



Marsh Medical Practice

Autumn Newsletter

Age UK

Every winter 24,000 older people die in the UK as a result of cold weather.

Age UK are currently running a scheme where they will undertake a FREE Home Energy Check for eligible older people which includes:

- Installing free energy efficiency equipment including draught excluders and radiator panels
- Advice on keeping warm and well in winter

For further details visit www.ageuk.org.uk/services/in-your-area/warm-homes/

Lincolnshire Connect To Support

This organisation provides advice for all residents who are looking for information and support in their community. They have information on service providers, care facilities and local events and activities.

For further details, call **0300 303 8789** or visit <http://lincolnshire.connecttosupport.org>

Every Mind Matters

Every Mind Matters is here to help you manage and maintain your mental health, as good mental health makes such a difference. It helps us to relax more, achieve more and enjoy our lives more.

For further details, visit www.nhs.uk/oneyou/about-one-you/

Stay Well This Winter

The right NHS services are everywhere – we just need to stop and think – and then choose the right one.

See our CCGs website for guidance www.lincolnshireeastccg.nhs.uk/your-health-services/stay-well-this-winter2019-20

Flu Clinics

Flu clinics are now in full swing so please drop in if you are eligible for a FREE flu jab.

Clinic opening times are posted on our website. Alternatively, ask your clinician during your appointment if you can have your vaccine there and then. The sooner you have it, the sooner you are protected!

Macmillan Charity Event

Thank you to everyone who contributed to this worthwhile cause. We raised over £460 at our recent coffee morning. Well done!

Online Access

Our online patient access is a service that allows you to access, view and book appointments and request repeat prescriptions online 24 hours a day, 7 days a week.

Talk to our reception team, or check our website, for how to register www.marshmedicalpractice.com/help-information

Blood Pressure

Please ensure your blood pressure checks are up to date. We are required to monitor blood pressures at regular intervals so please book an appointment if you are asked to do so.



You asked...



We did...

The paving needed improving at Manby

New paving has been installed in the car park