

# SPRING NEWSLETTER 2016

LATEST PRACTICE NEWS

1ST MAY 2016

## HELLO AND WELCOME TO OUR SPRING 2016 NEWSLETTER

We thought it would be useful for our patients if we collated this informative newsletter to help sign post our patients to services which are available locally.

## WHERE CAN I GO FOR TREATMENT/MEDICAL SERVICES

### Minor Ailments and Conditions

Did you know you can get rapid advice, treatment and even a prescription from your **local pharmacy**. Under the pharmacy care in the chemist, the pharmacist can prescribe medicines for these conditions:

Coughs, colds, sore throats, blocked nose, earache, thrush and uncomplicated urinary tract infections, teething and nappy rash, threadworms, hay fever, athlete's foot, diarrhoea, cold sores and mouth ulcers, skin rashes, impetigo and eye infections.

#### How do I do this?

Just drop in to your local pharmacy and ask to see a pharmacist. If you have difficulty finding a pharmacy, you can use the NHS choices website [www.nhs.uk](http://www.nhs.uk) or dial 111.



### Podiatry/Foot Care for Patients

A podiatry service is available at HCRC or Chapelfields. You can complete a podiatry form, (without seeing a doctor) at reception and then will be sent an appointment for assessment. For further details contact 01928 593623.

### Community Nursing Support

Did you know if you are housebound a visit can be arranged for a district nurse to help you with the following:

Leg ulcers, dressings, enemas and catheters syringe drivers.

#### How do I do this?

**Please contact the surgery for more advice on 0151 424 3101. You can book an appointment for new dressings etc. at one of the treatment rooms locally. Chapelfields, Beaconsfield or H.C.R.C by ringing 0800 953 0960**

## **Mental Wellbeing for 18+ (IAPT)**

Did you know you can contact IAPT if you struggle with:

Anxiety, depression or low mood.

### **What do I Do?**

**Contact IAPT on 0151 292 6954**, Monday to Friday, 9am to 5pm for more information or contact your GP.

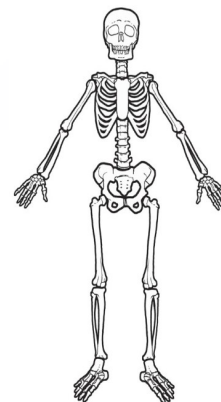
## **Muscular and Skeletal Problems**

Did you know you may refer yourself straight to the NHS physiotherapy service for conditions, providing you are 18+ including:

Back and neck pain, sprains and strains, whiplash disorders, sports injuries, joint pain and muscle pain.

### **How do I do this?**

There is a form on our website [www.thebeechesmedicalcentrewidnes.nhs.uk](http://www.thebeechesmedicalcentrewidnes.nhs.uk) or complete a form at reception and we will fax to 0151 290 4112.



## **Urgent Care Centres - Less severe problems and conditions**

You can visit an urgent care centre or minor injuries unit. Adults and children aged 3+, can go to HCRC, Caldwell Road, Widnes, open 7 days a week, 7am to 10pm. Contact number for **HCRC is 0151 495 5000**.

Did you know minor injury units (MIU's) are able to help you with the following:

Lacerations, cuts, grazes, wounds, sprains, strains, muscle or joint injury, broken bone or fracture, skin complaint, insect/animal/human bite or sting, foreign bodies like splinters, minor scalds and burns, minor head injuries from a low fall, localised allergic reactions, infections to wounds etc and minor injuries/infections.

**Contact your nearest Minor Injuries Unit/Walk-in-Centre on:**

**HCRC, Caldwell Road, Widnes - 0151 495 5000**

**Halebank Walk-in-Centre, Halebank Road, Widnes - 0151 425 4950**

## **Promoting Good Health - Health Improvement Team**

Start well, live well and age well. You can be referred to the Health Improvement Team for Smoking Cessation, fresh start and exercise (fit 4 life).

### **How do I do this?**

For further information **contact 0300 029 0029** or visit their website [www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk) or discuss at your next appointment.

## **Babies and Family Health Clinics**

Did you know that you can go straight to your named health visitor for advice and guidance on issues relating to the following:

Baby and child growth and development, childhood conditions, allergies and infections, breastfeeding, bottle feeding and weaning, teething, post natal depression and parental mental and physical health, child behaviour issues such as sleeping, eating and potty training and tantrums and support with parenting, family health and relationships.

### **Where do I go?**

There are 4 clinics in Widnes -

Monday - Warrington Road Children's Centre, Naylor Road, 12.30pm - 3.30pm

Tuesday - Ditton Road Library, 1.30pm - 3.30pm

Wednesday - Upton Children's Centre, 9.30am - 11am

Friday - Kingsway Learning Centre, 9.30am - 11.30am



## **Ear Syringing**

### **Where can I attend for ear syringing?**

Widnes - Beaconsfield Chapelfields, Widnes HCRC

Runcorn - Murdishaw, Hallwood, St Paul's

Do I need to see my doctor first? - **NO** - Just ring **0800 953 0960** for an ear syringing appointment.

What time can I be seen? Monday to Friday 9am - 4pm

HCRC Widnes - Saturday Clinic 9am - 4pm and Wednesday late night 12 noon - 8pm.

## **Evening and Weekend Appointments - GP Extra**

We have a new service which we offer to patients. You can now book an evening or weekend appointment by contacting the Beeches Medical Centre reception, **but you will be seen at Widnes HCRC**. The new system is known as **"GP EXTRA"**.

Times that patients can have appointments are:

Monday to Friday - 6.30pm - 9pm

Saturday and Sunday - 9.30am - 12.00pm and also 12.30 - 3.30pm

If you can not keep your appointment then you will need to cancel it by contacting HCRC on 0151 495 5000, not the practice as we do not have the facility to cancel appointments. We hope this will be beneficial for patients who can not be seen during a weekday, perhaps due to work or carer responsibilities. If you want to use this service, please contact one of our receptionists on 0151 424 3101 to make an appointment. The service has been funded by the prime minister's challenge fund and will be running for 12 months from the 1st December 2015.



### **Sexual Health Clinics**

Did you know you can get help if you have concerns or need:

Contraceptive advice and implants or need a test for a sexually transmitted disease or have symptoms of vaginal discharge.

#### **What do I do?**

Contact sexual health advice and GUM clinic on **0845 155 0156** or visit their website **[www.getition.org.uk](http://www.getition.org.uk)**.

### **Teenage Sexual Health Clinics**

Did you know no appointment is needed for the clinics regarding teenage sexual health.

#### **When can I attend these clinics?**

These clinics take place at the Health Care resource Centre:

Monday 3pm - 5pm, Tuesday 3pm - 5pm, Wednesday 3pm - 5pm, Friday 3pm - 5pm, Saturday 12.30pm - 2.30pm

### **Life Threatening Conditions**

**Dial 999** for any life-threatening conditions and emergency situations.

Life threatening conditions include:

Severe chest pain, severe difficulty breathing, unconsciousness, severe loss of blood, severe burns/scalds, choking, suspected stroke, fitting, concussion, drowning and severe allergic reactions.