

West Timperley Medical Centre

www.westtimperleymedicalcentre.co.uk

18.12.2018

Winter 2018

Opening Hours

Monday—Friday
8.00—18.30

Extended Hours by appointment.

We can also book GP, Nurse and Phlebotomy appointments on evenings and week-ends at one of the HUBs around Trafford. Please ask at Reception for more

Child Vaccinations

Monday

9.00 until 11.00

No need to book an appointment, just come into the Surgery and remember to bring your child's red book

Missed Appointments

We ask that if you cannot make an appointment that you let us know as soon as possible. If you have online access you can cancel online.

We monitor how many appointments are missed each week.

Welcome to our Winter 2018 newsletter please feel free to take a copy. We welcome any comments or suggestions for our next issue.

Practice comings and goings....

We sadly say goodbye to Dr Katharine Norris after 28 years with the practice. We wish her a long, happy and healthy retirement.

We welcome Dr Emma Barnes who will be joining the practice as our new GP Partner on 1st Jan 2019. Dr Barnes will be working on a Monday, Wednesday and Thursday.

We have a new Management structure within the Practice. Tanya Burton is our new Practice Manager and is supported by Linda Taylor as Reception Manager and Emma Foskett as Data Quality Manager. Should you have any comments or queries all three Managers are available to help.

We also welcome **Dina** our Clinical Pharmacist to the team. Dina is here Mondays and Tuesdays. Should you have any medication queries please feel free to book an appointment to see her.

We are looking forward to Hannah, our Health Care Assistant returning from Maternity Leave in January. And we welcome Kate, Hannah and Janet to the Reception Team.

Online Services

Did you know that you can book appointments, order prescriptions and view test results online?

It is quick and easy to set up. Either ask at Reception or visit <https://patient.emisaccess.co.uk/register> and follow the steps to register.

Please note, we will need a current form of ID to complete your registration and we are unable to allow children aged 13-16 to register for confidentiality reasons.

Ordering Prescriptions

Please remember that we ask for all prescription requests in writing—the easiest and quickest way to order repeat prescriptions is by setting up on-line access. You can then order your prescriptions at any time of the day or night and your prescription request goes directly to the Doctor. Alternatively you can collect a form at front desk, or email the request to reception-wtmc1@nhs.net) or through your nominated pharmacy.

Please remember it takes 48 hours to process a prescription so please order your prescriptions in a timely manner.



Contact Details

Please ensure that we have your most up to date contact details.

If you need to amend your details please email us or come into reception.

Admin.wtmc@nhs.net

Smear Tests

Aged between 25 and 49 screened every 3 years.

Aged between 50 and 64 screened every 5 years.

Aged over 65 you will only be called if you haven't been tested since you were 50 or if you have had an abnormal result.

Travel Questionnaires

If you are planning to travel abroad you may need to have travel vaccinations. Download the travel questionnaire from our website or ask at Reception. We ask that you complete this at least 4 weeks before travelling and remind patients that it is your responsibility to arrange an appointment with the Practice Nurse.

Some vaccinations will incur a charge.

Self-Referrals—Trafford Psychological Therapies

Trafford Psychological Therapies provides a variety of evidence-based talking therapies to people aged 16 who are currently suffering from anxiety and depression-related problems. You can self refer to Trafford Psychological Therapies. Go to <https://www.gmmh.nhs.uk/tpt-refer> and click on the link.

We would like to wish all our patients a very Merry Christmas and a Happy New Year

The surgery will be closed on 25/12/2018 and 26/12/2018 and 1/1/2019 . In an *emergency*, when the surgery is closed, please phone **0161 929 1515 for direction to the Out of Hours Service**

Coughs and Colds—Stay well this winter

Coughs and colds can be annoying at this time of year. If you do get a cold you do not need to see a GP unless you have any of the following symptoms;

- Temperature above 39C
- Sharp chest pains
- Coughing up blood
- Swelling to neck or armpits
- Symptoms lasting longer than 3 weeks

Coughs and Colds typically only last 2 weeks and the NHS recommends that you do the following to relieve your symptoms

- Get plenty of rest
- Drink lots of fluids
- Try lemon and honey with warm water
- Wash your hands frequently

You can get everything you need from your local Pharmacy. The GPs and Nurse Practitioners do not generally give prescriptions for over the counter medications unless there is a clinical need for it.

