



Kildonan House

medical practice

Practice Newsletter



Stoptober is back and is calling on the over 5 million smokers in England to join thousands of smokers who are committing to quitting this October. This year's Stoptober mass quit attempt is as important as ever, with quitting remaining one of the best things a smoker can do for their health.

When you stop smoking good things start to happen – quitting will allow you to start moving better, breathe more easily and give you more money to spend. Stoptober offers a range of free quitting tools. Just search Stoptober for more information or visit <https://www.nhs.uk/better-health/quit-smoking/>

COVID will 'continue to surprise us' warns health official [Covid will 'continue to surprise us', warns health official - BBC News](#)



**Our clinics are running from
Horwich RMI Monday – Thursday
10.00-18.00 Friday 10.00 – 15.00**

Meet our new Nurses:

We are really pleased to inform you that we have two new nurses. Many of you will be familiar with them as they used to work for the practice before and went away to complete their nursing training.

Jeanette Martin: Jeanette is available Monday, Tuesday, Wednesday and Friday.

Sophie Humphrey: Sophie is available Tuesday, Wednesday and Thursday.

We offer nursing appointments across the week and have availability in our enhanced access between the times of 18:30- 20.00