

**NEW!**



# The Mountwood Health Station

Welcome to our brand new drop-in Health Station. This service was a top priority for those who generously donated to our Wish List Appeal. Our new and eager team of Health Information Advisors will be there to guide you to find information about an amazing range of health related issues—through books, leaflets and the Internet. They will also help those who are not good with computers.

**HEALTH BOOKS ■ INTERNET ■ LEAFLETS ■ DVD/CDs**

We have a library of health books to loan out to patients, some relaxation CDs and pilates videos. We would also like to know what you want from this service in the future and look forward to hearing your suggestions

## ***Come and explore!***

### ***Information you may find...***

- ✦ Health and disease information leaflets
- ✦ How to stay healthy abroad and vaccinations
- ✦ Find out more about the medicines you take
- ✦ Healthy lifestyle and preventing illness
- ✦ Tests, investigations—what they mean for you
- ✦ Patient support organisations and local self-help groups
- ✦ Medical equipment (devices, gadgets, aids) to make life easier
- ✦ Welfare Benefits: find out if you are eligible and how to claim
- ✦ Read and share experiences of others with similar health problems
- ✦ Poems and stories about health
- ✦ Learn how to book GP appointments online from your home computer
- ✦ Learn to order repeat prescriptions online from your home computer
- ✦ Find a local doctor, hospital, dentist, therapist, etc
- ✦ Find out more about local consultants or hospital services
- ✦ Referral choices: explore the options available & quality ratings

**A perfect place  
for a Health  
Pit-Stop**

*This service is run by a wonderful band of volunteers. If you are interested in helping, please leave your details at reception and Dr Liz Hermaszewska will be in touch.*



**THE MOUNTWOOD SURGERY**  
*Promoting Health in the Community*