

## Had trouble using the self-check in?

Here are some top tips to help you:

- Don't wear gloves
- Warm your fingertips up first
- Don't jab it hard – a gentle but firm press is needed
- If you are 5 minutes or more late you need to book in at reception to ensure the clinician is still able to see you
- If you are more than an hour early it won't allow you to book in in case you have got the appointment time wrong as you will have a long wait.
- Not all clinicians or appointment types allow you to self-check in. For example if you need to collect something from reception first or they don't use our appointment system.
- If you are a new patient you not be fully set up in the appointment system so you need to go to reception.
- Finally – if someone else has an appointment in the hour or so around yours and is the same sex as you and has the same date and month of birth as you, it will not check you in – you need to go to reception.

## ***PARKINSON'S UK***

### ***TAUNTON & MID SOMERSET BRANCH NEW CARER'S GROUP***

**For all partners, relatives and supporters of people with Parkinson's  
We aim to meet monthly in the Youth Room, Westfield Church Hall  
Bridgwater**

**Thursday 20<sup>th</sup> February 1.30pm to 3.30pm and every third Thursday**

If you would like any further information or an informal chat about this group

Contact: Carol Pilbrow on 01278 684428 Email: [michael.caro@yahoo.co.uk](mailto:michael.caro@yahoo.co.uk)

## **Compass Carers**

Are holding a drop in session at East Quay Medical Centre on Monday 10<sup>th</sup> February, 9am to 12noon.

If you need and help or advice come along and see them

## **BRIDGWATER Sports Relief Mile**

Sunday 23<sup>rd</sup> March St Matthews Field

Starts at 10.30am.

Everyone welcome, teams, families, singles  
Run, hop, skip, jump, walk, crawl...it doesn't matter

You can do 1 mile or 3 miles or 6miles

Enter on line or enter on the day

## Websites the GPs Trust

[www.nhs.uk](http://www.nhs.uk)



[www.patients.uk](http://www.patients.uk)

