



Ambrose Avenue Practice Notes



Compiled by the Patient Participation Group for support members

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Issue 11

FREE extra health services available to you all

Did you know there are a range of free services available to help you?

They are all free and you can access them yourself.

Personal support is available for:

Stopping smoking

Healthy eating

Increasing physical activity

Long term condition management

Increasing confidence, self-esteem and resilience.

They all come under the umbrella of the Provide team and involve one to one support and liaison with personal coaches either face to face, on the telephone or via text.

You can contact Provide Monday to Friday 8am to 8pm.

Phone 0300 303 9988 or surf to www.essexlifestyles.org.uk

Remember: GP surgeries can have emergencies

One of the complaints in last month's suggestion boxes was from a patient who was annoyed over having to wait for a timed appointment because another patient was more unwell than expected and needed ambulance treatment.

While we, as fellow patients, realise it is inconvenient to be delayed, we also understand that surgeries are where sick people go and emergencies can happen from time to time. We urge everyone to be understanding and tolerant.

Special week for patient group awareness

The week beginning June 19 is being marked with information activities by patient groups at surgeries up and down the country.

We aim to be at Ambrose and Tollgate every day .

So, if you are in the buildings for anything at all in those weeks, do please have a chat with the fellow group member on duty, introduce yourself and see what information they have available that could be useful to you.

And if you would like to help, please contact Ray. Details below.

Any comments, queries, praise or criticism to Patient Participation Group secretary Ray Hardisty on 07434 309261 or at ray.hardisty@btopenworld.com