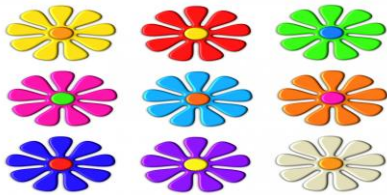




Chopwell Primary Healthcare Centre



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.

Practice Opening Hours:

Mon 9am-1pm & 2pm – 6pm

Tues 9am-1pm & 2pm – 6pm

Wed 7.30am-1pm & 2pm – 7.15pm

Thurs 9am-1pm

Fri 9am – 1pm & 2pm – 6pm

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 Spring 2020

COVID-19 Coronavirus Outbreak

Dear Patients,

Firstly, We would like to thank you for your continued support, patience and understanding during this difficult time.

Secondly, We would like to thank you for the kindness and compassion you have shown our team members who are working so hard in these exceptional circumstances.

Our top priority remains to provide the best care to our patients needs whilst keeping our teams and communities safe.

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

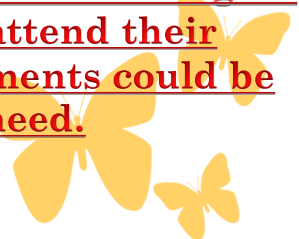
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Looking after your wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

Please remember to cancel any unwanted appointments
Every month we continue to have in the region of 100 patients who do not attend their appointments. These appointments could be offered to others in need.





If you haven't already, please follow our facebook page for updates about the practice.

We now have an Advanced Nurse Practitioner (ANP) called Sandra Telford.

An Advanced Nurse Practitioner (ANP) is a registered nurse (RN) with advanced training in diagnosing and treating illness. Nurse Practitioners prescribe medication, treat illness, and full examination.

Notice for Parents

If your child has become unwell in the last few days and you would like urgent advice please contact the surgery and we will arrange for a clinician to speak to you and if necessary to see your child that day. This could save you an unnecessary trip to A&E or 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. Please ask for a copy.



consult

Remember

The practice is now live for **e-consultations**.

If you visit our website- <http://www.chopwellmedicalpractice.nhs.uk/>

A box will automatically appear on the screen of our home page. You can ask for help with a specific problem or condition, ask for general advice if you are not sure what your symptoms mean or request for administrative help for things like sick notes etc. You will be asked the same questions a doctor would ask in a face to face appointment. You would just fill out a simple form to get advice and treatment by the end of the next working day and you might not even have to come into the surgery. You can do it anytime, anywhere, even on your mobile.