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EVERY FEBRUARY THE UK MARKS

NATIONAL HEART MONTH

It is a campaign that raises awareness of a variety of health conditions related to cardiovascular disease and promotes healthy living measures such as diet and exercise that can lower risks.



Every 3 minutes, someone in the UK dies of cardiovascular disease.

Whether it is losing a loved one to cardiac arrest or coping with devastating impact of heart failure, far too many of us have felt the pain that cardiovascular disease can cause.

NHS Prevention of Coronary Heart Disease

- Eat a healthy, balanced diet.
- Be more physically active.
- Keep to a healthy weight.
- Give up smoking.
- Reduce your alcohol consumption.
- Keep your blood pressure under control.
- Keep your diabetes under control.
- Take any prescribed medicine.



Scan the QR code/ or visit www.nhs.uk/conditions/coronary-heart-disease/prevention/

Food Facts



Healthier food swaps

These simple food swap ideas can help cut down on sugar, salt, and fat in your and your family's diet, plus discover easy ways to make a swap when you next shop.

Even just 1 or 2 everyday swaps can really make a difference and go a long way to making each day healthier – but the more you make, the better!

5 A Day

Fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for kids and adults.

Eating plenty of fruit and veg helps keep us healthy and may reduce the risk of disease and some cancers.



**Download the free
NHS Food Scanner
app.**



Citizens Advice Mole Valley



Citizens Advice Mole Valley helps people resolve their legal, money and other problems by providing free, independent, and confidential advice, and by influencing policymakers.

Phone – 0808 278 7930 or visit citizensadvicemolevalley.org.uk.



Dorking Area Foodbank

Dorking Area Foodbank provides 3 days' worth of food for people struggling to put food on the table in a time of financial hardship. The service is run by volunteers and supported by the Trussell Trust.

To use the foodbank:

- call or email the foodbank to get a referral to a local agency.
- arrange a visit to your local referral agency to get your food voucher.
- bring your voucher to the foodbank.

Time

Tuesday 4.45pm to 5.45pm and Thursday 2.30pm to 3.30pm
The Christian Centre, Church Street, Dorking, Surrey, RH4 1DW



07494 226 743



info@dorkingarea.foodbank.org.uk

Social Media



Dorking Area Foodbank on Facebook

Booking a GP Appointment

If you need to see a GP, you can request an appointment you can do this in the following ways;

1. NHS App
2. Via practice Website
3. By Telephone
4. At the practice

You or us will complete a form to be passed to the duty doctor to review. The duty doctor will be either a GP partner or a Salaried GP.

The duty doctor will review your request for an appointment and look at the following:

1. Who is the most suitable clinician to be seen for your problem.
2. This could be a GP, Paramedic, Physicians Associate, Pharmacist or First contact physio.
3. If you have been seeing a specific clinician we will also look at continuity of care where possible.
4. Nurse or HCA

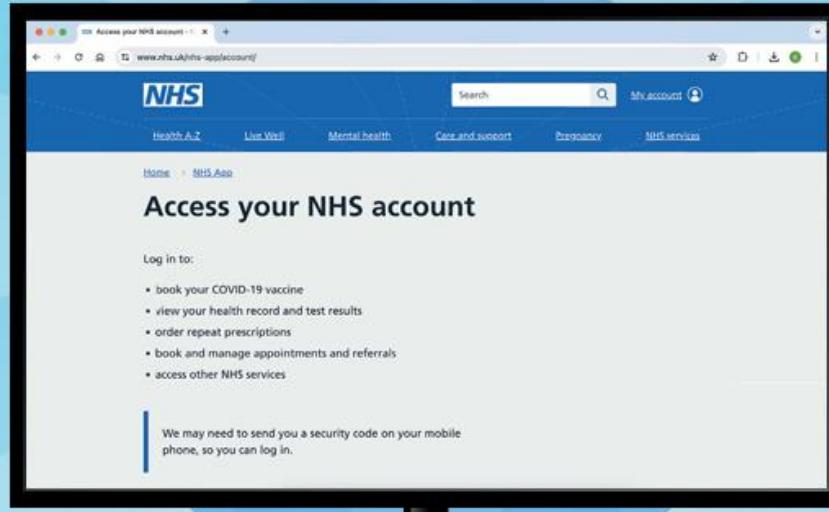
Our Reception team will contact you back to offer an appointment, once the duty doctor has advised on whom to book the appointment with.

If you are unable to attend an appointment we please ask you to cancel, so we can offer the appointment slot to another patient. You can cancel an appointment in the following ways:

1. NHS App
2. Responding to link sent with your appointment reminder.
3. Practice Website
4. Telephone or in person

We are always looking at ways to improve this.

Log in to your NHS account online



- 🔗 Order repeat prescriptions
- 👁️ See your health information
- 📋 Access health advice
- ℹ️ And much more...



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www.nhs.uk/nhs-app/account