

# Pendeen News



**March**  
**8th**  
**2017**

Wednesday 8th March is no smoking day. So why don't you give it a go?

Stopping smoking increases your chances of living a longer and healthier life. You'll feel the benefits from the day you quit. Not only will you to start to save money but you'll experience a reduced risk of:

- heart disease, stroke, vascular disease and respiratory disease
- a whole range of cancers

Your life expectancy will be greater, and you'll notice an improvement in the symptoms of smoking related diseases such as Chronic Obstructive Pulmonary Disease (COPD).

Stopping smoking can help you live life to the full. You'll feel fitter and more able to take part in physical activity. This in turn can benefit your mental health and wellbeing.

Its not just your health that will benefit from not smoking but also your savings!

Smoking is expensive and prices will continue to rise. If you're smoking 20 cigarettes a day, you're likely to be spending about £3,500 a year, based on the average cost of £9.60 for a pack of 20 cigarettes.

Try our cost calculator, to see how much you spend on smoking, and what you could save by stopping.

Please ask your Doctor, see one of our receptionist or pick up some leaflets from the surgery to see how we can help you today.



**Want to stop smoking?**

Use your local NHS Stop Smoking Service and you're up to 4 times more likely to succeed.



Because life's better Smokefree.

SMOKEFREE

Save a life  
- give blood



Visit [blood.co.uk](http://blood.co.uk)  
or call 0300 123 23 23

**NHS**  
Blood and Transplant

Save a life  
Give blood



## Staff news



We are delighted to announce that we have two new receptionists joining the team! Dawn Steele and Katie Powles will be starting at the beginning of March.

Sadly one of our secretaries Mel Pritchard has left. Mel who had worked here for two and a half years has decided to work closer to home in Chepstow. Mel will be sadly missed but we wish her the best of luck in her new job!

Tilly Lawrence one of our full time receptionists will be training throughout the year to become a health care assistant. Tilly is already a fully qualified phlebotomist and we look forward to her becoming part of the clinical team next year!

## How to use the Rapid Access Clinic

- Phone the surgery on 01989 763535 as early as possible.
- Although not compulsory, please help the reception staff by answering a few questions to help assess your condition so your condition can be prioritised appropriately. You will then be offered either a telephone appointment to speak to the Doctor or Care Practitioner, or asked to come into the Rapid Access Clinic.

The Rapid Access Clinic runs twice daily - morning and afternoon. You will be offered a 10 minute booked appointment, with one of our medical team. The clinic has replaced the traditional "sit and wait" 12pm & 5pm emergency clinic, both of which will no longer run.

## Rapid Access Clinic Feedback

**Our rapid access clinic has successfully been running for one month and we'd love to hear your feedback!**

**Please find attached a feedback form for you to fill in.**

**Please post your replies through the box which is situated on the front reception desk.**

