

## News from Holbrook and Shotley Surgery

### Training days

Our next training afternoons will be on Wednesday 7<sup>th</sup> March and Wednesday 25<sup>th</sup> April when we will be shut from 1pm. There will be no GP clinic or baby clinic as the practice will be closed. Please ring 111 for advice if your query cannot wait until the following day. In an emergency, dial 999.

### Community Connector Bus

This is now up and running and has already benefitted a number of patients. The bus alternates between Holbrook and Shotley on Tuesdays and Wednesdays from 10am – 2pm. There is space for confidential meetings to help patients improve their quality of life and also an area with general information. Each visit has another service visiting with them which could be a representative from the Suffolk Wellbeing Service or someone from the Clinical Commissioning Group advising on medications. Please go along and visit the bus to see what is on offer.

### Good Neighbour Schemes

Many of our patients rely on the generosity of the Good Neighbour Schemes to help them get to hospital or collect a prescription for them. Our colleagues at Community Action Suffolk are trying to start a scheme covering Holbrook village and are looking for volunteers to help. If you are interested, please contact Sally Connick on 01473 826242 or email [sally.connick@communityactionsuffolk.org.uk](mailto:sally.connick@communityactionsuffolk.org.uk)

#### **Chest pains and Heart attack symptoms**

No two people are the same and symptoms can vary from person to person. They can vary from severe pain in the centre of your chest, to having mild chest discomfort that makes you feel generally unwell. Other symptoms may accompany the chest pain or discomfort.

**If you, or anyone around you, experience these symptoms, do not ignore them.  
Phone 999 for an ambulance immediately.**

The sooner you get treatment the greater your chances of survival.

#### **Stroke - Act 'FAST'**

**If you think someone may be having a stroke it is important to respond very quickly. The sooner they receive treatment, the greater the chance of survival and recovery.**

**F** - Has their **face** fallen on one side, can they smile?

**A** - Can they raise their **arms** and keep them there?

**S** - Is their **speech** slurred?

**T** - Now **time** to call 999 if you see a single one of these signs.

...every second counts.

Julia Smith  
Practice Manager  
31/01/2018