

EMMER GREEN SURGERY NEWSLETTER – AUGUST EDITION



HEALTHY STEPS PROGRAMME – SIGN UP VIA THE LINK BELOW:

[HTTPS://HEALTHYSTEPS.BETTERHEALTH-HEALTHIERFAMILIES.CO.UK/SIGNUP/PRINT](https://healthysteps.betterhealth-healthierfamilies.co.uk/signup/print)

The Healthy Steps programme has launched!
Want a happier, healthier family? Your journey begins here.

Worried about your family's sugar intake? Concerned about eating well on a budget?
Is it hard getting the kids to eat their 5 A Day?

Take the short quiz to find out which one of the 8-week email journeys is right for you.

Whether it's healthier snacking, cutting back sugar, meal planning, or upping your 5 A Day, you'll get easy tips from nutrition experts and other parents, Disney themed games, fun challenges and budget-friendly recipes delivered to your inbox.

The free 8-week email programme encourages families to eat better and move more, with budget conscious, easy and practical ideas.

PLEASE NOTE

WE WILL BE CLOSED DUE TO A BANK HOLIDAY ON:

MONDAY 28TH AUGUST - If you require urgent medical advice during this time, please call 111 to speak to the Out of Hours Service who are covering.

MONTHLY STATISTICS FOR JULY - VIA EMMER GREEN SURGERY WEBSITE

In the month of July, we had **872** repeat prescription requests.

We also had **77** New patient requests.

We offered **963** face 2 face appointments and **39** of those patients did not attend.

PLEASE cancel your appointment so we can give this to someone else to attend.

Friends and Family July – Your recommendations!

How likely are you to recommend us to friends and family if they needed similar care or treatment?

Options	Total	Percentage
Extremely Likely	203	72.2%
Likely	60	21.4%
Neither	12	4.3%
Unlikely	1	0.4%
Extremely Unlikely	3	1.1%
Don't Know	2	0.7%



CARERS FIRST

There are 800,00 young carers aged 5-17 caring for an adult or family member in the UK.

27% of young carers aged 11-15 miss school due to their caring role.

1 in 3 struggles emotionally.

There is support out there to help all the young carer's by visiting this website.

<https://carers.org/help-and-info/carer-services-near-you>

ARE YOU A SMOKER?

A free 12 week stop smoking service is available in your area.

Please call 0800 622 6360 or 01184 492026 to book an appointment.

Or visit www.smokefreelifeberkshire.com

For more info!

BUILDING WORK HAS COMMENCED!

As you may have already seen, we have been having some building works going on around the surgery!

This is very exciting for us and is creating some more clinical space for our forever growing MULTIDISCIPLINARY TEAM!

Thank you for your patience currently whilst we work hard to improve the surgery.