



Health Matters

WE WILL BE CLOSED ON GOOD FRIDAY AND EASTER MONDAY
PLEASE ALLOW AT LEAST 3 CLEAR WORKING DAYS FOR YOUR
PRESCRIPTION TO BE PROCESSED

If you have borrowed a **BLOOD PRESSURE MONITOR** from the surgery to take readings at home, could you please ensure that this is returned to us as soon as possible. This valuable equipment is much needed by other patients.

In order to ensure that BP machines are returned to us in a timely manner, we will now be asking for a £10 deposit on collection, which will be refunded to you on return.

DO WE HAVE YOUR MOBILE NUMBER?

We would like to send you appointment confirmations and reminders by text message

**PLEASE REGISTER WITH A
RECEPTIONIST**

CURIOUS OR CONCERNED ABOUT DEMENTIA?

A representative from Dementia Together will be available at the surgery on the first Thursday of every month 10:00am - 1:00pm, starting on Thursday 5th April 2018.

They will be able to give information and support

No appointment necessary - just pop in

TRAVEL VACCINATIONS

Owing to the increasing complexity of patients' travel itineraries and the additional workload this creates for our Nursing Team, we have decided to withdraw this service with immediate effect.

For ALL travel vaccinations and anti malarias, please contact the Travel Clinic at :-

MASTA Travel Clinic—Ipswich—Appointments/Information Line Tel: 0330 100 4126

Superdrug Travel Clinic—Norwich - Appointments/Information Line Tel: 0330 037 3235

CANCER CARE SUPPORT GROUP—EYE

Please join us at Hartismere Place Day Centre for Coffee and Cake - All welcome

1st Friday of every month — 10:30 to 12:00

There will be talks by Macmillan, Cancer Research, OneLife Suffolk and cancer survivors, plus a raffle

Forthcoming bank holiday closures:

Good Friday

Friday 30 March 2018

Easter Monday

Monday 02 April 2017

May Day

Monday 7 May 2017

Spring Bank Holiday

Monday 28 May 2017