

JANUARY 25 NEWSLETTER



SURGERY UPDATE

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LOVE YOUR LIVER AWARENESS MONTH 1-31st JANUARY 2025

The British Liver Trust want the nation to show their liver some love in January. The liver is a fascinating organ and its importance should not be underrated. It is an amazing multi-tasker and has over 500 vital jobs to do. When it is damaged the liver can repair itself but only up to a certain point. The 3 main preventable causes are drinking alcohol, obesity and viral hepatitis. This January, let's show our livers some love by doing something healthy.

Go to:
www.britishlivertrust.org.uk

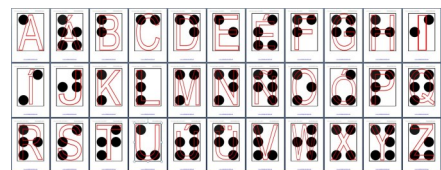
We hope all our patients have had a wonderful Christmas & wish you all a Happy New Year. Thank you from the Practice to all the patients & their families/carers for the very kind gifts given to the team during the festive season. It is very much appreciated and enjoyed by the team.

DRY JANUARY CHALLENGE ☺

How about going alcohol free for the month of January using Alcohol Change Uks resources. www.alcoholchange.org.uk

WORLD BRAILLE DAY 4th JANUARY 2025

World Braille Day celebrates the birth of Louis Braille who developed, at the age of 15, a system where each letter is made up of a series of 6 dots. This revolutionised communication for the blind. The surgery can provide information in Braille. We want to make medical information more accessible for everyone and can offer this in formats such as large print, easy read & many others. Please ask a member of the team.



FEEDBACK

We welcome feedback of any kind - this is used to improve the service we provide for our patients and to identify what works well.

How to leave feedback:



COME IN



CALL



LETTER



EMAIL

Additionally, anonymous feedback can be given as Friends and Family feedback. To complete this, please visit our website (www.albanysurgery.co.uk) or fill out a Friends and Family feedback card at our main reception.

CHINESE NEW YEAR/SPRING FESTIVAL

29th JANUARY - 4TH FEBRUARY

This year it will be the Year of the Snake. Chinese New Year sees out the old year and is about welcoming in the luck and prosperity of a new year.

Celebrations include putting up decorations, particularly red items, giving red envelopes and other gifts, having family gatherings and meals, watching lion and dragon dances and watching fireworks.



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In December 2024, 4316 appointments were booked of which 114 were missed, (this does not include those cancelled by the practice due to sudden unplanned absence). Please be sure to call or email, to cancel or change your appointment if you need to.

NATIONAL OBESITY WEEK 10-16th JANUARY 2025

National Obesity Awareness Week aims to demystify obesity and practice easy ways to prevent it. It is important to address this issue as by 2050, 50% of the population could be obese. Eat right, stay fit and lose weight is the mantra. It is fitting that this week happens so soon after Christmas.

National Obesity Week in the UK encourages people to turn obesity around.

The most significant changes begin with small steps, cooking healthy meals, exercising more often and getting enough sleep each night. Spend time outdoors rather than vegetating in front of a screen.



NATIONAL HUG DAY-TUESDAY 21st JANUARY 2025

The word hug comes from the word 'hugga' meaning to comfort in the Old Norse language. The day was introduced in January as it is believed to be a period of low spirits following all the excitement of Christmas. There are a variety of hugs from one arm hugs to full hugs. A hug can make someone feel better. However, beware that the hug can aid infections to spread!

WALK YOUR DOG MONTH 1-31st JANUARY 2025

This month long event emphasizes the importance of regular exercise for both pets and their owners. It also fits in with resolutions many of us have made to get fitter. This exercise can bring health benefits such as improved cardiovascular fitness, lower stress levels and enhanced mental well-being.

THE PATIENT PARTICIPATION GROUP

The PPG produces this newsletter and supports Albany Surgery in many ways and welcomes new members who are passionate about improving the care their surgery provides. Current patients of all ages and backgrounds are invited to apply.

How to apply:



Pick up an application form at the surgery



albanysurgery.co.uk/patient-participation-group

If you would like a copy of any previous newsletters, please see our website (www.albanysurgery.co.uk) or ask a member of Reception