

PATIENT NEWSLETTER

Winter 2017/18

Drs Adey & Dancy

Issue 30

A very generous donation from Ashton WI

We would like to say a very big thank you to the Ashton WI for their very generous donation to the practice of a new spirometer and 24 hour blood pressure monitor. We are very grateful for these important pieces of equipment that are well used in general practice.



Rural Living Well Project



The Rural Living Well Project from Healthbox is being rolled out in the Tarporley and surrounding areas from January 2018. This project is already up and running in Malpas and Tattenhall. Healthbox are now offering the following classes in our area:

- **Strength and Balance Class** - 12 week structured course to improve balance, strength, flexibility, mobility and co-ordination.
- **Healthy Hearts** - 12 week cardiac rehabilitation and healthy lifestyle for those with a cardiac condition .
- **Healthy Cookery** - 6 week cookery courses “Feel Good with Food”, “Healthy Cookery” and “Make It Bake It”.
- **Living with Long Term Conditions** - 12 week interactive programme including mindfulness, relaxation, exercise and diet.
- **1-2-1 Exercise and Rehabilitation** - Tailor made home visit exercise plans to improve health and well-being.
- **Beautiful Beginnings** - Healthy living in pregnancy.

If you are interested in any of these classes please contact Healthbox on 0151-355 0205.

For more information please visit their website <http://www.healthboxcic.com/project/rural-living-well-project/>

Falls Prevention Animation

The Chartered Society of Physiotherapy have produced an animation which brings to life strength and balance classes from the popular Get Up and Go Guide.

The animation is aimed at raising awareness amongst older people of the benefits of exercise and the role of physiotherapy in falls prevention. Please visit <https://youtu.be/n8s-8KtfgFM> to view the animation on YouTube. If you need a subtitled version for quiet settings one can be found here <https://vimeo.com/234691208/7a79ab7be1>.



FREE NHS Health Check



Please visit the Our Clinics section of our website for further details.

www.tarporleydoctors.gpsurgery.net

Aged 40-74? Find out about our free NHS Health Check.

Even though you might be feeling well, if you're over the age of 40 you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A free NHS Health Check can help reduce these risks and make sure you stay healthy.

Please contact our receptionists on 01829 732401 option 1, to arrange your appointment.

Following your check you will receive personalised advice about what you can do to stay healthy.



You can contact our doctors on-line with eConsult. If you need advice about a specific problem/ condition or are not sure what your symptoms means and want general advice, you can fill out a simple on-line form to get health advice and treatment if necessary by the end of the next working day.

Following feedback from practices, eConsult have made some changes to the existing customer section of their website. The changes are designed to make the site easier to navigate for patients.

Please note – this system of communication with the practice is **NOT FOR MEDICAL EMERGENCIES**. eConsult is for routine advice only. If urgent medical attention or advice is required please **contact the practice or NHS 111 directly by telephone**.

10 ways to get the best from your GP

Routine GP appointments have a 10 minute allocation and a nurse appointment is 15 minutes, which includes time for recording the consultation. Please help us to run on time wherever possible by booking **one appointment for one person for one problem**. If you need another member of your family to be seen, or have several non-urgent problems, please make separate appointments.

Please read our information leaflet on getting the most out of your consultation which is the British Medical Association's (BMA) Doctor Patient Partnership advice on using this time effectively. This is available on our website or please ask at reception for a copy.

Which? have also produced a guide on the 10 ways to get the best from your GP. Please visit <https://www.which.co.uk/news/2017/08/10-ways-to-get-the-best-from-your-gp/>



Patient Access



Book on-line and save time.

- ✓ **Book or cancel appointments**
- ✓ **Order repeat prescriptions**
- ✓ **View your health record**
- ✓ **And more**

What you need to do next:

- Visit our website www.tarporleydoctors.gpsurgery.net for further information and click on the link to register.
- Follow the step by step instructions
- Once you have registered on-line and created your account please remember to bring in 2 forms of ID
- Once you have registered you can manage your appointments on the move with the free Patient Access app

If you think you've got measles call ahead

Measles is serious, call ahead and get advice before attending the surgery, a walk in centre or Accident & Emergency. **Call ahead**, that way if you do have measles you won't pass it on to others. It can be a fatal disease if someone has a weak immune system and can't fight it off. If a pregnant woman catches measles it can harm her baby.

Measles is serious, call ahead and get advice.

The number of young people catching measles has risen. It's never too late to be vaccinated. You need 2 doses of MMR one month apart to be fully protected against measles, mumps and rubella. It's time to make measles a disease of the past.

Symptoms include high fever; sore, red watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.

For more information please contact us or visit www.nhs.uk/mmr

