdam Marathon

November 1st - New York City Marathon (Awaiting results of Ballot)

December 6th - Standard Chartered Singapore Marathon (TBC Registration Not Open)

We will keep you updated on Johan's progress throughout the year on our practice website and in our newsletters.

It just remains for us to wish him HUGE success!

Havering Access Hub – Out of Hours Service

To help improve our access we are now able to offer patients, who feel they cannot wait until the next morning, an appointment with a GP at the Havering Access Hub.

The Hub is based at North Street Medical Centre and is proving to be a very efficient well run service. All consultations are reported back to us, so that patient clinical notes are kept up to date.

We are also able to offer appointments over the weekend. Appointments have to be booked via us or NHS 111.

Please note this is not a Walk-in service.

Patient Participation Group (PPG)

We will soon be sending all patients of our PPG a short survey via email. Please reply as soon as possible to help us improve our services.

To join our PPG please see our website.

Wear it RED Day!

All of the staff will be taking part in "wear it RED day". This is to raise funds for The British Heart Foundation on Friday 6th February 2015

Any donations would be greatly appreciated.

Thank you



Flu Clinic 2014

It is not too late to book your free flu jab - we are now at the height of the flu season where you are most likely to catch flu. Please protect yourself and book your flu jab now.

Tel: 01708 775300 to book your appointment!

NHS Health Checks

If you are aged 45-74, without a pre-existing condition, why not book an appointment for a free health check.

As we get older, we have a higher risk of developing something dangerous like high blood pressure, heart disease or diabetes. Your NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer.



Suggestions Box

We now have a suggestions box in the waiting area. This is for suggestions, comments or commendations.

Please note that this is an "anonymous, no reply" suggestions box.



EBOLA UPDATE

If you are feeling unwell and have visited one of the following countries in the last 21 days: Sierra Leone, Guinea or Liberia

Please make the receptionist aware if you have attended at the surgery.

If you are at home, please do not attend the surgery; contact the surgery to speak to one of the doctors.

Stop Smoking Service

Want to stop smoking?

Want some extra money for Christmas?

Why not make an appointment to help quit smoking.



Important Notice – Car Park

We would like to bring it to your attention that the car park is only for use if you are attending the surgery. Please **DO NOT** use the car park if you are going into Romford shopping.

Please also note that the right hand side of the car park (the first entrance) is for use by the doctors, staff & patients. The left hand side (the second entrance) is only for use by the dentist.

Failure to adhere to these rules could result in the car park being closed to patients and being made a staff car park only.



Electronic Prescription Service

We can now electronically send your **repeat prescription** to a pharmacy of your choice. This will save you a trip to the Surgery to collect it, as it will be sent directly to your chosen Pharmacy ready to collect.

For more information, please ask at reception or look on the home page on our website:

www.westernroad.co.uk