

# WASHWAY ROAD MEDICAL CENTRE

## "SURGERY SNIPPETS"

- a newsletter for our patients.

January – March 2013 HAPPY NEW YEAR!

change  
4 life

Eat well Move more Live longer

This quarter, we're asking you to focus on your lifestyle and inspiring you to think about what you can do for yourself: small changes that can improve your health and help you to stay healthier for longer. Whether it be slipping in a non-alcoholic drink in between your usual, prioritising some regular exercise for yourself or giving up smoking, all these small changes can become better habits that will help in your long-term health.

We're starting by including a START 4 LIFE booklet in the ante-natal pack we give our new mothers-to-be. It encourages simple changes that can become good habits for all family members. If you've young children already, pick up a copy of the colouring in sheet & quiz to learn together.



If you've not already made it your New Year's resolution to give up smoking (or you've tried and not quite managed it) then have another try on **NO SMOKING DAY** on Wednesday **13 March 2013**. Find out more at [www.wequit.co.uk](http://www.wequit.co.uk)

We've said it many times before and here it is again:  
**giving up smoking is the single, biggest change you can make to improve your health.**

Our nurses and healthcare assistant can help you find the best way of quitting – book a double appointment to find out how on 0161 905 4711. Alternatively pop into any local pharmacy for their help and a full range of products.



## CQC REGISTRATION

You may be aware that under the Health & Social Care Act 2008, all medical practices will need to be registered with the Care Quality Commission (CQC) from 1 April 2013, just as Care homes, hospitals and dental practices are now.

Although our working practices and standards of medical care are thorough – as confirmed by our approval as a GP training practice, there's still some work to do to ensure all our team are aware of CQC standards and our compliance with these.

To make sure our whole team is up-to-date, trained and prepared for this change,  
**the practice will be closed 2pm – 5pm on Wednesday 16 January 2013.**

## PROTECTION AGAINST SEASONAL 'FLU

We've successfully vaccinated 3000 of our highest risk patients this autumn/winter. This is a tremendous achievement alongside our other work and a real testament to our strong teamwork.

If you're in one or more of the high risk categories (including pregnant women) & haven't yet had your 'flu jab this winter – book an appointment with us now on 0161 905 4711 – **we have a limited supply of vaccines left.**

## WEAR IT PINK!

We're proud to report that our activities and fundraising efforts in October 2012 resulted in a £188.51 donation towards breast cancer care. Thanks to all who joined in and donated to this worthwhile cause!

### SALE'S "SQUARE MILE" COMMUNITY EVENT

*On 24th November Washway Road Medical Centre hosted a stand at a Community Open Day organised by Home Instead Senior Care at St Paul's Church.*

*As well as over 40 stands from local community groups, 400 presents were donated as part of Home Instead Senior Care's 'Be a Santa to a Senior' scheme. All of these presents were then given to elderly people who live in Sale & would appreciate receiving a gift at Xmas. Our GPs distributed a few of the presents & were pleased to see how well they were received. Home Instead asked the surgery to convey their sincere thanks to all those who gave or received a present & said they hope to make this an annual event in addition to their other community activities.*

## TO THE 6000+ PATIENTS WHO ORDER REPEAT PRESCRIPTIONS -

PLEASE, PLEASE, PLEASE help us to give you a prompt service by coming in (or asking your pharmacist) to **collect your repeat prescription 2 working days after you've ordered it.** Prescriptions ordered on a Tuesday will be ready around the same time on a Thursday; those ordered on a Friday will be ready around the same time on a Tuesday, however **those dropped off or ordered on-line over the weekend we receive on the Monday and will therefore be ready on the Wednesday.** Your help with this would be much appreciated.



If you've not already signed up for on-line ordering, visit our website at [www.wrmc.org.uk](http://www.wrmc.org.uk) to find out more or bring current photo ID to reception. Ordering on-line is quick, convenient and accurate and saves us all time.

### BANK HOLIDAY CLOSURES THIS QUARTER

The surgery will be closed on the following dates: **Friday 29<sup>h</sup> March & Monday 1<sup>st</sup> April 2013.** Should you need **urgent** medical attention that cannot wait until we re-open, please consider contacting:

Mastercall ( 24 hour GP out-of-hours service)	0161 476 2299
NHS Direct (24 hour nurse-led advice line)	0845 46 47
Minor injuries unit, Altrincham General Hospital	0161 934 8300
(8am - 8pm Mon - Fri; 10am - 6pm weekends & bank hols)	

NHS Choices website at [www.nhs.uk](http://www.nhs.uk) gives more information about NHS Walk-in Centres open near you.



Finally, remember to **ORDER** your repeat prescription by **Tuesday 27<sup>th</sup> March & collect no later than 6:30pm on Thursday 28<sup>th</sup> March 2013.**