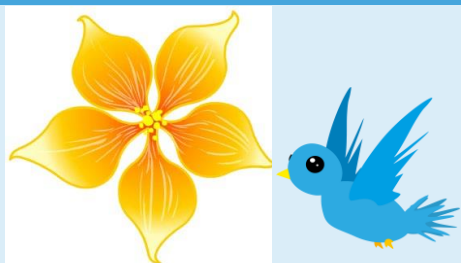




# Primary Health Care Centre, Chopwell

Spring 2018



## Practice Opening Hours:

<b>Mon</b>	9am - 1pm 2pm - 6pm
<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

## Patient Participation Group

Would you be interested in joining our Patient Participation Group?

Please ask to speak to Miss Samantha Cromar or Roshan Hassan and they can register you.

## Prescriptions

All prescriptions will need to be requested:

Online: please ask at reception for a registration form.

In Writing: Using either re-order slip or on a piece of paper with your name and date of birth added.

The Practice does not accept prescriptions over the telephone due to safety reasons.

# 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.*



### New GP At The Surgery

We are pleased to be able to announce that there is a new member of the practice team. Dr Frances Timson (MBBS, MRCP) who is a female GP will hold clinics usually on Tuesday (all day) and a Wednesday (all day).



Dr M S Hassan and Dr Sameena Hassan will remain the Partners of the practice.



**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 way to find out which food and meals are healthy for you.

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

### Practice Training Dates

The surgery will be closing at 12.30pm on the following dates:

Thursday May 24<sup>th</sup> 2018

Thursday July 12<sup>th</sup> 2018

Wednesday September 19<sup>th</sup> 2018

Thursday October 18<sup>th</sup> 2018

Tuesday November 13<sup>th</sup> 2018

### **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.