

Holmes Chapel Health Centre - Dispensary



Dispensary – Opening Hours – 8.00am – 18.30pm

To improve the service we offer we are encouraging patients to leave their repeat prescription with us when they collect their medication and return again in 28 days to collect their next supply. This alleviates the need to drop off a repeat prescription and also avoids last minute requests. Alternatively you may continue to order your repeat prescription by completing the request slip and posting it in the Dispensary box sited in the foyer or via email as below.

The telephone repeat request line is for housebound and elderly patients only who may leave their telephone number on the answer machine. A member of staff will return their call to confirm their order request.

Repeat Prescriptions – Email Address

For Dispensing patients who live outside a one mile radius of the centre of Holmes Chapel and who utilise the Dispensary: Requests may be emailed to: hchcdispensary@nhs.net

For all other Holmes Chapel patients, you can order your repeat medication electronically by sending an email with your details and list of medications required to: hchcscripts@nhs.net

(NB: this email address is for prescription requests only).



GP Availability

If your usual GP is unavailable on the day of your request please try to wait until they are available. Alternatively if an appointment is required for a minor ailment it may be that the Nurse Practitioner can deal with your problem, please ask the Receptionist.

GP's	Monday	Tuesday	Wednesday	Thursday	Friday
Dr Tate	In all day	In all day	No clinics	In all day	In all day
Dr Thorburn	In all day	In all day	No clinics	In all day	In all day
Dr Bailey	In all day	In all day	In all day	No clinics	In all day
Dr Taylor	In all day	In all day	In all day	No clinics	In all day
Dr Hulme	In all day	No clinics	AM - only	In all day	AM - only
Dr Bailoor	In all day	No clinics	In all day	In all day	In all day
Dr La Coste	-	AM - only	-	AM - only	-

Nursing Team Availability

Nurse Practitioners	Monday	Tuesday	Wednesday	Thursday	Friday
Julie & Louise	AM - only	AM/PM	AM - only	AM/PM	AM - only
Practice Nurses	Monday	Tuesday	Wednesday	Thursday	Friday
Caroline Faulkner	PM - only	In all day	In all day	-	In all day
Jenny Worthington	In all day	PM only	In all day	PM only	-
Sharon Wakefield	In all day	-	-	In all day	In all day
Health Care Assistant	Monday	Tuesday	Wednesday	Thursday	Friday
Kathryn Hulme	In all day	AM only	In all day	AM only	In all day

In Practice

Holmes Chapel Health Centre Newsletter
Spring Issue 1 – March

Easter Holiday – Opening Arrangements

CLOSED – Good Friday 3rd April

CLOSED – Easter Monday 6th April

Reopen – Tuesday 7th April

**Please make sure you put your repeat medication request in early
For collection on Thursday 2nd April ensure your script is in by
Tuesday 31st March. Thank you.**

Staff Training – Health Centre Closed

The Health Centre will be closed for staff training on the following dates:-

Wednesday 2nd March

We will be closed from 12.30pm until the next morning:

Should you require urgent medical attention while the Health Centre is closed please dial the usual number (**01477 533100**) and your call will be automatically transferred to the NHS East Cheshire Out-of-Hours Service. Alternatively you can contact the Out-of-Hours Service direct (**01625 502999**). A triage nurse will advise you regarding your problem and where necessary they will arrange contact with a GP. If you need to see a GP outside of surgery hours you may be asked to attend a Primary Care Centre at Macclesfield, Knutsford, Crewe, Northwich, Congleton or Handforth. Home visits by a GP will be arranged where appropriate. In the event of an emergency dial **999**.

 **Farewell** We bid a fond farewell to Dr Banns at the beginning of February, we wish him well with his future career in medicine.



Patients can now follow us on Twitter @HolmesChapelNHS and Facebook

SELF HELP INFORMATION

Hay fever



“Sniffle Sniffle” we are approaching that time of year - patients who have been prescribed hay fever medication in the past may request this by completing a Medication Request Form available in the foyer. **You do not need a doctor’s appointment.** Hay fever treatment is reviewed each year in accordance with current guidelines. It is possible, therefore, that you may be prescribed a different medication to previous years.

Carers – Crossroads Care Scheme



Are you a carer? Do you provide unpaid support for someone who is ill, disabled or has mental health or substance misuse problems? You may be eligible for some respite or other support for the person whom you care for. **Please contact Crossroads 01260 292850** for information on breaks for carers, practical advice and further information and support.

Holmes Chapel Village Volunteers

The village volunteers are a group of local residents who provide a great voluntary service within the village. Projects include litter picking, erecting and maintaining village planters and putting up the Christmas lights. Should you require any additional information, or wish to be involved please email:

holmeschapelvillagevolunteers@googlemail.com

Home Grown – Community Group



Home Grown is a new community group, their aim is to grow fruit and vegetables in the village to encourage residents to buy, grow and eat local produce. The Health Centre is one of the areas utilised and we very much support this healthy eating project. Members of the community feel free “**To pick your own**”.

Drug Driving Law

New drug drive legislation comes into force from 2 March 2015 in England and Wales. If you are following the advice of a Healthcare Professional and your driving isn’t impaired you can continue to drive as usual and aren’t at risk of arrest.

In the dawn of new drug drive legislation, THINK! is encouraging people who take medicines and aren’t sure if they are safe to drive to check with their Pharmacist or Doctor. The new law comes into force from the 2nd March and is designed to catch people who risk other people’s lives by getting behind the wheel after taking drugs, and not those taking legitimate medicines that don’t impair their ability to drive. There will also be a medical defence if a driver has been taking medication as directed and is found to be over the limit, but not impaired. THINK! advises drivers who are taking prescribed medication at high doses to carry evidence with them, such as prescriptions slips, when driving in order to minimise any inconvenience should they be asked to take a test by the police. Don’t stop taking your medicines, prescribed or otherwise, if you are worried about this new law. Instead, talk to your Doctor or Pharmacist for information about how your medicines might affect your ability to drive. They’ll be happy to give you the advice you need to stay safe.

The new law sets limits at very low levels for 8 drugs commonly associated with illegal use such as cannabis and cocaine. There are also 8 prescription drugs that are included within the new law. These are: **Clonazepam, Diazepam, Flunitrazepam, Lorazepam, Oxazepam, Temazepam, Methadone and Morphine.** However, the limits that have been set for these drugs exceed normal prescribed doses, meaning that the vast majority of people can drive as they normally would.

A short overview of this information can be found on youtube at <https://www.youtube.com/watch?v=Bz0tnwiYv4w>