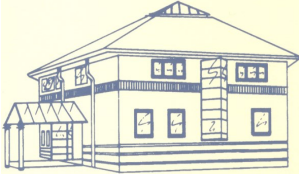


Patient Newsletter

GLMC



TRAINING DAYS

Thursday 22nd
March

Tuesday 24th
April

Tuesday 22nd May

The Medical Centre will be closed to allow protected time for staff training
In an emergency please telephone NHS 111

Hayley Pashley
Practice Manager
Spring 2018



Easter Opening Hours

Please note due to Easter we will be closed on the following days

Friday 30th March 2018 — Closed All Day

Monday 2nd April 2018—Closed All Day

During the days that we are closed if you have an urgent medical matter than cannot wait until the surgery re-opens you can call NHS 111. NHS 111 is the NHS non-emergency number. It is fast, easy and free. Call 111 and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you.

Calls are free from landlines and mobile phones.

Hayfever

Spring might be beginning and with it comes the start of the Hayfever season. Under the minor ailments scheme your Doctor will no longer prescribe medication for Hayfever and you are advised to visit community pharmacies and local outlets including supermarkets who can offer a wealth of information on treating hayfever and can provide oral antihistamines, nasal sprays and eye drops often cheaper than the cost of a prescription.



Carers Drop In Session



On Monday 23rd April, Mel from Cheshire and Warrington Carers trust will be in the surgery between 11.30-2.00pm to offer more information on the services available to Carers.

So if you are looking after someone unpaid, please call in for a chat.

GDPR

GDPR changes how data can be used and is a regulation by which the European Parliament, the Council of the European Union and the European Commission intend to strengthen data protection. Companies who hold or process data need to be compliant with the GDPR regulation by 25 May 2018. The Practice will cascade further information in due course.

Pharmacists

Your local pharmacy is the place to go to get any prescription medicines and clinical advice for minor health concerns. But they do a lot more than that.

As well as helping with common illnesses – like sore throats, coughs, colds, tummy troubles and aches and pains – pharmacy teams can also help with stopping smoking, cutting down on alcohol, advice on safe sex and emergency contraception.

Dr Nicholson

Dr Nicholson is currently on long term sick leave due to a back problem. He is awaiting an operation and hopes to return to work following this.



PATIENT GROUP MEETING

The next PPG meeting will be held on Wednesday June 13th 2018

The Patient participation group allows patients to engage with the practice and become more involved. If you would like to join please contact the surgery for more details.

Did you know that you can view the minutes from the last PPG meeting via our website.



Emergency Dental Care

If you need help with an urgent dental problem you can call the helpline available from 9am-9.30pm every day, including weekends & Bank Holidays.
Telephone: 0161 476 9651

Urgent Dental Care in Cheshire & Merseyside is provided according to strict clinical guidelines such as

- **Trauma**
- **Swelling of the Face**
- **Bleeding (uncontrolled)**
- **Pain that can't be controlled by pain relief medicines.**

E-CONSULT

eConsult is an increasingly popular alternative way of accessing the doctor or our administration team.

You can access this through the surgery website using your computer, tablet or mobile phone.

You fill in a simple online questionnaire and we will get back to you within 2 working days. We have had some fantastic patient feedback regarding this since it started.

To sign up to receive our Patient Newsletter by email each time it is published, simply go onto our website (as below), click on the icon 'subscribe to the email edition of our practice newsletter'. You will be asked to provide your email address and will then receive a confirmation email validating your registration. Each time a new Patient Newsletter is published you will then automatically be sent a copy via your email.

WEBSITE ADDRESS—www.gardenlanemedicalcentre.co.uk