



HEALTH MATTERS

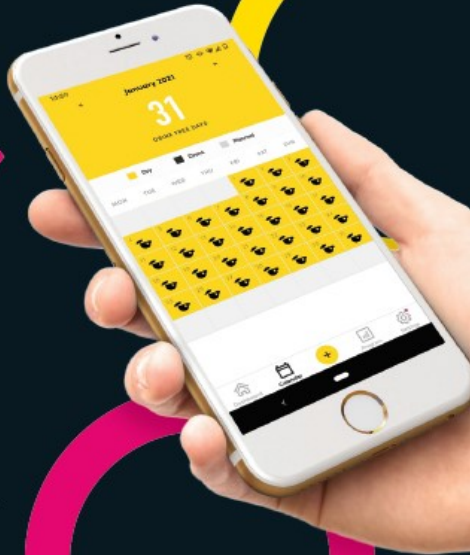
GOODBYE 2020, HELLO 2021!



DRY JANUARY®

Download the free **Try Dry** app to double your chance of a totally alcohol-free month.

- Track your units, calories and money saved.
- Earn badges for taking control of your drinking.
- Go beyond Dry January – set your own year-round goals.



Download the free Try Dry app via the App Store or Google Play.

www.dryjanuary.org.uk

Alcohol Change UK is the operating name of Alcohol Research UK. Registered office 27 Swinton Street, London, WC1X 9NW. Registered charity number 1140287. Company limited by guarantee in England and Wales number 7462605.

Dry January is brought to you by



ANNUAL PATIENT SURVEY

Please take our PPG 2020-21 PATIENT SURVEY online via <https://www.surveymonkey.co.uk/r/northlands-survey> or collect a paper copy from the surgery ~ Thank You!

North Street
Calne
Wiltshire SN11 0HH
Tel: 01249 812141
www.northlands-surgery.co.uk

Covid Working: in line with NHSE guidelines, we are not currently offering evening appointments. Patients should only attend the surgery if they have an appointment and are kindly requested to wear a face covering (unless exempt) and follow our one-way system through the surgery. Thank you for your help with this.

Opening Times:

Visit the Surgery Monday - Friday:
8.30am - 6.00pm

Or telephone between:

8.30am - 5.30pm

Or 24/7 via Online Access to make/cancel appointments, order repeat prescriptions, access your medical record etc at a time to suit you.

Surgery Times (by appointment):

Monday - Thursday

8.30am - 12.30pm

2.00pm - 6.00pm

6.30pm - 8.00pm

Friday

8.30am - 12.30pm

2.00pm - 6.00pm

Out of Hours Service: I I I

Our Doctors:

Dr R Leach MA BM BCh MRCP DRCOG

Dr E Tully MB BCh BAO DFRSH MRCP

Dr N Ware MB BS BSc DRCOG MRCP

Dr J Dalton BM MRCP DFRSH DCH

Dr N Abel BM BS MRCP

Dr E Simons MB ChB DFFP

Dr T Chambers BSc MBChB DRCOG

Dr L Beynon BM DCH DRCOG DFFP MRCP

Dr T Liva MD DFRSH DRCOG MRCP

Trainee: Dr D Jayaweera MB BS

Our Nurse Practitioners:

Advanced Nurse Practitioner Anita Peake

Nurse Practitioner Emily Davies

Our Practice Pharmacist:

Zoë Pearce MRPharmS

Our Mental Health

Practitioner:

Esther Slee-Swanson

Our Care-Coordinator:

Steph Coulson

Our Community Connector:

Liz Denbury

Our First Contact Physios:

Tom Hirst

George Snelling



EAT WELL

MOVE MORE

FEEL BETTER

Healthy Us

Support to reach a healthy weight

- ➔ Free 12 week adult weight management course
- ➔ One hour online sessions
- ➔ For anyone living in Wiltshire, aged over 18 and with a body mass index (BMI) above 28
- ➔ Lose weight and keep it off!
- ➔ Weekly session topics include: balanced nutrition, emotional eating, snacking, eating out and physical activity

To join a course, get in touch with us at the Wiltshire Health Improvement Hub on:

Phone: 0300 003 4566 (Select Option 1)

Email: health.coaches@wiltshire.gov.uk

Facebook: [@wiltshirehealthimprovementhub](https://www.facebook.com/wiltshirehealthimprovementhub)

Website: wiltshire.gov.uk/public-health-weight-adults



Wiltshire Council