

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.

STAY WELL THIS WINTER

Keeping warm in Winter can help prevent colds, flu, heart attacks, strokes, pneumonia & depression.

Chances are higher if you are vulnerable e.g. over 65, not able to afford heating, have a long term condition such as heart disease or are disabled.

Food is a vital source of energy, which helps keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.

On average, there are around 25,000 excess winter deaths each year in England. There is strong evidence that some of these winter deaths are indeed 'extra' and are related to cold temperatures as well as infectious diseases such as flu.

If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18C

STAY WELL THIS WINTER



OPENING TIMES

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

Closed Saturday & Sunday

We also offer extended hours—please ask one of the girls at reception.

The Richmond Hill Practice raised **£100** for the Pendleside Hospice. With the help of some Christmas hampers donated by Jennifer Hall and Christmas card donations.



 **Yes I donate**
 ORGAN DONATION

- **Three people die** each day in need of an organ transplant.
- Nearly 49,000 people have had to wait for an organ transplant in the last decade.
- More than 40 children in the UK are waiting for a liver transplant.
- As an organ donor you can **transform up to nine lives.**

It's time to sign - please visit www.organdonation.nhs.uk

 **Give Blood**

- **6,000** blood donations are **needed every day** to treat patients in need across England.
- Each **year** approximately **200,000 new donors are needed**, as some donors can no longer give blood.
- Around half our current donors are over 45. That's why **we need more young people** (over the age of 17) to start giving blood, so we can make sure we have enough blood in the future.

Give blood and save a life - visit www.blood.co.uk

The Richmond Hill Practice raised **£393.64** for Breast Cancer Awareness.

Thank you to everyone who participated :)



- 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 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.



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.

WHICH NHS SERVICE SHOULD YOU BE USING?

Self care

Very minor illnesses & injuries. Try looking after yourself.

www.nhs.uk

Pharmacy

Common illnesses & complaints. They offer more than you think, you may not need to see a Gp.

Gp Services

Ongoing illnesses & injuries.

Call 111

Help & advice for non life threatening illnesses. You can access more help & advice than you think...



A&E or 999

Accidents & Emergencies ONLY.

Think, do you really need to go to A&E?

HELP YOUR NHS & USE THE RIGHT SERVICE

Practice Participation Group

The PPG has been running for over 2 years 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.

We are looking for **new members** to join our small group so if you want to have your say and get involved, please contact Joanna at the surgery on **01282 731731**. Meetings are held on the last Tuesday of every month from 4pm—5pm. 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

BOWEL CANCER

Men and women registered with The Richmond Hill Practice aged over 55 years of age, will be invited to participate in the new 'Bowel Scope Screening' test which is part of the National Bowel Screening Programme. You will be invited 2 months after your 55th Birthday. You will be offered a one off appointment for a flexible Sigmoidoscopy or Bowel Scope test and will need to confirm that you are attending the appointment using the confirmation slip attached to your invitation letter or by ringing the Midlands & North West Bowel Cancer Screening Hub. You are also able to change your appointment if it is not a suitable date or time. If you choose not to participate at the time of your 55th birthday you can opt out at any time between the ages of 55 and 60.

**BE CLEAR
ON CANCER**