



Chopwell Primary Health Care Centre

Summer 2015

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Live well Gateshead

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

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EPS (Electronic Prescription Service) is coming to our surgery in June. Benefits of signing up for EPS are explained on page 5.

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Practice Opening Hours:

Mon 9am – 6pm
(6:30pm – 7:15pm Extended hours)

Tues 9am – 6pm

Wed 9am – 6pm

Thurs 9am – 1pm

Fri 9am – 1pm & 2pm – 6pm

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

Possible training dates:

9th June 2015, 8th July 2015, 22nd Sept 2015, 7th Oct 2015, 12th Nov, 16th Jan 2016, 25th Feb 2016, 8th Mar 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.

NHS



Are you and 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 1st 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 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



Electronic Prescription Services

This new service lets your GP's practice send your prescription electronically to where you choose to get your medication or appliance – without the need for paper or to go to GP's surgery just to collect and drop the prescriptions. **You do not need a computer for this service.**

Benefits:

- If you collect repeat prescriptions you will not have to visit your GP practice just to pick up your paper prescription. Instead, your GP will send the prescription electronically to the place you choose, saving you time. The prescription is an electronic message so there is no paper prescription to lose.

- You will have more choice about where to get your medicines from because they can be collected from a pharmacy near to where you live, work or shop.

- If the prescription needs to be cancelled the GP can electronically cancel and issue a new prescription without you having to return to the practice – saving you extra trips.

- You may not have to wait as long at the pharmacy as your repeat prescriptions can be made ready before you arrive.

- **Online Patient Services** is also connected to the **Electronic Prescriptions Service**; which means you can track your repeat prescriptions and your issued prescriptions progress (You can see if the prescription has been printed and ready to be sent to your nominated pharmacy or if it is already in the pharmacy to be made or is it ready in the pharmacy to be picked up by you.).

For more information ask at the reception or contact the surgery by telephone or visit <http://systems.hscic.gov.uk/eps/patients>



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 minute complete, and focuses on 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 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.