

**KEEP IT
OR
CANCEL**

HAVING PROBLEMS MAKING AN APPOINTMENT?
Every month on average 120 doctors appointments are missed!
Please make sure if you don't need an appointment, you cancel it!



WASTED MEDICINES WASTE MONEY!

Unused prescription medicines cost the NHS across the North West over £40 million a year! There is no such thing as a free prescription so we need to help save waste by only ordering what we need to.



The £40 million we waste could pay for...

- 8,000 **MORE** hip replacements
Or
- 5,600 **MORE** heart bypass operations
Or
- 56,000 **MORE** cataract operations
Or
- 1,200 **MORE** community nurses
Or
- 7,200 **MORE** knee replacements

SO WHEN ORDERING YOUR REPEAT PRESCRIPTION ONLY ORDER WHAT YOU NEED!

MEN'S HEALTH

Prostate cancer is the most common cancer in men and is the second largest cause of male cancer deaths in the UK. One of the most worrying aspects of the disease is that most prostate cancers develop without men experiencing any symptoms so it is very important to talk to your doctor about prostate cancer testing.

What are the risk factors?

Age—the older a man is the more likely he is to be diagnosed with prostate cancer.

Family History— a man with a father or brother who developed prostate cancer before age 60 is twice as likely to develop the disease.

Ethnicity—increased occurrence in black African males

Lifestyle—poor diet and lack of exercise

For more information please visit prostatecanceruk.org

GET A GRIP!
DETECT TESTICULAR CANCER EARLY
VISIT WWW.ICAW.ORG

ONLINE BOOKING

Richmond Hill Practice can offer online booking to see a doctor. This service is accessible 24 hours a day and you are able to book your appointments when it is most convenient for you. Each individual above the age of 16 need their own password and we will need you to sign a form to give consent before we issue you with a password. Please visit the surgery or refer to our website for more information.

PLEASE REMEMBER PRESCRIPTIONS TAKE 2 WORKING DAYS!

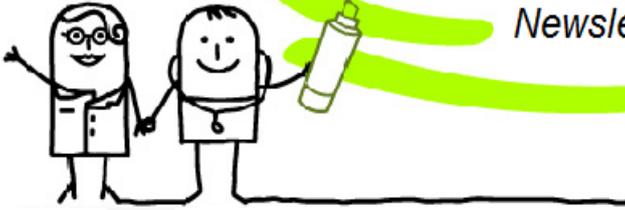
For your information...

- We would like to welcome Dr Ali to the practice and we hope you make him feel welcome too.
- We would like to say a fond farewell to **Dr Misra** and **Martha Greenwood**. We wish you all the best in the future, you will be solely missed.
- Richmond Hill Practice now offers a coil fitting clinic for you ladies. Please contact the surgery 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.
- If you are 40 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 prescribable by the doctor.

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

www.therichmondhillpractice.co.uk

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.

NEW HEALTH CENTRE

The new Health Centre is nearly finished! It is looking like we will be moving around the 9th of February 2014. There will be new modern facilities available and lift access as well a computer check in facility. Services might be interrupted running up to the move so please be patient with us. There will also be a new 01282 telephone number which you will get to know nearer the time so keep a look out for the next newsletter.

New address: Colne Health Centre
The Richmond Hill Practice
Craddock Road
Colne, BB8 0JZ



CHRISTMAS PRESCRIPTIONS

Christmas is nearly here so please make sure you order your prescription within time so you have enough medication for the holidays.

Opening times: Christmas Eve: 8am—4pm TBC
Christmas Day: CLOSED
Boxing Day: CLOSED
New Years Eve: 8am—4pm TBC
New Years Day: CLOSED

Please keep an eye out in surgery for the closing times for Christmas eve and New Years eve.

The Richmond Hill Practice would like to wish you a very Merry Christmas and a Happy New Year!



PLEASE MAKE SURE YOU SUPPLY US WITH AN UP TO DATE HOME/ MOBILE NUMBER AND EMAIL ADDRESS IF YOU HAVE ONE.



The Richmond Hill Practice raised £60 for Breast Cancer Awareness in October.

Thankyou to everyone who donated.

WINTER HEALTH

The cold weather is approaching so we need to make sure we keep ourselves and our loved ones safe and warm.

Here are some tips:

- Draw your curtains at dusk and keep your doors closed to block out draughts.
- Have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up in winter.
- Wear several light layers of warm clothing (rather than one chunky layer).
- Keep as active in your home as possible.
- Wrap up warm and wear shoes with a good grip if you need to go outside on cold days.

Help direct 0303 33311 11



On the 29th September we raised **£ 441.06**. We would like to thank everyone who were kind enough to donate money to a fantastic and worthy cause.

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.