

Every month on average almost 100 doctors appointments are missed! Please make sure if you don't need an appointment, you cancel it!

Please make sure you update your contact details.



DO YOU WANT TO LEARN MORE ABOUT HEALTHY EATING

Come along to this brand new, hands on, fun group session for adults.

Freephone 0300 3000 130

Who can attend?

Any adult—especially if you want to learn about healthy eating or improve your health if you have health conditions such as:- diabetes, high Cholesterol, high blood pressure or are over weight.

What will we talk about?

What to eat! What not to eat! How much to eat! to include: Eat Well plate, 5 a day, food labels, cooking, recipes, eating out, food & mood and motivation.

Where & when are sessions held?

Variety of venues and times across east lancs - please phone to enquire for venues near you.



PLEASE REMEMBER PRESCRIPTIONS TAKE 2 WORKING DAYS.

Cystic Fibrosis...

Over 9000 people in the UK have cystic fibrosis. It is one of the most common, life threatening inherited diseases. When babies are born it is hard to predict how severe their illness will be. Cystic fibrosis can make it hard for children to breathe and their bodies to digest food. Symptoms include a persistent cough, recurrent chest infections and poor weight gain.

Please help and visit www.action.org.uk to make a difference!



The project aims to improve mental well being, physical health reduce social isolation and bring people together. While caring for our community allotment.

Activities take place in a quiet and peaceful setting on Hodge House Allotments, Off Reedyford Road in Nelson and include growing fruit, vegetables and flowers, Wood working, art activities and general gardening.

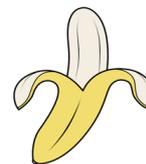


The Good Life Project

The **Good Life Project** is a therapeutic horticulture programme run by Pendle Leisure Trust.



The project aims to help adults who suffer from social isolation, gain confidence and become better integrated with in their local community.



For more information
Please ring Joanne
Dootson on 01282
661739/ 07753778600
Or email
joanne.dootson@pendleleisuretrust.co.uk

Or to apply for a place
Please ring 01282 661226

For your information...

- The practice is closed every Wednesday from 12:15 until 1:30pm for training purposes. Please call the usual number in the event of an emergency.
- Please be aware that there is a charge for non general medical services such as private medicals, letters and passports etc. Please ask at the surgery for more details.
- If you are 45 years of age or over you are entitled to a free health check. Please enquire at reception.
- If you have been recently discharged from being in hospital our Care Navigator Joanne will be giving you a quick call to see how you are, so if you have any problems at all please do not hesitate to share them with her.
- All hospital prescriptions must be collected from the hospital pharmacy as certain medication are not available from your GP or local pharmacy.

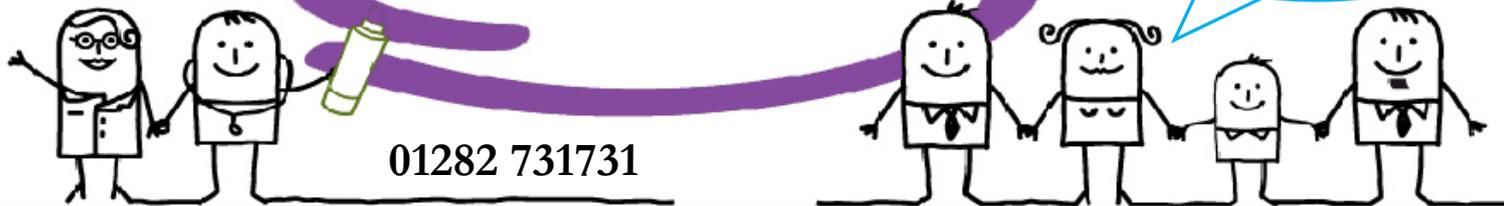
Richmond Hill Practice are taking on new patients. Please refer to the practice website for more details.

MAY
ISSUE 7

Richmond Hill Practice

01282 731731

Colne Health Centre
Craddock Road, Colne,
BB8 0JZ



Welcome to the Richmond Hill Practice newsletter which will be available every 3 months. It will help you keep up to date on news and events which may affect you as a patient.

Welcome to the New Health Centre!

After many months of meetings and anticipation we have finally been able to move our practice into the new Health Centre here on Craddock Road. We are very pleased to be able to share these new facilities and positive changes with our patients and we hope you feel as excited as we do.

As you might already know, we have a new booking in facility for all our patients to use when you have an appointment with a doctor or a nurse etc. We have staff on hand if you need any help so please don't hesitate to ask. As this is a new facility we do ask if you could be patient with us as we are learning too. We also have a prescription hand in box located on the ground floor within the reception area. All boxes will be named according to surgery so please make sure you pop it in the correct prescription box. Hopefully this will help ease things and make our surgery run more efficiently. A turn around of 2 full working days will still apply. There is ample parking in the new Health Centre but it will be disc only for 2 1/2 hours at a time. You can pick these up for free from local shops or the council.



NEW NUMBER : 01282 731731

WWW.THERICHMONDHILLPRACTICE.CO.UK

PATIENT EXPERIENCE TEAM

PET is an advice and support group there to help patients, their families and carers whilst using all health care services.

Contact PET on 01772 214099

Jubilee House, Lancashire Business
Park, Centurion Way, Leyland,
PR26 6TR

**PHARMACY
FIRST**



Pharmacy first is a minor ailments scheme which means you can visit your local pharmacy for help with things that you don't need to see a doctor for. Most pharmacies are open weekends and evenings which provides flexibility and convenience as most GP practices close at these times.

You will be asked questions about your symptoms and any other medication you may currently be taking. Remember all details you give to your pharmacist will remain confidential.

If you suffer from any of the following you could access the minor ailments scheme:

- | | | |
|-----------------------|--|--------------------|
| - Allergies | - Bites & Stings | - Conjunctivitis |
| - Cold sores (oral) | - Constipation | - Cystitis |
| - Diarrhoea | - Hay fever | - Nasal Congestion |
| - Vaginal Thrush | - Indigestion/ heartburn | - Colds & Flu |
| - Temperature & Fever | - Pain Relief (inc. backache, head ache & sore throat) | |

For more information please ask at reception

Did you know you can book an appointment with a doctor online?! For more info please ask one of the receptionists.



Richmond Hill Practice prides itself on delivering a high standard of professional medical care for all the family. Your physical & mental wellbeing is our priority and we aim to achieve this at all times with dignity and respect.