

## Could your Asthma be out of control?

If you use your reliever inhaler (often blue) more than 3 times a week you may be at an increased risk of an asthma attack.

**You should not be asking for a reliever inhaler every month.**

If you find that you are needing one every month and do not have Chronic Obstruction Pulmonary Disease, then please come and see the asthma nurse. You may need to manage your asthma better.



Ask yourself

these quick questions to find out if you are at risk.

1. Are your symptoms making you use your reliever inhaler more than 3 times a week?
2. Have you had difficulty sleeping because of your asthma symptoms?
3. Have you had your usual asthma symptoms during the day? (e.g. wheezing/ breathlessness or chest tightness)
4. Has your asthma interfered with your usual activities? (e.g. school, housework etc.)

## It is very important you attend your annual respiratory review !

You will receive a letter or text message invitation from us three times a year asking if you would like to come for a check up. We have to send these out to you so even if you cannot make an appointment in the near future for any particular reason, do not worry, we just want you to be aware that you need to make an appointment. You will still receive the letters unless you opt out in the third letter. This

will make you exempt for one year and then the letters will be sent again.

We have respiratory clinics on a Monday and Wednesday afternoon and a Thursday morning.

This check up will help you self manage your condition and provide support when you are ill

**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.**

## Do you suffer from the Winter blues?

Lots of people get depressed in winter, or suffer from "the winter blues". The medical name for this winter depression is seasonal affective disorder (SAD). If the short, dark days are getting you down, what can you do to feel like yourself again?

Despite the fact that millions of us say we are suffered a winter-related low mood, it can feel as though the winter blues is just a myth. But there is sound scientific evidence to support the idea that the season can affect our moods. Most scientists believe that the problem is related to the way the body responds to daylight.

In our bodies, light functions to stop the production of the sleep hormone

melatonin, making us wake up.

If you feel low in winter, get outside as often as you can, especially on bright days. Sitting by a window can also help. You might be tempted to escape the dark winter days with a holiday somewhere sunny. This can be effective for some, but other SAD sufferers have found that their condition gets worse when they return to the UK.

It is also important to eat well during the winter. Winter blues can make you crave sugary foods and carbohydrates such as chocolate, pasta and bread, but do not forget to include plenty of fresh fruit and vegetables in your diet.

If you are suffering from SAD, your GP

or nurse might be able to refer you to an exercise scheme. But if winter blues is your problem, why not get out and exercise independently?

If you feel you need more help please visit [www.nhs.uk](http://www.nhs.uk) for more information.



**The results of our annual practice questionnaire are available to view soon on our website. Please keep an eye out for more information.**  
[www.therichmondhillpractice.co.uk](http://www.therichmondhillpractice.co.uk)

### 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**

FOR YOUR INFORMATION.....FOR YOUR INFORMATION.....FOR YOUR INFORMATION.....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 do not hesitate to tell them.

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

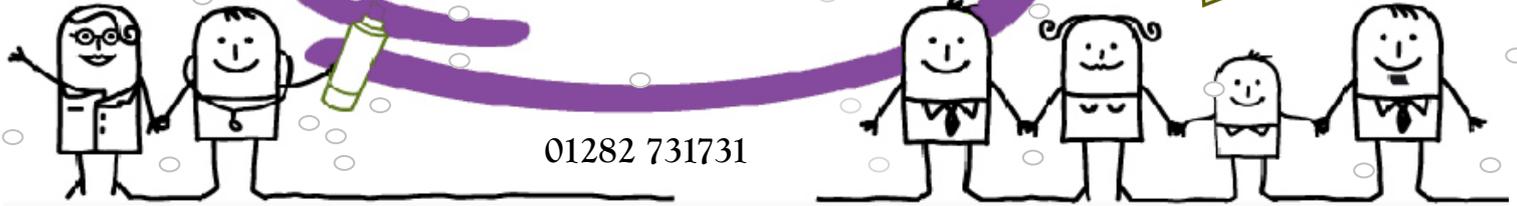
Please remember that prescriptions take 2 working days to process even though we are now electronic.

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.

Did you know that you can sign up to a local pharmacy to collect your repeat prescription? All you need to do is contact the pharmacy of your choice and sign a form.

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.



# change 4 life

## Eat well

We were all brought up to finish the food on our plates, but sometimes it is more than we really need. These days larger portion sizes are also more readily available, which does mean that it is very easy to eat too much. Visit [www.nhs.co.uk/change4life](http://www.nhs.co.uk/change4life) and follow some healthy eating tips.

## Get going

Many of us are not too keen on the idea of exercise. It might be that we are too busy or we simply can not face the thought of it. But most people are not getting the amount of activity they need to stay healthy.

Building a bit of activity into your day keeps your heart healthy, reduces your risk of serious illness and strengthens muscles and bones. It can also be a great way of reducing your stress levels and lifting your mood if you are feeling down.  
**Choose less booze**

There are benefits to cutting back on the booze. The most important one is the reduced risk to your health, but there are lots of others too - you might be surprised!

Cutting back on alcohol can help your general well-being and once you start cutting back, you will probably notice the benefits quite quickly. You will start to feel better in the morning, you will have more energy and your skin will start to look better.



Our kids might seem fine on the outside, but too much sugar can cause tooth decay and lead to the build up of harmful fat on the inside that we can not see. This fat around their vital organs can cause serious disease in the future.



You'll be surprised at just how much added sugar is lurking in everyday food and drink. Spot sugar at the shops by checking the packaging - look out for colour-coded food labels as well as the other names for sugar on the ingredients list.



Although they can contain a lot of sugar, you don't need to worry about the sugar in fruit and veg because they have lots of vitamins & minerals and are a great source of fibre that count towards your five a day.



DOWNLOAD THE SUGAR APP NOW – visit [www.nhs.co.uk/change4life](http://www.nhs.co.uk/change4life)

## Electronic prescribing - we are now live!

This service will mean that your GP will be able to send your prescription electronically to the Pharmacy you choose to get your medication from - without the need for paper in most cases. The Electronic Prescription Service is reliable, secure and confidential.

You will have more choice about where to get your medicines from because they can be collected from a

pharmacy near to where you live, work or shop.

All you need to do is sign yourself up to a pharmacy of your choice if you have not already done so. To do this you need to visit the pharmacy of your choice and sign a form. It will automatically notify us of the change.

**You will order your prescriptions in exactly the**

**same way as you normally do.**

If you choose not to use the pharmacy you have signed up to and want to collect from the surgery or a different Pharmacy, please let us know. Nomination is very flexible and can be cancelled at any time by asking a member of staff at the pharmacy or the surgery. Tell them before your next prescription is due or your prescription may be sent to the

wrong place.

This service is not right for you if you don't get prescriptions very often or pick up medicines from different places.

Please note that we are new to this and would appreciate your patience and understanding.



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



**Pendleside Hospice**  
Hospice Care for Burnley & Pendle

The Richmond Hill Practice have raised £45 for the Pendleside Hospice by doing a Christmas raffle, sweetie jar and number challenge.

Margaret Mitchell, one of our longest working members of staff retired on 31.12.15. All of us at The Richmond Hill Practice would like to wish her a very long and happy retirement, she will be missed.



## The Friends and Family Test

The results for the Friends and Family Test are available to view on our website. You will be able to see our practice scores every month and the Feedback regarding the questions we ask.

Have your say, visit reception or our website to give us your feedback.

## Practice Participation Group

We have been running the groups now for over a year and we are finding them to be very useful and informative. The results of all our meetings to date are now accessible on our website and you can have a read about what has been discussed and the outcomes. To help us achieve our aims we need you, the patients, to pass on your thoughts to us so that we can take them forward. You can contact the chairman of the group, Jerry Stanford.

[jerrystanford@btinternet.com](mailto:jerrystanford@btinternet.com)