



Fit Together



Fit Together is a county wide project developed and delivered by Lloyds Pharmacy and Active Norfolk to encourage increased activity and a healthier lifestyle. The core of the scheme involves health walks but will have additional activities added

over time such as cycling, keep fit, dance and introductions to other sports.

The walking scheme is based on a national initiative established jointly in 2000 by the Countryside Agency and British Heart Foundation which aimed to get over a million people more physically active through brisk walking.

Volunteers are required for all of the activities, they can commit to as much or as little time as they wish and are greatly valued for their input and support.

www.activenorfolk.org/fittogether

For more information about the *active norfolk* initiative visit

www.activenorfolk.org/getphysical

Or

Pick up an information leaflet from one of our surgeries.



Christmas Opening Hours



Our opening hours over the Christmas & New Year festivities are as follows:

Friday 24th we will be closing at 5.30pm at Drayton and 4.30pm at St Faiths. Our phones will remain open until 6.30pm

Monday 27th CLOSED

Tuesday 28th CLOSED

Wednesday 29th Normal Opening Hours

Thursday 30th Normal Opening Hours

Friday 31st Normal Opening Hours

Monday 3rd Jan CLOSED

Tuesday 4th Jan Normal Opening Hours

During the holiday period we will only be offering emergency appointments.

Drayton Pharmacy

Located next to the Doctors Surgery, Drayton Pharmacy provides a wide range of NHS Pharmaceutical Services and is open 100 hours per week.



Monday—Friday 07:00-23:00

Saturday 08:00-20:00

Sunday 09:00-17:00

Telephone 01603 869029

Flu Vaccinations

If you are registered with the Practice and will be over 65 on or by 31st March 2011 or you suffer certain chronic illnesses such as: diabetes, chronic heart conditions, chronic respiratory conditions (including asthma), chronic kidney disease, or lowered immunity due to steroid medication or cancer treatment then you will be eligible for an influenza vaccination.

Please speak to one of our reception team to arrange an appointment.

Your Information: What you need to know.

We and other health professionals ask for your information so that you can receive proper care and treatment. We keep this information together with details of your care because it may be needed if we see you again. This information may be written down or held on a computer. The records may include:

- Basic details about you, such as address and next of kin
- Contacts we have had with you, such as clinic visits
- Notes and reports about your health and any treatment you have received
- Details and records about the treatment and care you receive
- Results of investigations, such as x-rays and laboratory tests
- Relevant information from other health professionals.

Your records are used to guide professionals in the care you receive to ensure that:

- Your doctor, nurse or other health professionals involved in your care have accurate and up-to-date information to assess your health and decide what care you need
- Full information is available if you see another doctor, or are referred to a specialist or another part of the NHS
- There is a good basis for assessing the type and quality of care you have received
- Your concerns can be properly investigated if you need to complain

EVERYONE WORKING IN THE NHS HAS A LEGAL DUTY TO KEEP YOUR INFORMATION ABOUT YOU CONFIDENTIAL.

For more information how we use your information, please ask for a copy of our “Your information: What you need to know” leaflet, or visit our website

<http://www.drayton-stfaiths.co.uk/patientinfo>

Patient Participation Group

The Drayton & St Faiths Medical Practice Patient Participation

Group has already been active in helping the

surgery—you may have noticed them helping at the recent ‘flu clinics in October.

The PPG is very keen on ensuring all patient views are represented and if you are interested in helping in any way, please contact Rachel Arkieson at the Surgery, or email the PPG direct via email:

patientgroup@drayton-stfaiths.co.uk



New Years Resolution?

If you want help giving up smoking in the new year, why not ask our nurses for help.

Smoking cessation appointments are available throughout the year.

All we ask is that you have a quit date in mind when making your appointment.



Useful Contact Details

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| Appointments | 01603 264600 |
| Enquiries | 01603 867532 |
| Fax | 01603 261497 |
| Text number | 07781 482740 |
| (for cancelling appointments only) | |
| NHSDirect | 0845 46 47 |

website: www.drayton-stfaiths.co.uk

e-mail: mail@drayton-stfaiths.co.uk

(for general email enquires to the practice)

appointments@drayton-stfaiths.co.uk

(for cancelling appointments only)