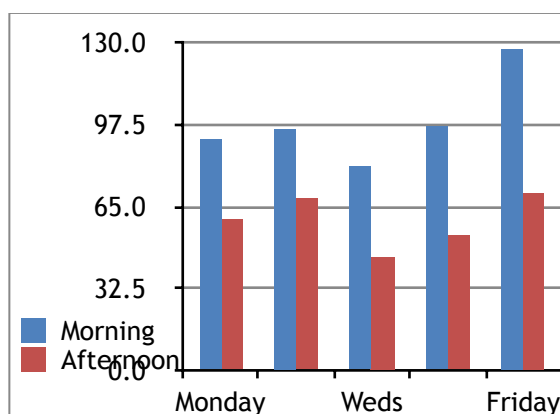


## WICKHAMBROOK SURGERY NEWSLETTER -MARCH 2017

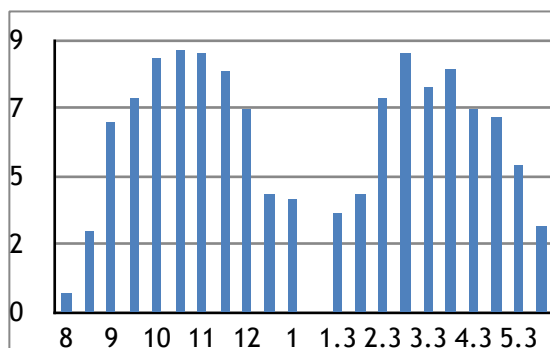
### Collecting your medication

We dispense medication to nearly all of our patients. As a result, our dispensary can be very busy and we appreciate that at times there can be quite a queue when collecting medication.

We undertook a survey over a one-month period and the graphs below show the busiest days of the week and also the busiest times of the day. This may be of some use when deciding on when to collect your medication.



*Medication collection by days of the week*



*Medication collection by hours of the day.*

### Home-Visit Requests

If you feel that you would be unable to attend the surgery and require a home visit, please telephone before 10:30am. Please be ready to tell the receptionist a little about the problem. This helps the doctor to assess the urgency and deal with your problem in a timely manner.



Are you looking after someone?

....Who is looking after you?

Anybody can become a family carer; their life may be restricted because they provide unpaid care for a friend or family member who due to age, illness, disability, mental health problem or an addiction cannot cope without their support.

Do you feel isolated and alone? Suffolk Family Carers can help. We can offer:

- One-to one-appointments
- Advice and information about looking after your own Well-Being
- Emotional support and guidance

A Family Carer Adviser, Tracy Alexander, is in Wickhambrook Surgery on the 1st Tuesday morning of each month. Please ask her or Tel 01473 835407 for a one-to-one appointment in the surgery.

A carers group meets 1<sup>st</sup> Tuesday of each month, 1.30-3.30 at Wickhambrook Memorial Social Centre, Cemetery Road, CB8 8XR. Come along for a 'cuppa' and an opportunity to gain advice and information from people understanding what you are going through.