Highgate Medical Centre

March 2024

UHL Walk-in smear clinic

Is your cervical smear test due or overdue?

Walk-in clinic Saturday 16th March 9am – 2pm

 Locations: Gynaecology Clinic, Ground Floor, Jarvis Building, LRI

Gynaecology Services Unit, Maternity entrance, LGH

If possible, please take your Cervical smear invitation letter with you

**NHS APP**

The NHS App allows you to access a range of NHS Services, this includes ordering your repeat medication and viewing your medical records. You can download the NHS App on your smartphone or tablet. Please visit the link below

https://www.nhs.uk/nhs-app/



**NHS Pharmacy First**

You can now visit your local pharmacy for treatment for the below conditions:

* Urinary tract infection (Women aged 16-64)
* Shingles
* Impetigo
* Infected insect bites
* Acute sore throat
* Acute sinusitis
* Acute otitis media

**National No Smoking Day**

**(13th March 2024)**

We know quitting smoking is a challenge but it’s the best thing you can do for your health, reducing your risk of heart and circulatory diseases.

Increase your chance of success by downloading the free leaflet below today.

It’s never too late to quit, and you might notice the benefits sooner than you think.

https://www.bhf.org.uk/-/media/files/information-and-support/publications/heart-conditions/understanding-series/u005-understanding-smoking\_download-0818.pdf?rev=4133537f8f814a99ae796c701028595f



Friends and Family Test Feedback (FFT)

Each week we send out feedback questionnaires to a random selection of patients. If you receive this questionnaire, we would be very grateful for your response so we can understand what we are doing well and where we can improve. A selection of last month’s feedback can be found below:

* Very thorough with a caring attitude
* Always very friendly, great service
* Everyone is always really helpful
* I have always been given an appointment with the doctor of my choice. Never felt rushed.