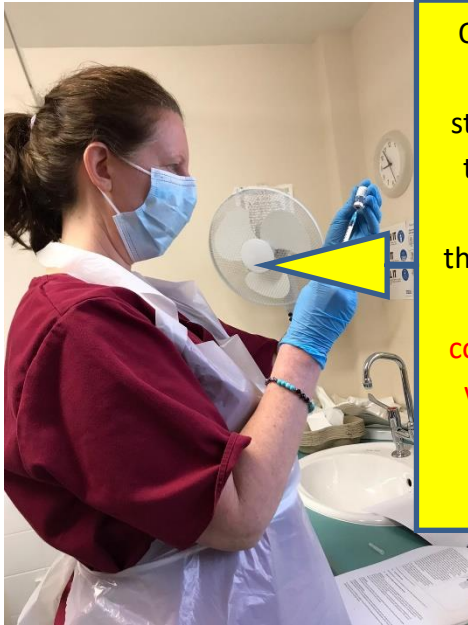
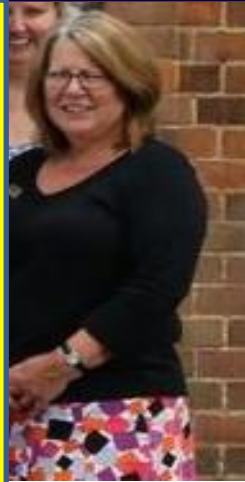


PLEASE NOTE: We want to confirm that during the period of tighter restrictions all primary care services (GP practices, dental practices, pharmacies and optometry providers) **will remain open to treat patients in line with their standard operating procedures, offering care which is safe, necessary and clinically prioritised.**



Our very own Dr Sherlock has started delivering the coronavirus vaccination to those over the age of 80. **We will contact you when we have spaces and resources available.**



We would like to wish Jan our medical secretary a very happy retirement, after 20 years of service at Isca Medical Practice. Best wishes Jan.

We are still able to offer a flu vaccination for anyone aged 50-64. Please call 01392273805 to arrange an appointment with our nurses.



Eat well and move more



THERE'S NEVER BEEN A BETTER TIME TO QUIT

For free advice and support on stopping smoking, search 'Smokefree'.



If you would like advice and guidance on stopping smoking call 01392273805 to speak to one of our nurses.

Have you heard of an e-consult?

An e-consult is an online tool where you are able to describe your symptoms and only answer questions relevant to your condition, request sick notes and much more. A doctor will reply to you with the appropriate action via text message/ email allowing you to carry on with day to day life. This is how to do it:

1. Visit www.iscamp.co.uk
2. Click econsult along the top bar
3. Select the department you require e.g admin or doctor
4. Answer the questions
5. Continue as a guest or login with NHS details
6. Submit and a response will be given within 48 hours.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

A	S	O	A	E	D	S	W	V	T	N	A
O	L	W	O	S	B	S	P	A	C	E	S
U	E	E	K	S	S	I	D	C	T	U	E
N	T	T	D	S	I	D	E	C	R	E	R
H	A	N	D	W	A	S	H	I	N	G	E
S	I	T	Y	I	S	M	V	N	N	I	H
A	I	Y	L	I	M	A	F	A	A	T	M
C	I	M	E	D	N	A	P	T	A	D	R
S	U	D	V	O	T	M	I	I	S	P	N
E	S	R	R	J	N	O	T	O	U	L	T
G	L	O	C	K	D	O	W	N	E	L	S
O	C	N	E	R	I	Z	S	R	N	L	M

WAYS TO LOOK AFTER YOUR MENTAL HEALTH

- Talk about your feelings
- Ask for help
- Keep active
- Care for others
- Accept who you are
- Eat well
- Take a break
- Do something you're good at

For more How to... guides on a range of topics like sleep, exercise and anxiety, visit: [mentalhealth.org.uk/howto](https://www.mentalhealth.org.uk/howto)

- CORONAVIRUS
- FAMILY
- HANDWASHING
- LOCKDOWN
- MASK
- NHS
- PANDEMIC
- SPACE
- VACCINATION
- ZOOM

