

**KEEP IT
OR
CANCEL**

HAVING PROBLEMS MAKING AN APPOINTMENT?
Every month on average 150 appointments are missed! Please make sure if you don't need an appointment, you cancel it!



It's that time of year again to start fundraising for Children in Need. Last years show raised £26,757,446.00 alone and that didn't even include all the fundraising that commenced after that. Your money goes to a good cause so please help and donate to children in need.

Visit the BBC website to donate!

DO YOU CARE?

A carer spends a significant proportion of their life providing unpaid support to family & friends. This could be caring for a relative, partner or friends who are ill, frail, disabled or have learning difficulties, mental health or substance misuse problems. Caring can be very difficult, demanding and consuming task no matter how close you are to the person you care for. Caring can affect your mental health and leave you tired, frustrated, stressed, angry and feeling guilty leaving you no time to yourself.

We have a Care Co-ordinator at Richmond Hill and she is called Toni Ruddy.

If you need any help regarding this matter please call this number 07553290232 - This is a free and confidential service.

NEW HEALTH CENTRE

The new Health Centre is well on it's way to completion. We have even picked our colour scheme and we are very excited about moving. It is looking like end of Feb/ beginning of March 2013!

Plans are available to view at the main entrance.



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.



The start of a new school year is the perfect time to introduce healthy changes to your children's lifestyle. Change 4 Life has some great tips to help you and smart restart helps your kids stick to healthy habits.

www.nhs.net/Change4Life

PLEASE REMEMBER PRESCRIPTIONS TAKE 48 HOURS!

For your information...

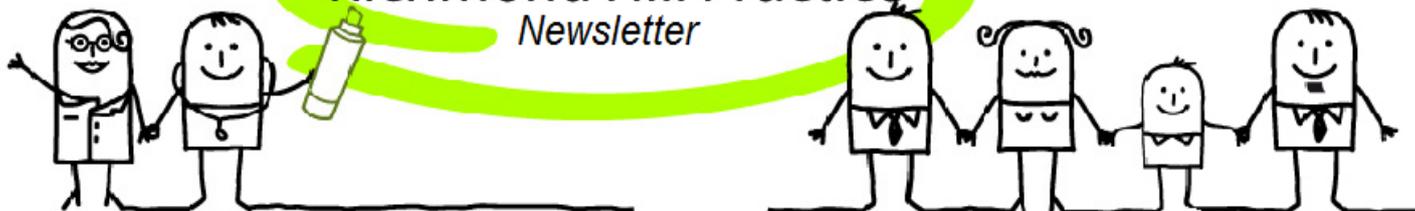
- Richmond Hill Practice now offers a coil fitting clinic for you ladies. Please contact the surgery for more details.
- The practice is closed every Wednesday from 12:15 until 1:30pm for training purposes. Please call the usual number in the event of an emergency.
- Please be aware that there is a charge 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 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.
- We all would like to wish Dr Sinha all the best in his recovery.

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

**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.

FLU SEASON

Our **flu clinics** will start in October and vaccines are due to arrive on time. If you are entitled to a flu jab you will receive a letter mid September from LASCA inviting you to make an appointment at the surgery. If you don't receive a letter and feel you may be entitled please just ask at the reception.

There will be a **flu nasal spray available for children** aged 2-3 years old. The surgery will be contacting you by telephone as soon as our stock is delivered. This is estimated to be on or after 9th September so please make sure you provide us with an up to date contact number.

We also have a shingles vaccination available for people who are the age of 70 or 79 so if you are entitled you will be asked when you have your flu jab.

The pneumonia vaccination is also available for people who are aged 65 or over. This is only needed once every 5 years and can be given at the same time as your flu jab. Please ask the girls



WE ARE MACMILLAN. CANCER SUPPORT

Richmond Hill Practice are holding a **coffee morning for everyone on Friday 27th September** to raise money for Macmillan cancer support, so please come along and help support a very important cause. Many sweet treats will be available and lots of coffee and tea.

There will also be an opportunity to gain more information about the new Health Centre that we will be moving into at the beginning of the new year.

Any donation small or large is very welcome as every little helps so get yourself over here and join us for a chat.

There will also be a **Tombola and lots of prizes to be won.**

EVERYONE IS WELCOME!



SLEEPING TABLETS

Over the last year we have been trying to reduce the amount of regular sleeping tablets we prescribe as there are risks associated with long term use (over 4 weeks).

We are advised that these tablets should only be taken short term because they have the following problems:-

- Addiction and dependence
- Increased risk of falls
- Increased risk of car accidents if driving
- Drowsiness and confusion
- Memory Loss
- Personality changes and depression

We are continuing to encourage regular users of sleeping tablets to reduce safely by gradually reducing the dose taken. Some people managed to reduce their dose substantially and even completely stopped. We would like to say well done to those people as we know that it is not always easy, especially when these tablets have sometimes been taken for many years.

New patients joining the practice will be given information on how to reduce their sleeping tablets.



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.