

NCMC Newsletter

Autumn 2011

Welcome to the NCMC Newsletter

Welcome to the latest edition of the Practice Newsletter. 2011 has been a busy year for us so far at the Medical Centre. I am sure you will be pleased to learn that the car park at the Branch surgery at 67 Thornhill Road has been resurfaced.

This newsletter contains a variety of information, including important details relating to the current seasonal flu vaccination programme, details of our recent 'Exercise & Activity Day' some new NCMC team members and a short report about my recent exploits at 'Ironman Wales'.

If you have any comments or suggestions about the newsletter or the services we provide at NCMC, please contact me by telephone or e-mail.

Best wishes

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New Staff

We would like to welcome some new members of the team: Dr Sarah Stevenson, Dr Bikram Choudhary & GP Registrar Dr Toyah Singh who joined us in the Summer and Practice Nurse Sharon Jones and Receptionist Natasha Doughty who joined us in September.

Flu Vaccinations

Flu vaccination clinics are now open at the surgery with a variety of dates available (including Saturdays). Please call the surgery or ask at reception for details

To **Order Your Repeat Prescription Online** please visit our website www.northcardiffmedicalcentre.co.uk and choose between my repeats.com or e-mail directly to our prescription clerk

DON'T FORGET TO CHECK OUT OUR WEBSITE – ITS UPDATED WEEKLY!

www.northcardiffmedicalcentre.co.uk



Ironman Wales 2011

Our Practice Manager Sarah Morris recently took part in Ironman Wales. Known as one of the worlds most gruelling sporting events – the Ironman came to Pembrokeshire for the first time on September 11th 2011.

The day began at 7 am with a 2.4 mile sea swim at the picturesque North Beach Tenby followed by a 112 mile bike ride into relentless winds and undulating terrain including Wisemans Bridge and Saundersfoot climbs twice. Finally, Sarah donned her trainers for a marathon – a 4 loop course around Tenby town centre.



**Exercise and Activity Day at North Cardiff Medical Centre
September 2011
You Got Moving!**

You came, stretched, limbered, sashayed and shimmied ... well some of you did... others aimed at more of an inner peace, calmly attuning their body and mind, whilst others walked or ran around Rhiwbina and Llanishen, but judging by the laughs and smiles, whatever you did, you enjoyed yourselves, and so did we.

What was the occasion?

Well, the 29th September was perhaps a unique occasion, when the top two floors of the North Cardiff Medical Centre saw no consultations, tests or procedures performed, but were handed over to sessions of Zumba, Yoga, Extend, and Tai Chi, and where with the help of local tutors (to whom we are exceptionally grateful) the Patient Participation Group [PPG] organised an Exercise & Activity day, providing free taster sessions of the above and encouraging people to take up activities they hadn't tried before.

We were also joined by Heath Challenge Wales, The Village Hotel, local club representatives, and other Healthy Living Specialists to show that there are a plethora of activity opportunities in your local area, both private and local authority sponsored that you can get involved with to improve your health.

The theme of the day was to show that keeping healthy can be fun and enjoyable, whatever your age, ability or disability, there is an activity you can do, that will improve your body and soul and bring a smile to your face, and hopefully lessen your need to see a doctor with a problem.

The Slogan for the day was 'Lets Get Moving'...and you did....So if you are an endorphin muncher or looking to reduce your stress levels, why don't you follow the example of these patients and try something new!

Richard Cole - Chair
Patient Participation Group

