

SUMMER NEWSLETTER 2015

LATEST PRACTICE NEWS

1ST JULY 2015

Hello and welcome to our Summer Newsletter 2015.

SUMMER PROTECTION

We are well into hayfever season, so please ensure you have a supply of your hayfever medication.

On sunny days, please ensure you use a high sun factor, especially if you have fair skin.



HEALTH CHECK 40+

If you are aged 40 to 74 with no pre existing conditions, please make an appointment with one of our practice nurses for a health check. The aim of these checks is to prevent avoidable illnesses such as heart attacks and strokes by addressing your lifestyle and checking your blood pressure and cholesterol levels. Men are particularly welcome!



APPOINTMENTS

Please be aware that we offer telephone appointments for your convenience. Often you do not need a face to face consultation, for example, if you are enquiring about a result or requesting that your sick note be extended, therefore, we offer daily telephone appointments. Please ask a receptionist for more details.



We continue to offer pre-bookable online appointments and you can also order your prescriptions online. Please enquire at reception or visit our website at www.thebeechesmedicalcentrewidnes.nhs.uk for more information.

SELF REFERRAL

Did you know that you can also self-refer for physiotherapy, ear syringing and talking therapies/ counselling. Please ask at reception or visit our website at www.thebeechesmedicalcentrewidnes.nhs.uk for more details.

HALTON MINOR INJURIES

For minor problems patients can attend Halton Minor Injuries Unit, open 7 days a week, 9am – 10pm. Treatment includes sprains, stings, getting something in your eye. **For more details please contact 01928 753 408.**

BE CLEAR ON CANCER

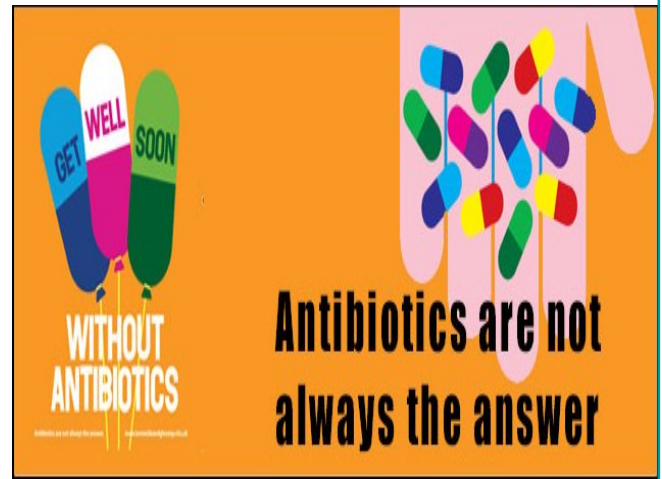
The next campaign begins on the 13th July 2015. This campaign will be focusing on breast screening on women aged over 70.

Women can now self-refer. **Please contact the helpline on 01925 230 923.**



PRESCRIBING OF ANTIBIOTICS

Halton as a whole and particularly The Beeches Medical Centre, are higher than average prescribers of antibiotics. This is not necessarily a good thing, because although antibiotics are indicated for significant bacterial infections, unnecessary prescribing for example if given for viral illnesses, can contribute to the emergence of super resistance bugs which are impossible to treat effectively. As a practice, we are looking to ensure that our prescribing of antibiotics is appropriate and therefore a request for antibiotics may be refused.



PATIENT FEEDBACK

We are always trying to improve our service to our patients and welcome your opinions and feedback. Please leave feedback via the suggestion box in the waiting room or by taking a few minutes to do our online 'Friends & Family Test'. This test can also be done in the surgery.

Thank you to our patient participation group, who assist us with feedback and support with the overall aim of improving the quality of our service.



CONGRATULATIONS AND THANK YOU

Many patients will be aware that Dr Melanie Forrest completed this years London Marathon, in a very impressive time of less than 5 hours, raising more than £3000 for Cancer Research UK in the process.

If you would still like to donate please visit: **www.justgiving.com/owner-email/pleasesponser/melanie-forrest1**

A big thank you, to all who donated.

FINALLY

We are pleased to welcome back Dr Nawab (GP Registrar), who will be returning to the practice in July.

We would like to thank all our patients for their continued support and wish you all a very happy and sunny summer!

Dr Rebecca Maguire.