



New Year, New You!

Here's to making 2014 the best year yet.

NHS Health Checks

If you are between 40 and 75 you are entitled to a free NHS Health Check.

We are currently in the process of calling patients in for this check. If you have not had one of these in the last 5 years or are unsure please contact the Surgery and we will check for you.



Join our Patient Participation Group

Become involved in YOUR Mayfield Surgery—we want to hear your voice!

When: Meetings every two months **Where:** The Surgery

What: Discussion of various items and services that affect our patients.

For more information or to join this group, just contact the Surgery and speak to Wendy.



Care.Data..... A topical debate..

What? A database of patients' identifiable personal and confidential medical information uploaded to the Health & Social Care Information Centre on a regular continuous basis, including NHS number, DOB, postcode, gender, ethnicity, all medical information and family history.

Why? Data won't be used by NHS staff, but for 'secondary uses' - sold to universities and commercial organisations, the proposed aim being to aid research to improve patient care and understanding of medical conditions.

You choose: The scheme runs on an assumed consent basis, so if you do not wish for your data to be used, please fill out a form from reception.

Not to be confused with...Summary Care Records

What? a record of your data for use by healthcare staff in the event of an emergency. It includes data such as: your medication, allergies, bad reactions to medication, name, address, DOB, NHS number.—You may also add other details yourself. Ask at reception for details.

Why? To help prevent mistakes from being made when caring for you in an emergency or when your GP Practice is closed.

You choose: If you wish to opt out of this initiative, please let the Surgery know.

Staff Corner

Quick and Healthy snack idea...

Roasted nuts with dried fruit

Preheat oven to 180 degrees

Roast 1/2 cup peanuts for 18 minutes, removing from the oven to stir half-way through, remove from tray.

Repeat process for 1/2 cup whole almonds, for 16 minutes and then 1/2 cup cashew nuts, for 12 minutes.

Mix all roasted nuts together.

For a bit of natural sweetness, mix in juicy raisins or other dried fruit to your taste and for a bit of winter warmth, you can stir in 1/2 tsp each of cinnamon and nutmeg.

A handful of nuts is a filling and delicious snack when you're on the go!

Staff changes:

Since the last newsletter we have welcomed Jo, our Medical Secretary and Rachel, our Data Administrator to the team.

As the year turned, we said good-bye to our previous Practice Manager, Mair, and welcomed Wendy into the role.

When booking appointments...

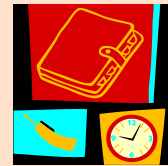
You may have more options than you think!

**Book when it suits you?
If you can't get through on the phone?**

Book your own appointments online!
Simply ask at reception to register to use this useful option in future.

If you want to plan ahead?

You can book your appointments up to 6 weeks in advance to see the Doctor, Nurse or Healthcare Assistant.



Patient Survey

Thanks to everyone who filled in a questionnaire.

Results will be available on the Practice website soon!

Screening

Regular screening (cervical smears, bowel, breast etc) can save lives. Please make sure you are up to date with your screening if you are in the relevant age group. If you are in any doubt please contact

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