



# Primary Health Care Centre, Chopwell

Summer 2017



## Practice Opening Hours:

**Mon** 9am - 1pm 2pm - 6pm  
(6:30pm - 7:15pm Extended hours)  
**Tues** 9am - 1pm 2pm - 6pm  
**Wed** 9am - 1pm 2pm - 6pm  
**Thurs** 9am - 1pm  
**Fri** 9am - 1pm 2pm - 6pm

We will be closed for training purposes one afternoon every month:

## Training dates 2017

Wednesday 12 July  
Wednesday 20<sup>th</sup> September  
Wednesday 11<sup>th</sup> October  
Thursday 16<sup>th</sup> November



# Newsletter

## THINK PHARMACY FIRST SCHEME

We know that people visit their GP with minor illnesses which their local pharmacist could help with. By visiting your local pharmacy, you could save yourself the time and with no appointment needed, you can just walk in at a time convenient to you. Your local Pharmacist can see you for the following minor illnesses:

- Aches and pains
- Allergies
- Cold & Flu
- Ear care
- Eye care
- Stomach Ache
- Head Lice
- Any skin or mouth problem

For further information on the Think Pharmacy First Scheme, you can visit [www.newcastlegatesheadccg.nhs.uk](http://www.newcastlegatesheadccg.nhs.uk).

You may also wish to visit their the 'Think Pharmacy First' Facebook Page or Twitter page @NHSngccg

**THINK PHARMACY FIRST**

**No Appointment needed!**

## ***SAME DAY HELP FOR YOUR POORLY CHILD***

*If your child has become unwell in the last few days and you would like urgent advice then please contact the surgery and we will arrange for a clinician to speak to you and if necessary to see your child, today - this could save you an unnecessary trip to A+E or a Walk-in Centre. Can we also make you aware of the 'Little Orange Book', which provides expert help for parents and carers on how to manage common problems in babies and small children – ask your GP for a copy.*

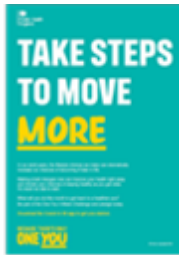
## SELF HELP

### Do you need to become more active?

The following websites provide guidance, fact sheets, apps, case studies on physical activity for all levels. Why not take a look?

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>



**Want to lose weight?** There are lots of factsheets and resources to help you along the way!

<http://www.nhs.uk/Change4Life/Pages/healthy-eating.aspx>

<http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx>

Why not download the 'One You Healthy Eating App'? The free 'Easy Meals' app is a great to find out which food and meals are healthy for you.

<https://www.nhs.uk/oneyou/apps>

## SHARING YOUR MEDICAL RECORD



Your practice has signed up to share information from your medical records when you are referred to local NHS organisations in Gateshead.

Information about you is already shared with your GP when you visit a hospital or walk-in centre. This change will mean that information from your GP records can now be shared electronically with hospitals so that they can provide you with better care.

You will be asked for consent before professionals can view your records, for example at the point you are referred or when you visit the hospital.



### Do you need to cut back on alcohol?

Why not download the free Drinks Tracker?

<https://www.alcoholcern.org.uk/factsheets>

### One You - Drinks Tracker.

The One You Days Off app is a simple and easy way to track the days you drink alcohol and the days you don't. Feel healthier, lose weight and save money – simply nominate days to take off drinking and get practical, daily support to help you stick to.

<https://www.nhs.uk/oneyou/apps#>