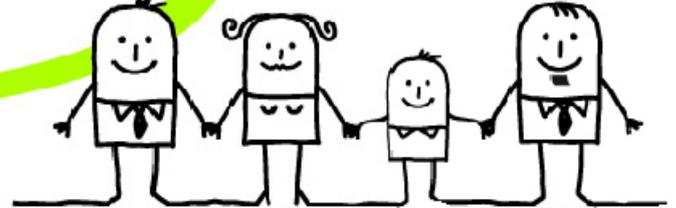


March

Issue 3

Colne Health Centre  
Market Street  
Colne  
BB8 0LJ  
Tel: 0844 3879007

## Richmond Hill Practice Newsletter



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.

### Going away on Holiday?

Are you planning on going away this Summer? If you are travelling outside of the UK you may need to be vaccinated against some of the serious diseases found in other countries.

To find out if you do, please visit the surgery for a travel form. You fill this in and pass it to the receptionist. Roughly a week later you are able to call and see if the Nurse needs to see you. This way you can fully protect yourself and any family members.

### Cervical Screening

About 2,900 cases of cervical cancer are diagnosed each year in the UK. This amounts to 2% of cancer cases diagnosed in women.

The highest incidence of cervical cancer occurs in women aged between 30 and 39, with the under 35's most likely to be affected.

Being screened regularly means that any abnormal changes in the cells of the cervix can be identified at an early stage and treated to stop cancer developing.



If you are invited to have a Smear, it is recommended that you attend as it is very important in the diagnosis of detecting the early signs of cancer.



Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then you already know why you should join Change4Life. Thousands of people have already made a Change4Life and more and more are joining in every day.

If you would like to join Change 4 Life then please call into the Surgery for a leaflet or visit [www.nhs.uk/Change4life](http://www.nhs.uk/Change4life)



We are raising money on Friday 15th March for Red Nose Day! From red noses to red clothes we will be fundraising in style so please help us to raise as much as we can for a good cause! Every little helps!

For information on how to help please visit

[www.rednoseday.com](http://www.rednoseday.com)

We raised £165 in aid of Breast Cancer so we are hoping to top that and raise even more this time for Red Nose Day.

**REDUCE  
THE RISK  
OF FIRE!**

Follow the advice and arrange a personal visit from the fire service who will provide free confidential advice tailored to you and your home. A free smoke alarm will be provided where necessary.

**Call Free Phone 08001691125**

[www.lancsfirerescue.org.uk](http://www.lancsfirerescue.org.uk)



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.

**Our practice has a zero tolerance for abusive patients.  
Please do not verbally or physically abuse our staff!!**



**Have you ever served in the Armed Forces or related to someone whom has served in the Armed Forces?**

Some of our armed forces personnel who are leaving or have left the armed forces experience difficulty in settling into 'civvy street' or can carry traumatic memories or injuries with them.

**What we do.....**

Salute offer the following support to Veterans and their families

- Advice
- Housing
- Benefit Service
- Job Club
- Work placement
- Counselling
- Life Skills
- Moral Support

**01282 452697**

**[www.saluteyou.org](http://www.saluteyou.org)**

**“Investing in a Veteran is investing in your community”.**

# INSPIRE

Inspire is a friendly, welcoming service that provides recovery opportunities for people worried about their own or someone else's **drug or alcohol** use. Their services include advice and guidance, rapid and open access to assessment and treatment including detox and rehabilitation.

Their team will support you and work with you to design a recovery journey that is tailored to your individual needs to get you to where you want to be.

**CALL US NOW**

**FACT FREEPHONE HELPLINE**

**0800 652 1961**

## **Emotional Health Champions**

Not feeling too good? Not functioning well?

Could you use a helping hand to cope with life's ups and downs?

Emotional Health Champions are here to help!

### 5 ways to wellbeing

- Try something new
- Be active
- Give
- Take time out
- Keep Connected

**01254 503279**



**WE CARE**

If you are a Carer and need some help, we have a Care Co-ordinator available at the surgery. She is here to help you with any questions or information you may need so please contact the surgery on **0844 387 9007** and ask for Toni Ruddy.

### **Please note....**

- We would like to welcome our new Locum GP Doctor Brooke to the practice so we hope you all make her feel welcome.
- We will soon be able to offer coil fitting for you ladies, please ask at reception for more details.
- 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.
- We have a patient participation group. If you want to get involved please see our website for more information.
- The new Health Centre has now been passed and building will commence in February. We hope you share our excitement as this will bring the community together and hopefully lead to a bright and prosperous future.

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

**KEEP IT  
OR  
CANCEL**

**HAVING PROBLEMS MAKING AN APPOINTMENT?  
Every month on average 200 appointments are missed! Please make sure  
if you don't need an appointment, you cancel it!**

**[www.therichmondhillpractice.co.uk](http://www.therichmondhillpractice.co.uk)**

