**Safer Sleeping for Babies:**

A recent survey by The Lullaby Trust revealed concerning statistics, showing that more than 8% of parents put their babies to sleep in unsafe environments.

The work to promote safer sleep for babies arose after studies found that deaths might have been prevented if parents were aware of safer sleeping advice and fully understood what this means to them.

Support advice can be found at:

www.lullabytrust.org.uk

A poster for a park ride

AI-generated content may be incorrect.

**Missed appointments:**

In May 2025 121 appointments were not attended at the practice. Whilst there are sometimes valid reasons for patients failing to attend appointments, the impact on the service we are able to provide is considerable.

Please help us optimise the service we provide by letting us know in advance if you are unable to attend an appointment for whatever reason. We can then allocate that appointment to another patient and avoid wasting valuable resources.

Thank you.

**NHS Health Check:**

What is an NHS Health Check?

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

* [heart disease](https://www.nhs.uk/conditions/coronary-heart-disease/)
* [diabetes](https://www.nhs.uk/conditions/diabetes/)
* [kidney disease](https://www.nhs.uk/conditions/kidney-disease/)
* [stroke](https://www.nhs.uk/conditions/stroke/)

During the check-up you'll discuss how to reduce your risk of these conditions.

**Who is the NHS Health Check for?**

The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:

* heart disease
* chronic kidney disease
* diabetes
* high blood pressure (hypertension)
* atrial fibrillation
* transient ischaemic attack
* inherited high cholesterol (familial hypercholesterolemia)
* heart failure
* peripheral arterial disease
* stroke
* currently being prescribed statins to lower cholesterol
* previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years

If you have one of these conditions, you will be invited for regular reviews.

If you’re aged over 65, you’ll also be told about [symptoms of dementia](https://www.nhs.uk/conditions/dementia/symptoms-and-diagnosis/symptoms/) to look out for.