

## Top Tips to Help Keep You Well and Healthy

Fruit and Vegetables -    

Are rich in antioxidants and give protection against infections, cancer and heart disease, but you need at least 5 different types of fruit and vegetables each day as part of a balanced diet.

Exercise -  

Gives you more energy, reduces your stress levels, strengthens your heart, reduces body fat, boosts your immune systems, helps you fight infection and strengthens your bones.

Water - 

The best drink for your body, it flushes out waste and keeps all your body functions working – around 6-8 tall glasses a day are needed to meet your body's requirements.

Stop Smoking Support and Weight Control - Support and advice is available from the Practice Nurses. Please telephone the surgery for an appointment on 873588.



## The Minor Illness Clinic

### Your Questions Answered

#### What is the Minor Illness Clinic?

Minor Illness Clinic is a service run by Jane Harvey, practice nurse, who has undertaken additional Minor Illness Training and can see patients with illnesses that are listed inside this leaflet.

#### Who Can Use the Service?

The Minor Illness Service is open to all patients who have recently developed minor illness symptoms. If you have already seen the doctor or nurse and/or your symptoms are persisting or getting worse you need to make an appointment with a doctor, or the nurse may advise this after seeing you.

#### How Do I Make an Appointment?

When ringing the surgery for an appointment our receptionists will ask if you would like to use the Minor Illness Service. If so, to assist the nurse the receptionist may ask you to give a brief outline of your symptoms.

#### What if I have a Minor Illness but prefer to see my own Doctor?

If you wish to see a doctor the receptionists will allocate you a doctor appointment, but it may not be with your own GP.

#### Other Sources of Help and Advice

Your local pharmacist can provide you with help and advice on a range of Minor Illnesses or you can ring NHS Direct on 0845 4647.

