

# Broom Leys Surgery

## Surgery News

We welcome 3 new salaried GP's to the practice!

Dr Pakka, Dr Clorley & Dr Patel.  
They will be holding regular clinics in the surgery.

## New Year Kick!

With Christmas and new year over with, its that time of year when we all make new years resolutions, a lot of us will make resolutions to make healthier changes to our diet or to lose weight; If this sounds familiar then visit the website below for healthy tips and tricks to get you started!

**[www.nhs.uk/live-well](http://www.nhs.uk/live-well)**

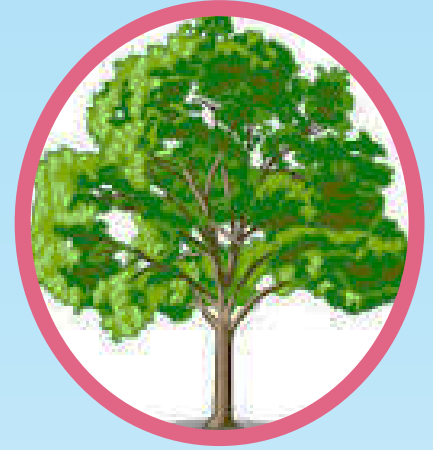
## Dry January

Some of you may be participating in Dry January, if you are here are some key points to keep you motivated and prevent you from picking up that pint!

feel healthier and happier as:

- you sleep better
- your skin improves
- you lose weight
- More money in your pocket (the average person spends £50,000 on booze in their lifetime)
- Get healthier - through giving up alcohol for a month you do your insides a lot of good.

Amazing sense of achievement!



## Surgery Opening Hours

Monday—Friday

Morning (8:00-12:45)

Afternoon (1:30-6:00)

We are closed for lunch between the hours 12:45 - 1:30

Phone Number - 01530 832095

Email Address -

[BroomLeysSurgery.Patients@nhs.net](mailto:BroomLeysSurgery.Patients@nhs.net)

## Antibiotics

Antibiotics are used to treat or prevent some types of bacterial infection.

They work by killing bacteria or preventing them from reproducing and spreading. But they don't work for everything. When it comes to antibiotics, take your doctor's advice.

Antibiotics don't work for viral infections such as colds and flu, and most coughs and sore throats.

Many mild bacterial infections also get better on their own without using antibiotics.

Taking antibiotics when you don't need them puts you and your family at risk of a longer and more severe illness

## Extended Access Appointments

As a practice we now are able to offer 'extended access appointments'

These are appointments with a GP in another healthcare setting that are available after the surgery closes and weekends, these have been added so it makes getting a GP appointment more accessible, they do have a strict booking criteria so we are unable to book in ongoing issues and other certain issues.

The 3 primary sites for these clinics to be held are Hinckley Health Centre, Loughborough Urgent Care Centre & Coalville Community Hospital.

## Cervical Cancer Awareness campaign



We are holding a **BAKE SALE** on the 25th January to hopefully raise some money for Jo's Cervical Cancer Trust, staff members will be bringing in cakes that will be available between

10:30-11:30 and we will have a donation box at the side and a nurse will also be available should any ladies wish to discuss anything to do with smears. We hope to see you there!