

This practice operates a **STRICT** policy when processing your prescription. You **MUST** allow **2 working days** for your prescription to be processed by the surgery.

Practice Participation Awareness week.

June 6th—11th 2016

We will be holding a meet and greet with Jerry Stanford our Chairman and Janine Goff & Joanna Saunders, the PPG managers. If you are interested and would like to get involved, please come along. Please keep an eye out in reception for more information.

CHICKEN POX

There is no cure for chicken pox and the virus usually clears up by itself without any treatment.

If your child is in pain or has a high temperature, you can give them a mild pain killer. Paracetamol is the preferred pain killer for treating the symptoms of chicken pox. Please avoid giving your child ibuprofen if they have asthma or a history of stomach problems. If you are unsure, please check with your local pharmacy or Gp. If your child is 3 months or less you should always speak with your doctor before giving any kind of pain relief.

****Aspirin alert****

Never give your child aspirin if you suspect or know that they have chickenpox.

Children with chickenpox who take aspirin can develop a potentially fatal condition called Reye's syndrome, which causes severe brain and liver damage.

For more information and to see what chicken pox looks like please visit;

<http://www.nhs.uk/Conditions/Chickenpox/>

THINK MEASLES.

Measles is a highly infectious viral illness that can be very Unpleasant and sometimes to lead to serious complications. The reason this is so uncommon in the UK is because of the effectiveness of the MMR vaccine. Anybody can get measles if they have not been vaccinated against it, although it is most common in young children.

Symptoms of measles;

- cold-like symptoms, such as a runny nose, sneezing, and a cough
- sore, red eyes that may be sensitive to light
- a high temperature (fever), which may reach around 40C (104F)
- small greyish-white spots on the inside of the cheeks

Measles can be prevented by having the measles, mumps and rubella (MMR) vaccination. This is given in two doses, the first when your child is around 13 months and the second is given before your child starts school.

For information about measles please visit;

www.nhs.net/conditions/measles/

If you are **more than 10 minutes late** for your appointment you will be asked to **rebook**.

If you are **less than 10 minutes late** for your appointment, you may have to **wait to be seen**.

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.

FOR YOUR INFORMATION...FOR YOUR INFORMATION...FOR YOUR INFORMATION...FOR YOUR

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 have recently been **discharged from inpatient care in hospital** our Care Navigator Joanne or Colette will be giving you a quick call to see how you are, so if you have any problems at all please ask.

All hospital prescriptions must be collected from the hospital pharmacy as certain medications are not available from your GP or local pharmacy.

If you are **aged 40 - 74** you are entitled to a free NHS Health check. This will help to prevent diabetes, heart disease, kidney disease & stroke and dementia. Please enquire at our reception for more information on booking an appointment.

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.

OPENING TIMES

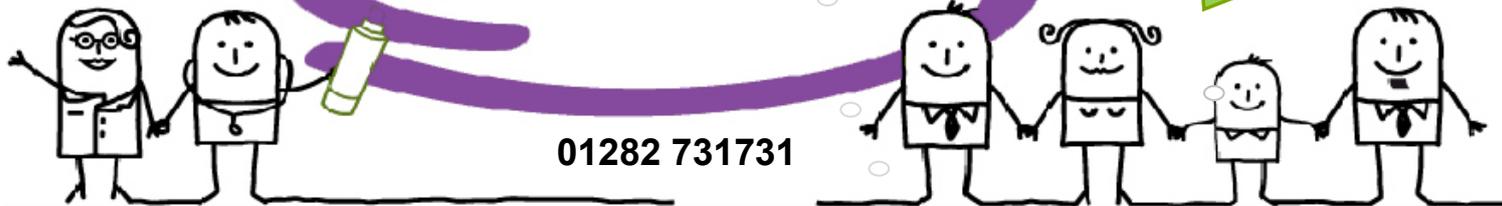
Monday: 8 - 6:30 pm
Tuesday: 8 - 8 pm
Wednesday: 8 - 6:30 pm
Thursday: 8 - 6:30 pm
Friday: 8 - 6:30 pm

Closed Saturday & Sunday

Every Wednesday from 1:30 - 3:45 pm we hold a stop smoking clinic at the surgery. If you feel you need some advice or want to stop smoking this clinic is for you.

Please make sure that if you hand in a sample, your name and date of birth is present. We can not process your sample if we do not know who you are.

ALL SAMPLES MUST BE HANDED IN BEFORE 3PM.



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

Choose well campaign

www.eastlancsccg.nhs.uk/health/choose-well/

Alternative NHS services provide quick, professional Healthcare, 7 days a week.

Self Care	Pharmacy	GP	111	Urgent Care	A&E & 999
<p>Very minor illnesses & injury</p> <ul style="list-style-type: none"> - Coughs - Colds - Stomach upsets - Sore throats - Headaches <p>With the right medicine, plenty of fluids and proper rest, you can feel better within a day or two. We all get ill from time to time so keep your cupboards well stocked with the essentials such as pain killers, antihistamines, cold & flu remedies, anti diarrhoea & indigestion medicine.</p>	<p>Common illness & complaints</p> <ul style="list-style-type: none"> - Coughs - Sore throats - Ear & tooth ache - Emergency Contraception - General aches & pains - Advice on prescription medicine <p>Pharmacists are well trained to offer advice and support on health issues. There is no need to make an appointment with the Gp or visit Urgent Care when unnecessary. Many are now open late in the evening, over weekends and Bank Holidays.</p>	<p>Ongoing illnesses & injuries</p> <ul style="list-style-type: none"> - self care and visiting the pharmacy has not relieved the symptoms - Planned care of long term illnesses - Advice on & referral to other Health care services <p>Gps also deal with Mental Health Issues, Travel vaccinations & preventative Immunisations, Contraception & sexual Health advice & treatment of minor injuries.</p>	<p>Help & advice for non life threatening emergencies</p> <ul style="list-style-type: none"> - If someone is unwell & you are not sure where to go - If you need medical help or Advice <p>You can call 111 24 hours a day, 365 days a year free of charge from mobiles & landlines. You are able to talk to a fully trained advisor who is supported by experienced nurses and paramedics.</p>	<p>Minor illnesses & injuries</p> <ul style="list-style-type: none"> - lacerations, cuts & wounds - stomach upsets - burns & strains - Skin complaints, rashes, stings and bites - Minor head Injuries - Injuries to back, shoulder & chest - minor wounds to hands, limbs & feet <p>There are also minor injury units you can visit without an appointment - please see the website above for more information.</p>	<p>Critical life threatening emergencies</p> <ul style="list-style-type: none"> - Accidents & Emergencies - Shortness of breath - Chest pain - Stroke - Loss of consciousness <p>999 is the number you call when you need emergency medical assistance. The most seriously ill & injured patients are prioritised for treatment. The patients with less urgent conditions may need to wait for up to 4 hours to be seen or re directed to Urgent Care Centre.</p>

Triage

If your symptoms won't go away, ask to speak to our Triage Nurse at Richmond Hill Practice.

- cold or flu
- headaches
- acute sickness & diarrhoea
- urine infections
- bites & stings
- sore throats
- earache that won't go away
- respiratory/ chest infections
- minor rashes

PLEASE VISIT A PHARMACY OR TAKE CARE OF YOURSELF AT HOME IF YOUR SYMPTOMS ARE NEW. YOU ONLY NEED ME IF YOUR SYMPTOMS DON'T GET ANY BETTER.

Planit
OPTICIANS

Tel: 01282 859 775

60 Albert Road, Colne, BB8 0AD

Any eye related issues can now be seen by Planit Opticians in Colne. This is a free service to help free up appointment availability at the Gp surgery allowing doctors to concentrate on more urgent matters. There is no age limit and you will be seen by an experienced team of Optometrists.

IF YOU DON'T NEED YOUR APPOINTMENT, PLEASE CANCEL IT!