



STOPTOBER

Every October the NHS runs the STOPTOBER campaign to encourage those of us that smoke, to have a go at quitting. Did you know that you are 4 times more likely to quit with support and medication than just by trying alone? It doesn't matter how old you are, the benefits of stopping on your body – and your wallet – start within hours.

If you want some extra support to help quit, visit NHS Smokefree at www.nhs.uk/smokefree. You can also book in for support at our practice – ask at reception to see how we can help you can make a great decision about your health, today.



Cervical Screening

Cervical Screening is one of the most effective tests we have to catch cancer before it starts. Screening every 3-5 years (depending on your age) can protect you and mean you can get treatment at an early stage.

Don't delay – book in for your screening, or ask at reception if you aren't sure if you are due. Don't worry if you're not sure about the screening test – our friendly staff can talk to you to make sure you can make a fully informed decision.



Flu Vaccination

Every September, the annual flu vaccination programme starts. If you are:

- Age 65 or older
- Pregnant
- A carer for an elderly or vulnerable person
- Have diabetes, severe asthma, COPD, heart failure, chronic kidney disease, neurological disease, a weakened immune system, or significantly obese

Then you are eligible for a FREE vaccine, from us. Having the vaccine reduces the risk of you becoming unwell, and reduces the impact of the flu if you do catch it. It only takes 2 minutes to have it done – ask at reception to arrange yours.



Important Dates – September, October, November

PPG Meeting: Tuesday 10th September 2019 – The Limes Medical Centre, Main practice, 1pm



The Limes Medical Centre

Useful Information

Main Practice

The Limes Medical Centre
Cooksey Road
Small Heath
Birmingham
B10 0BS
0121 772 0067

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|-----------|-------------|
| Reception | |
| Monday | 0830 – 1830 |
| Tuesday | 0830 – 1830 |
| Wednesday | 0830 – 1830 |
| Thursday | 0830 – 1300 |
| Friday | 0830 – 1830 |
| Weekend | CLOSED |

Branch Practice

Finch Road Primary Care Centre
Finch Road
Lozells
Birmingham
B19 1HS
0121 255 0280

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|-----------|--------------------------|
| Reception | |
| Monday | 0930 – 1300, 1630 – 1830 |
| Tuesday | 0930 – 1300, 1630 – 1830 |
| Wednesday | 0930 – 1300, 1630 – 1830 |
| Thursday | 0930 – 1300 |
| Friday | 0930 – 1300, 1630 – 1830 |
| Weekend | CLOSED |

Online

www.thelimesmedicalbirmingham.nhs.uk

Small Heath NHS site: <https://www.nhs.uk/Services/gp/Overview/DefaultView.aspx?id=41559>

Finch Road NHS site: <https://www.nhs.uk/Services/gp/Overview/DefaultView.aspx?id=39184>

Practice Manager

Noman Ahmed

GP Patient Survey

If you receive a letter looking like this, please complete it and send it back in the envelope provided, it gives you the chance to say how our service is doing.



Patient Participation Group

Please talk to the receptionist if you are interested in joining our patient participation group (PPG) - this group can tell us what is going well and where we can consider doing things differently.

Don't Forget

We're a Parkrun Practice – all patients that wish to can join many others at Cannon Hill Park every Saturday at 0930 for a run, jog, or stroll to help keep you active, for free!

