

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.



The flu season will be here before you know it. Our clinics will be running from October but please remember that you **will not receive a letter**.

We will advertise the clinics in the surgery nearer the time and send you a text message reminder if we have your mobile number. We will also advertise on our website and keep you informed via your repeat side of your prescription.

Please keep a look out for more info in the next couple of months.

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

Your prescription

Please note the following when ordering your prescription;

- You **MUST** leave 2 working days for your prescription to be processed.
- Tick only the items you require.
- Your prescription will not be processed if you are ordering more than a week in advance, unless you give us a reason.
- Please make sure you put your prescription request in the first box labelled Richmond Hill Practice at the entrance of the building.
- Most **controlled drugs** will not go electronically and even though we do remind the pharmacies to collect them where possible, please be aware that they may still need collecting from the surgery. It may be worth liaising with your pharmacy first.

Wasted or unused medicine is a serious and growing problem within the NHS that you can help tackle.

It is estimated that as much as £300million is wasted every year on unused or partially used medication.

Wasted medicine is everyone's responsibility and there are small changes you can make to help reduce the amount of medicine being wasted. These savings could be reinvested into more front line care and services for the benefit of all.

An estimated £110 million worth of medicine returned to pharmacies, £90 million worth of unused prescriptions being stored in

Only Order What You Need

www.medicinewaste.com

talk to us at the prescription desk and we will try get your medication synchronised.

£300 million could pay for ;

- 80,906 more hip replacements
- 101,351 more knee replacements
- 19,799 more drug treatment courses for breast cancer
- 11,778 more community nurses
- 300,000 more drug treatment courses for Alzheimer's.

homes and £50 million worth of medicines disposed of by Care Homes.

Before you visit the pharmacy or hand your repeat prescription in to your Gp to be processed, have a think and look in your medicine cabinet first. You may not need everything you have ticked.

Sometimes, you may be started on a new drug and this may throw your usual ordering out. Instead of ordering monthly, you are having to order some things every 2 weeks etc. Come

Think about it!

For your information...

- 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.
- 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 is put on the label. We can not process your sample if we do not know who you are.

ALL SAMPLES MUST BE HANDED IN BEFORE 3PM.

August
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Richmond Hill Practice

Colne Health Centre
Craddock Road, Colne,
BB8 0JZ

01282 731731

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.

In most cases, vaginal bleeding is the first noticeable symptom of cervical cancer. It usually occurs after having sex. Bleeding at any other time, other than your expected monthly period, is also considered unusual. This includes bleeding after the menopause (when a woman's monthly periods stop).

Unpleasant smelling vaginal discharge.

An abnormal cervical Screening test doesn't mean you definitely have cancer. Most abnormal results are caused by an infection or the presence of treatable precancerous cells, rather than cancer itself.

The NHS offers a cervical screening programme to all women from the age of 25.

Pain & discomfort during sex.

Women aged 25 to 49 years of age are offered screening every three years, and women aged 50 to 64 are offered screening every five years.

The symptoms of cervical cancer are not always obvious, and it may not cause any symptoms at all until it has reached an advanced stage. This is why it is very important that you attend all your cervical Screening appointments.



Please don't hesitate when it comes to booking your appointment for your smear, it could save your life. We are very fortunate to have a team of superb nurses who will try and make you feel as comfortable as possible. If you are worried or scared, we are here to help you and answer any questions you may have.

01772 893818

www.uclan.ac.uk/comensus



COMENSUS


University of Central Lancashire

Comensus are a group of service users and carers who help to educate Medical, Nursing, Social Care, Psychology, Pharmacy and Healthcare Science students at the University of Central Lancashire, Preston. Comensus are looking for new people to share their experiences of health and social care. If you want to train new professionals, support, training and pay expenses are provided.

What will you get out of it?

- It will empower you and help you to build confidence and self esteem.
- It gives you a voice in health and social care education
- It enables you to help students, putting a face to the faceless
- It will help you make a difference in other peoples lives
- It will help to raise equality and diversity issues
- It enables you to help students see a person and not just a Patient, client or service user.

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