



## Make 2025 the year you quit smoking for good

When you quit smoking, good things start to happen. You'll begin to see almost immediate improvements to your health.

It's never too late to quit and it's easier to stop smoking with the right support. Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?

Join thousands of other people preparing to quit smoking this New Year. Quitting smoking is best thing you can do for your health. You're far more likely to quit smoking successfully with the right support. Discover what's available at NHS Better Health

You don't need to imagine a life without smoking, you can live it!

### Did you know...

- Smoking claims around 80,000 lives a year in the UK
- Quitting without support (relying on willpower and going 'cold turkey') is the least effective way of quitting
- NHS Better Health offers a range of free quitting support including the NHS Quit Smoking app, personal quit plan, 28-day email programme, local stop smoking service look-up tool, as well as advice on stop smoking aids including information on how vaping can help you quit smoking.
- The average smoker could save around £2,500 per year by quitting

**Better Health** Smoke free **NHS**

### Stop smoking Start saving

Track your savings with the free NHS quit smoking app.

**Progress**

Savings

If you stay smoke free you would have saved **£128**

For a pack of 20, you pay <b>£11.99</b>	Per cigarette, costs <b>£0.60</b>
For a pouch of tobacco <b>£15</b>	Per 1g of tobacco <b>£0.50</b>

*"I smoked for over 25 years, and it wasn't easy breaking the habit. But what worked was choosing a quit date and getting help from my local Stop Smoking Service. I don't have cravings anymore and will never put a cigarette in my mouth again."*

*"The NHS Quit Smoking app really helped me. I liked seeing my progress. Recording my goals and reading other people's stories kept me motivated. The daily health achievements made me feel proud. It was great to see how much money I saved too."*

**Better Health** Smoke free **NHS**

**After 20 minutes**  
Your pulse is already returning to normal.

**Better Health** Smoke free **NHS**

**After 8 hours**  
Your oxygen levels are recovering and the harmful carbon monoxide in your body has halved.

**Better Health** Smoke free **NHS**

**After 48 hours**  
All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

**Better Health** Smoke free **NHS**

**After 72 hours**  
Breathing feels easier and best of all you're feeling more energetic.

**Better Health** Smoke free **NHS**

**After 2 to 12 weeks**  
Your blood is pumping to your heart and muscles better thanks to improved circulation.

**Better Health** Smoke free **NHS**

**After 3 to 9 months**  
Your lungs are working 10% better so less coughing and wheezing.

**Better Health** Smoke free **NHS**

**After 1 year**  
Your risk of a heart attack has halved compared to a smoker.

**Better Health** Smoke free **NHS**

**After 10 years**  
Your risk of death from lung cancer has halved.



Measles, it's not just  
a kids problem

## Measles cases continue to rise in England

- Over one in ten children across England remain at risk of catching measles without both doses of the MMR vaccine
- Measles is not just a childhood disease; adults can become seriously unwell
- Measles in pregnancy is serious and can cause stillbirth, premature labour and miscarriage
- One in 15 measles cases can have complications such as meningitis, sepsis and blindness
- Measles is one of the world's most infectious diseases, with one infected person giving it to approximately 15 other unvaccinated people.
- One in five children will require a hospital visit if they become unwell with measles
- The Measles, Mumps and Rubella (MMR) vaccine is safe and has been used since the early 1980s
- There is no medical treatment for measles; MMR vaccination is the best protection against becoming seriously unwell

**Measles** is a disease that spreads really easily. It can be passed on through coughing, sneezing or being close to somebody who is ill. The virus can stay alive and infect others for up to two hours in the air. Infected people can pass it on from four days before a rash shows, to four days after it comes up.

### What to look out for if you think you might have measles

- Really high temperature
- Runny nose and a cough
- Red eyes that water a lot
- Small white spots inside the mouth
- A rash over the whole body - this normally starts on the face and neck, then moves down the body

### The MMR Vaccine

The MMR vaccine is free and safe. **Two doses provide life-long 99% protection against catching measles.** It is part of the routine NHS childhood vaccinations to protect against measles, mumps and rubella. The MMR vaccine is given in **two stages**: 1st dose - at 1 year of age. 2nd dose - at 3 years 4 months of age.

If you're an adult who has not been vaccinated, vaccination is especially important if you are pregnant or have a vulnerable immune system.

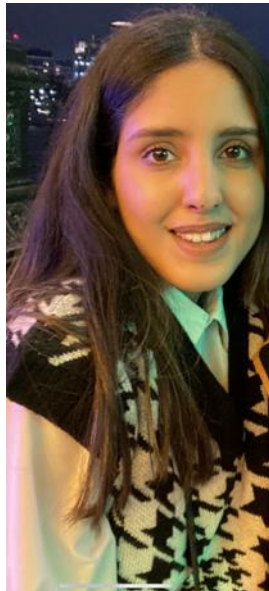
**It's never too late  
Think measles!**



## New Year Resolutions

Every January, people vow to become better versions of themselves, whether it be getting fit, losing weight or giving up alcohol, in an effort to live a healthier life. There is a lot of advice and support out and a great starting point is [www.nhs.uk/live-well](http://www.nhs.uk/live-well)

What are you going to do differently in 2025?



## Who's who!

My name is Simarone and I am the Social Prescriber at the Shrubberies. I have a background of BSc (Hons) Psychology. I aim to support patient's non-clinical needs including; dementia support, bereavement, finance, employment, relationship, isolation/anxiety and many more. The key aspect to my role is connecting individuals to services within their local community to promote personal well-being. To find out more about services available, feel free to speak to a member of staff at the practice.

## Feedback

We value constructive feedback that helps to drive improved services, so don't hesitate to share your thoughts.

If your feedback relates:-

1) **THE SHRUBBERIES MEDICAL CENTRE MON – FRI 8.00 – 18.30** please ask for a feedback form at reception or go to our website

[Feedback - The Shrubberies Medical Centre](#)

2) **HEALTHBRIDGE DIRECT EVENING & WEEKEND CLINICS**

Go to their website [Contact – HealthBridge Direct](#)

Or phone **020 3981 3500**

## Patient Participation Group

We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact **Michelle Greene 07941 077350**



## Did not attend Appointment

In December, we booked **2370** appointments for **1485** patients. **102** patients did not attend (DNA)

Each missed GP appointment costs the NHS an average of **£30** per person (Source: [NHS](#)).

**If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.**

**To cancel your appointment:**

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)