
ANNANDALE SURGERY

NEWSLETTER

PLEASE TAKE A COPY

JANUARY

2012

STOP SMOKING SERVICE

Many smokers wish to quit smoking but are not sure how to do it. The New Year is often the time when people make a new resolution to quit. There is lots of help available:

At the Surgery – Appointments are available with all our nurses who will offer guidance and support to patients.

Visit – www.smokefree.nhs.uk.

Order a Quit Kit to get you started.

Phone an adviser- 0800 022 4 332

LOSING WEIGHT

Our nurses also offer free advice and guidance on how to lose weight. They will provide patients with a diet plan and regular weigh in sessions.

NEW BUILDING

The latest update on our plans to move to a new purpose built surgery on the High Street Potters Bar have been submitted to the council. There are a few small alterations that need to be made and a Green Travel Plan submitted. Once these are in place the plans will go for building approval.

WEBSITE

Our website is fully operational now. It provides information on the services the surgery offers and there are links to outside websites related to health conditions. You can also:

- Register for online appointment booking.
- Email Repeat Prescriptions
- If you are registered for on line appointments a link takes you direct to the booking page.
- View the monthly newsletter
- View the doctor and nurse timetables.
- There is a 'Who do I see section'
- There is a 'How do I section'
- The results of our patient survey are published on the site.
- News will be published on a regular basis.
- Out of Hours services are listed.

We hope that patients make use of the site and find it useful. If you have any comments or suggestions please let us know.

Thank You to all our patients who sent cards and presents this Christmas. It is very much appreciated

BLOOD TESTS

Appointments at the surgery are now available.

Monday 9-11 am
Wednesday 8.30 – 9.30
Thursday 8.30 – 9.30
Friday 8.30 – 12.30

Blood tests can also be taken at:

Barnet Hospital Open 9-4.30 pm for tests. Call– 0208 216 4394 for an appointment

Potters Bar. Open Tues/Wed 8 am to 12.30 for Warfarin blood tests and Thurs and Fri for all other. Call –01707 653286 for an appointment

Chase Farm Hospital

This is a walk in service.

Monday, Tuesday,
Wednesday - 9.00 to 18.30. Thursday, Friday - 9.00 to 16.00

A blood form issued by the surgery must be taken to the appointment. The results will be sent to the GP.

Fasting Blood Tests

Patient must fast for 12 hours prior to test i.e. nothing to eat or drink (including tea or coffee) for 12 hours. Only sips of water are allowed.

APPOINTMENTS – 644451
ENQUIRY/RESULTS - 622979
2-5PM FAX – 655583
EMAIL
admin.annandale1@nhs.net