



# Chopwell Primary Health Care Centre

## Spring 2016

### Inside

#### Live well Gateshead

Information on help provided by the Gateshead council to live healthy is on page 2

*April is Bowel Cancer Awareness month. Bowel cancer is the fourth most common cancer in the UK, after breast, prostate and lung.*

#### Practice Opening Hours:

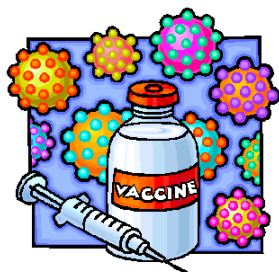
<b>Mon</b>	9am – 1pm & 2pm – 6pm (6:30pm – 7:15pm Extended hours)
<b>Tues</b>	9am – 1pm & 2pm – 6pm
<b>Wed</b>	9am – 1pm & 2pm – 6pm
<b>Thurs</b>	9am – 1pm
<b>Fri</b>	9am – 1pm & 2pm – 6pm

We may be closed half day for training purposes one day every month:

#### Possible training dates:

Wednesday 11<sup>th</sup> May 2016

Tuesday 7<sup>th</sup> June 2016



# Newsletter

## NHS Health Check

Every one of us is at risk of developing heart disease, stroke, diabetes, kidney disease and some form of dementia. The good news is that these conditions can be often prevented, even if you have a family

history of them. An NHS Health Check can help you by assessing your risk of developing health problems and giving you personalized advice on how to reduce the risk of developing these problems in the future. The NHS Health Check involves a few straightforward health test e.g. blood pressure and cholesterol tests and some simple questions about your medical history. Take charge of your long – term health, with NHS Health Check and book your appointment with one of our Practice Nurse today by contacting our reception team either by calling in at the surgery, online or by telephone. This appointment will take approximately 20 minutes.

### Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease.



## Are you an unpaid carer?

Do you care for someone who cannot manage on his or her own because of an illness or frailty, or who is suffering from a physical or mental disability or from substance abuse? If you are providing a significant amount of care directly to that person, without any payment, you are a carer! You have access to a whole range of support, from practical help in providing care to personal support in solving problems. As a carer you are entitled to a free assessment of your situation. Please ask at reception or visit:

<http://www.chopwellmedicalpractice.nhs.uk/patient-information/are-you-a-carer/>

## Were you aged 70, 78 or 79 on 1<sup>st</sup> of September 2014?

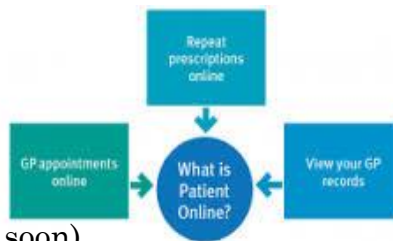
Don't let shingles become a burning issue. You may be eligible to receive vaccination against shingles. Please ask your GP and your Practice Nurse or ask for leaflet at the reception, you can also visit [www.shingleaware.co.uk](http://www.shingleaware.co.uk) for more information.



# Online Patient Services

- Beat the phone queues
- Online 24 hours a day
- Special blocked appointments for online booking only
- Repeat prescriptions
- Access to your medical records
- Electronic Prescription (coming soon)

For further information please contact the reception or visit



## You and your long term condition(s)

If you answer “yes” to any of these questions, then a new way of delivering care is likely to help. “Care Planning” aims to help people with long term conditions to be more informed and more involved in making decisions about their own care.

So you might find your clinic appointments arranged a little differently to help you be more involved and this is part of Care Planning.

You can also get more information from the Year of Care website: [www.yearofcare.co.uk](http://www.yearofcare.co.uk)

*The Care and Quality Commission were set up to monitor, inspect and regulate Health and Social Services. Our inspection took place in March and we will keep you updated with the results of this.*



*The practice will be installing an Automated Arrivals Unit in the surgery waiting room in April. This will hopefully reduce long queues at the reception desk.*

### WE WOULD LIKE TO WELCOME

Health Care Assistant Jodie Bainbridge, commencing work at the surgery in March.  
Practice Nurse Susan Beange, commencing work at the surgery in April. We wish them well in their new role.



## Live well Gateshead

Live well Gateshead offers everyone full health and wellbeing assessment, which may take place on phone or face to face. It takes 20 minutes to complete, and focuses on a range of health and wellbeing measures. They can help you develop a personal action plan to help you achieve your goals including:

- Stop smoking support
- Alcohol awareness
- Healthy eating
- Being more active
- Improving confidence

They can provide individual, group or family support and can help you access other services including:

- Debt Management
- Housing advice
- Employment services
- Community groups
- Volunteering opportunities

They are open 7 days a week, Contact them on 0800 014 9092.