



Primary Health Care Centre, Chopwell

Winter 2016



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

Thursday 2nd February
Thursday 23rd February
Wednesday 8th March
Wednesday 26th April
Thursday 18th May
Wednesday 12 July
Wednesday 20th September
Wednesday 11th October
Thursday 16th November

Newsletter

THINK PHARMACY FIRST SCHEME

See your local community pharmacist to help you diagnose and treat your minor illnesses



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.newcastlelegatesheadccg.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!

The **NHS Health Check** is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease & stroke. If you're aged 40-74 and you haven't had a stroke, or you don't already have heart disease, diabetes or kidney disease, you should have an NHS Health Check every five years. Please ask at reception to check if you are eligible.

Bowel Cancer is the fourth most common cancer in the UK, after breast, lung and prostate cancers. It affects both men and women and the risk increases with age. When bowel cancer is diagnosed at the earliest stage, more than 9 in 10 people will survive the disease for more than 5 years.

The signs and symptoms of bowel cancer can include:

- bleeding from the bottom without any obvious reason or blood in your poo (this can be red, or it can be black and can make your poo look dark, like tar)
- change in your normal bowel habit such as looser poo, pooing more often and or constipation.
- tummy pain (especially if severe) or a lump in your tummy.
- unexplained weight loss

These symptoms are unlikely to be caused by cancer but it is better to play it safe, so it's important to tell your GP if you notice them.

YOU WILL BE SENT A BOWEL SCREENING INVITE IF YOU ARE ELIGIBLE - BE SURE TO TAKE UP YOUR INVITE!

CHANGED YOUR CONTACT DETAILS?

It is important that we have up to date contact details, in case we need to contact you in an emergency. In the rush of changing address or mobile number, it can be easy to forget to let us know. However, we have had a few problems recently because the contact details haven't been updated by patients, meaning we haven't been able to get in touch to change medication or arrange a blood test. To change your details, simply fill in a contact details form available from reception.

The Friends and Family Test

"We need your feedback"



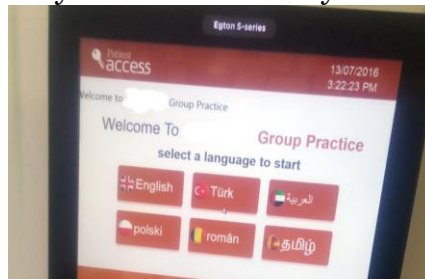
Friends & Family Test

We constantly strive to ensure that we are providing the best care possible to our patients. We would therefore be grateful if you could take the time to fill in a 'Friends and Family Test' to tell us your views. Please ask at reception for a Friends and Family questionnaire.

Self Service Check In System

We would like to continue to encourage all patients to use the system to check in for appointments. This will not only save time for you but will also free up the receptionists to deal with more complex tasks.

Did you know?....the check in system also offers a small number of health questionnaires which may be of interest to you.



We are improving how we communicate with our patients. If you have any communication or information needs, please let us know so we can communicate with you in the most effective way for you. You can let us know by telephone, letter, in person at the surgery or by emailing us at NGCCG.A85024@nhs.net



Kick the Habit

Save time, money and your life!

Smoking cessation advice can be given by the Practice Nurse who is a trained smoking cessation advisor and who can offer nicotine replacement therapy and support counselling.

Appointments can be made at various times throughout the week and last 20 minutes each.