



# Woodseats Medical Centre Patient Newsletter September 2023

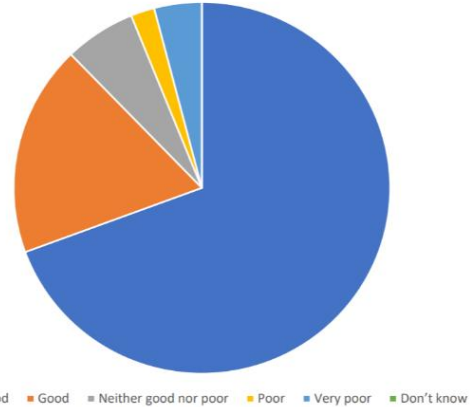
**Woodseats Medical Centre**  
**0114 285 0140**

## Opening Times

**MONDAY**  
8:00am – 18:30pm  
**TUESDAY**  
8:00am – 18:30pm  
**WEDNESDAY**  
8:00am – 18:30pm  
**THURSDAY**  
8:00am – 18:30pm  
**FRIDAY**  
8:00am – 18:30pm

## August 2023 Family and Friends Test results

August 2023  
Overall, how was your experience with Woodseats Medical Centre?



## September Awareness Dates

### 4-10<sup>th</sup> Know your numbers week (BP)

Know Your Numbers! Week will take place from **4-10 September**. We're keeping the focus on [home monitoring](#) as it's the easiest way to find out your blood pressure numbers, especially given the current pressures on the healthcare system. 6 million people in the UK have high blood pressure and don't know. You can visit a local pharmacy for a BP check

### 10<sup>TH</sup> Suicide Prevention Day

Our mission is to get all parts of society working together to take action to reduce suicide and improve the support for those bereaved by suicide. If you are needing help the Samaritans Helpline is available 24/7. Please Call 116 123

### 13<sup>th</sup> World Sepsis Day

World Sepsis Day is held on September 13th every year and is an opportunity for people worldwide to unite in the fight against sepsis. If any of the below symptoms occur please dial 999 immediately

The following symptoms might indicate sepsis:

- Slurred speech or confusion
- Extreme shivering or muscle pain, fever
- Passing no urine all day
- Severe breathlessness
- It feels like you're going to die.
- Skin mottled or discoloured.

### 29<sup>th</sup> World's Biggest Coffee Morning

Macmillan's Coffee Morning is our biggest fundraising event to support people living with cancer.

# New Starters

Dr David Matthews –  
Salaried GP

Working Days – Wednesday,  
Thursday and Friday

### GP Registrars

Kate Herring

Iftikar Ali

Hilary Graffy

Alaina Becall

## Flu Vaccines

### Flu Clinics - September 2023

Saturday 16th September 08:00 - 11:00

Saturday 23rd September 08:00-11:00

We are sending direct booking links to make your appointments. If you do not have a mobile number and believe you are eligible, please get in contact with our reception team.



There is a Local Coffee Morning at Woodseats Library Every Wednesday 10:30am – 12pm