



CARERS CREAM TEA

Thank you to all the Carers and those they look after for joining us for a delicious cream tea in the beautiful Marden House garden. Thanks also to Celebrating Age for providing the entertainment - Frankie was an absolute delight and Kingston House for making the scones. Thanks also to our Patient Participation Group volunteers - we all had a lovely afternoon.



PATIENTS/VISITORS MUST OBTAIN A PARKING

COVID Working:

We continue to ask patients to wear face masks to protect themselves and others when attending for appointments at the surgery. We are unable to supply these and ask that you bring your own.

Opening Times:

Visit the Surgery Monday - Friday:

8.30am - 6.00pm

Or telephone between:

8.30am - 5.30pm

Or 24/7 via Online Access to make/cancel appointments, order repeat prescriptions, access your medical record etc at a time to suit you.

Surgery Times (by appointment):

Monday - Thursday

8.30am - 12.30pm

2.00pm - 6.00pm

6.30pm - 8.00pm

Friday

8.30am - 12.30pm

2.00pm - 6.00pm

Out of Hours Service: |||

Our Doctors:

Dr E Tully MB BCh BAO DFRSH MRCGP

Dr N Ware MB BS BSc DRCOG MRCGP

Dr J Dalton BM MRCGP DFRSH DCH

Dr N Abel BM BS MRCGP

Dr T Chambers BSc MBChB DRCOG MRCGP

Dr P Milsom MBBS MRCGP DFFP DRCOG

DMH

Dr L Garnham MB ChB

Dr J Burton MB ChB

Dr C Isaac MB BS

Trainees:

Dr M Sayal BM BS

Our Nurse Practitioners:

Advanced Nurse Practitioner Anita Peake

Advanced Nurse Practitioner Charlotte King

Paramedic Practitioner: Ashley Bulpitt

Our Pharmacy Techs:

Katy Griffin Sharon Hunt

Our Care-Coordinator:

Steph Coulson

Our First Contact Physio:

Tom Hirst

Are you at risk of type 2 diabetes?

Reduce your risk of type 2 diabetes with the Healthier You NHS Diabetes Prevention Programme



What is Healthier You?

Healthier You is the free NHS Diabetes Prevention Programme providing tailored, personalised support to reduce your risk of developing type 2 diabetes.

The 13-session programme is available both as a face-to-face group service and as a digital service. You'll learn how to regulate your blood glucose levels through implementing change to:

- Nutrition
- Physical activity
- Weight management
- Overall wellbeing

This combination of lifestyle change has been clinically proven to help prevent the onset of type 2 diabetes.

"I feel like a new person! I know there are thousands of people out there who would have their life changed by attending the programme."

Get more information!

If you have any questions or if you would like to find out more, please get in touch. If you would like to be referred, please contact your GP practice.

0333 5773010

Info@preventing-diabetes.co.uk
preventingdiabetes.co.uk

