

In Practice

HOLMES CHAPEL HEALTH CENTRE NEWSLETTER – SPRING 2014 ISSUE 1

Please note the Health Centre will be closed:

Monday 25th August – CLOSED

Tuesday 26th August 2014 – Normal opening hours
8.00am – 18.30pm

Should you require urgent medical attention when the Health Centre is closed dial the usual number **(01477 533100)** – your call will be automatically transferred to NHS East Cheshire Out-of-Hours Service.

Alternatively you can contact the Out-of-Hours Service at Macclesfield Hospital direct **(01625 502999)**.

In the event of an emergency dial **999**

Going on holiday – Travel vaccinations



When arranging travel where vaccinations are required please ensure you plan ahead. We require at least six – eight weeks notice prior to your travel date, but where possible the sooner you can let us know the better. It should be noted that in some instances we may not be able to accommodate all of the needs and requirements of a patient in the administration of travel vaccinations. Examples of such scenarios may include:

* Travel vaccinations required at short notice.

* Non-NHS travel vaccinations, not administered at the Holmes Chapel Health Centre.

In these situations, patients may engage with an independent travel clinic.

Sun Protection

As warmer days are hopefully on the increase please remember to protect yourself and your family from sun burn and heat exhaustion, especially babies and young children. Young skin is very delicate - keep babies out of the sun completely. Use at least Factor 15 Sunscreen; cover up by wearing a T-shirt, hat and sunglasses. Try to stay in the shade during the middle of the day. Sun damage accumulates over time, take extra precautions if you work outdoors. To avoid dehydration drink plenty of water or fruit juice. Report any mole changes or unusual skin growths



GP Availability

Continuity of care is important; if your problem is not urgent and 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	Off site	In all day	In all day
Dr Thorburn	In all day	In all day	Off site	In all day	In all day
Dr Bailey	In all day	In all day	In all day	Off site	In all day
Dr Taylor	In all day	In all day	In all day	Off site	In all day
Dr Hulme	In all day	Off site	Off site	In all day	In all day
Dr Bailoor	In all day	Off site	In all day	In all day	In all day
Dr La Coste	Off site	AM - only	Off site	AM - only	Off site

Nursing Team Availability

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

Staff Training – Health Centre Closed

Wednesday 2nd July 2014

Wednesday 1st October 2014

Wednesday 5th November 2014

Wednesday 3rd December 2014

The Health Centre will be closed for staff training. Please note we are closed from 12.30pm until the next morning:

Should you require urgent medical attention when the Health Centre is closed dial the usual number **(01477 533100)** 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

Medicine Wastage

Eastern Cheshire NHS has been running a campaign in an effort to reduce the amount of wasted medication. We will only prescribe those items on your repeat prescription request slip that you mark with a tick. If you do not add any ticks or use a cross we will not process your request and you will be asked to resubmit it.

When completing your repeat form only tick what is actually needed this will help to keep waste to a minimum. Medications are costly and once the item has been dispensed and left the building they cannot be reused; even if the package is unopened they have to be destroyed.

To ensure you receive the correct repeat medication:

- Only order the medication you need
- Place a tick against the items you require
- Do not use a cross as this can be confusing for staff
- If you require all the items on your repeat please tick them all. A blank form will not be processed

Thank you for supporting this campaign.



Change to computer system

In August 2014 the Health Centre will be changing its clinical computer system to bring us inline with other local GP Practices within Eastern Cheshire. This move will have a significant short term impact on the Health Centre as GPs and staff get up to speed with the new system. Impact on patients will include:

- On the week that we move, there will be fewer appointments, as the GPs will need longer per appointment as it will take them longer to do what they can do very quickly on the current system. This will be a short term issue, while the GPs get up to speed on the new system.
- Prescription requests may take longer to process, for the same reason as above.
- The dispensary will have to stock-take all medication stock and re-enter this on the new system. This will most likely result in a short delay in prescriptions being available from the dispensary for few days after the move.



Patients can now follow us on Twitter - @HolmesChapelNHS

Chlamydia Testing Kit

Chlamydia is serious, silent and spreading.

Free Screening for 15 – 24 year olds.

Please ask at reception for further details and collect your self testing kit.

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 1 mile radius 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: hchcscrip@nhs.net

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



Stop Smoking – Cessation Advice



The NHS national “Stop Smoking campaign”

If you require help and advice on “**Stopping smoking**”

The following contacts are accessible:

Lloyds Pharmacy – Holmes Chapel 01477 532347

Quit – a charity that helps people to quit smoking

Quitline – 0800 002200 - www.quit.org.uk

NHS smoking helpline – 0800 1690169

www.givingupsmoking.co.uk

Smokefree Cheshire - www.smokefreecheshire.nhs.uk