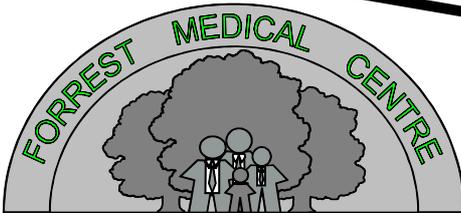

Forrest Medical Centre

October 2013

SPECIAL EDITION NEWSLETTER



from the Patient Reference Group

DR RHODES RETIREMENT

On behalf of all the patients, the Patient Reference Group (PRG) would like to thank Dr Rhodes for 32 years of dedication to the Forrest Medical Centre and the patients and wish her well in her retirement. We appreciate all the hard work and commitment she has given to the patients and the practice.

CHRISTMAS RAFFLE & BOOK SALE

Once again this year the Forrest Medical Centre are running a Christmas Raffle and book sale to raise funds for Myton Hospice. Any donations of books or items for the raffle would be gratefully received. Please give donations in to either surgery.

ANNUAL PATIENT SURVEY

The annual patient survey has now started and is available for completion at both surgeries and on the FMC web site (www.fmcgp.co.uk). The survey this year is focusing on how the surgery communicates with patients, where patients find out about health services and on

repeat prescriptions. This is a chance to have your say and help improve services and communication.

FMC HEALTHY WALKING GROUP

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It's underrated as a form of exercise but walking is ideal for people of all ages and fitness levels who want to be more active. Regular walking has been shown to reduce the risk of chronic illnesses,



such as heart disease, type 2 diabetes, asthma, stroke and some cancers.

There is a Walking Group that meets each Thursday morning at the Mount Street surgery—meeting at 10.15am for a 10.30am start

Walks last up to an hour, walking locally at a gentle pace.

Please wear comfortable shoes and feel free to just turn up. Most importantly, IT'S FREE AND ENJOYABLE!

PETITION

With the move to one surgery at Canley, in due course the PRG will be starting a petition to request that the Bus Company look at improving bus services for the Mount St patients to access the new surgery in Canley. Please look out for this petition and if this is important to you, please ensure you sign it.

NEW DATA SHARING—ARE YOU AWARE...?

The NHS will soon be allowing some of your non-identifiable information to be shared to help plan and improve services to patients. If you do nothing, then by default your information will be passed on. HOWEVER, you do have the right to opt out of this should you not wish this to happen. Further details and information are available in all surgeries and also on the FMC web site.