

WELCOME TO OUR **SUMMER 2007** NEWSLETTER.



For those sun worshippers please remember that children under the age of 12 should not be exposed to the sun unless they have adequate protection with a high factor sun cream and a hat.

Don't forget to drink regularly – water or fruit juice and try to avoid alcohol, tea and coffee.

### Bowel Cancer Screening Programme

Bowel Cancer is the second most common cause of cancer in the UK. Islington has just introduced a bowel screening programme which aims to detect bowel cancer at an early stage (in people with no symptoms), when treatment is more likely to be effective. This programme is being rolled out over the next 2 years.

Are you aged between 60-69? If yes, then you will receive a letter and a test kit (sometime over the next 2 years) along with step-by-step instructions for completing the test at home and sending the samples to the hub laboratory. The test will then be processed and the results will be sent within two weeks. For more information please call Freephone 0800 707 60 60.



### Booking Appointments Online

Would you like an alternative way to book a doctor's appointment? Why not use our online booking system through our website:  
[www.goodingegrouppractice.com](http://www.goodingegrouppractice.com)

You must register to use the internet appointment booking facility. Please ask the receptionist for details. After registering you can log on with your patient number and password. You will then be able to view appointments you have already made, cancel them if necessary, and book an appointment with your doctor after checking the times available.



### Telephone advice

If you are not sure whether or not an appointment is necessary, or if you just need some advice, why not call our reception to discuss it. They may be able to assist you or may be able to arrange for a nurse or doctor to phone you back thus saving yourself a trip to the surgery.

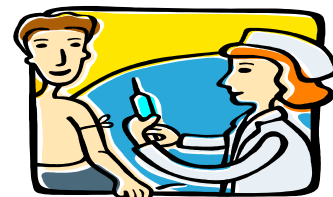


### Appointment cancellations

If you can't keep an appointment please remember to cancel it by letting us know either by email to [goodinge@gp-f83008.nhs.uk](mailto:goodinge@gp-f83008.nhs.uk) or call our 24 hour appointment cancellation line on 020 7619 6677.

### Travel Vaccines

Have you booked your holidays for this summer? Will you need to have travel vaccines? You and your child may need extra immunisations when going abroad. Please make an appointment with the nurse directly and give yourself plenty of time, around 4 weeks. You will need to fill in a travel form prior to seeing the nurse. Travel forms are available at reception.



### Health Promotion Corner

Please note our new health promotion notice board in the corner of the waiting room. Here you can find useful information about contraception, carers, child care, minor ailments and many other topics. Take a look.

### Telephone Numbers

It's important we have up to date contact numbers for you. If you take out a new mobile phone contract and get a new number please let us know so we can update our records.

