

WASHWAY ROAD MEDICAL CENTRE

"SURGERY SNIPPETS"

- a newsletter for our patients.

October - December 2015

NEW!

TRAFFORD'S MINOR AILMENTS SERVICE—making best use of NHS resources

Coughs & colds

Earache

Tummy upset

Head lice

Temperature

Sore throat

Indigestion/heart burn

Sore throat

Conjunctivitis

Headache

Eczema & dry skin

Cold sores

Insect bites

Nasal congestion

Hayfever

If you've one or more of the above problems &:

- ✓ Registered at a Trafford GP practice
- ✓ Don't pay for your prescriptions

you are entitled to advice, support & where necessary - FREE TREATMENT, for the management of your minor ailment. This means you've access to qualified, professional help from a local pharmacist throughout the week and at weekends too, when the pharmacies are open.

The pharmacist will assess your condition and where appropriate, recommend and issue FREE treatment from a range of medications. As safety is always a priority, they will advise you to contact the practice instead if your condition is not suitable for the minor ailments scheme. In this case, we will usually book you an appointment with one of our nurse practitioners.

Consulting the pharmacist first, rather than the practice for everyday minor illnesses, means we can focus our time & skills providing care to patients with more complex needs.

Pharmacies in Sale, currently providing this service to our patients are:

Boots chemist	2 The Mall, M33 7XZ
Hollowood chemist	69 Washway Road, M33 7SS
Mai's pharmacy	10 North Parade, Derbyshire Road South, M33 3JS
Rowlands pharmacy	54 Coppice Ave, M33 4WB
Rowlands pharmacy	331 Norris Rd, M33 2UP
Village pharmacy	23 Green Lane, Ashton on Mersey M33 5PN

Find out more about self-care at NHS Choices www.nhs.uk

'FLU VACCINATION 2015



We're off to a good start with our 'flu jabs this year! At the time of writing, we've already protected over 1600 of our "at risk" patients.

Priority groups this year include patients from the age of 6 months with chronic diseases: diabetes, heart & stroke disease, asthma, COPD or neurological, liver or kidney disease along with all those aged 65 or over. Primary carers are also entitled to 'flu vaccination, so talk to us if you think this applies to you.

This year, children aged 2, 3 or 4 on 1 September 2015 will be invited towards the end of October for the single dose nasal 'flu vaccination. We'll be running clinics throughout November for these, including a Saturday morning clinic on 7 November.

For those adult patients who would like a 'flu vaccination but are not in the priority "at risk" categories, this service may be obtainable from several local pharmacies at a cost of around £10. We're aware that several local pharmacies are offering 'flu vaccination to "at risk" patients too – whilst this is good in terms of protecting patients and providing choice, the practice has already purchased sufficient vaccine to protect all patients "at risk", so please come & get your vaccination here to minimise any wasted resources!

If you've not received an invitation by the end of October and think you're in the "at risk" category, please ring us on 0161 962 4354 and let us know.

STOPTOBER - this is an excellent time of year to remind you that **giving up smoking is the single biggest change you can make to improve your health.**



We're pleased to report that **9 out of 10** of our patients are non-smokers.

For the 1 in 10 who are still smoking, our healthcare assistant and practice nurses all offer smoking cessation services - book an appointment on 0161 905 4711 and **let us help you improve your health.** Many local pharmacies also offer stop smoking support too, so ask your local pharmacist.

OPENING TIMES over the CHRISTMAS & NEW YEAR HOLIDAYS



Thursday 24 December	08:30 - 15:00
Friday 25 December	CLOSED
Saturday 26 & Sunday 27 December	CLOSED
Monday 28 December	CLOSED
Tuesday 29 December	08:30 – 18:30
Wednesday 30 December	07:30 – 17:00
Thursday 31 December	08:30 – 18:30
Friday 1 January 2016	CLOSED
Saturday 2 & Sunday 3 January	CLOSED
Monday 4 January 2016	08:30 - 18:30

We can issue an extra script during November to cover Xmas & New Year if you wish. Just write "+ Xmas" on November's order.

Please make sure you collect your prescription by 3pm on: THURSDAYS 24 & 31 DECEMBER.

For advice or information whilst we're closed, please dial **111** to **contact NHS 111**. Do not directly contact out-of-hours GP service Mastercall. Patients should ensure they have enough repeat medication to last throughout the holiday.

IMPORTANT CHANGE FROM 10 NOVEMBER 2015

**WHEN THE PRACTICE IS CLOSED & URGENT GP HELP IS NEEDED,
THE NUMBER TO CALL IS 111**