

OLD HALL SURGERY

NEWSLETTER

July - September 2017



YEAR OF CARE SERVICE

(for patients with long term conditions)

All patients with long term conditions will be invited for their annual health check in their birth month.

Diabetic patients will have this done over two appointments.

The first appointment is with the Health Care Assistant, who will do a blood test, blood pressure, test your urine and check your foot pulses.

The second appointment will be with the Practice Nurse, one to two weeks later. This will be to discuss the results of your tests and any issues you have identified on your year of care paperwork.

We are also looking at calling in patients on their birth month for other reviews.

**PLEASE INFORM THE SURGERY IF YOU CHANGE YOUR
ADDRESS OR TELEPHONE NUMBER**

THANK YOU

PATIENT PARTICIPATION GROUP

The next meeting is on Tuesday 25th July 2017

at Old Hall Surgery from 6.30pm.

Patient participation is not a vehicle for individuals to voice personal interests, resolve personal issues or to get additional personal medical service. Rather, it aims to bring about positive change to the benefit of all patients and practice staff, their GP and practice staff, adoption of a change in practice or structure.

Please come and join us for our meeting.

HOLIDAY SEASON



Please contact the surgery if you are travelling abroad.

The receptionist will ask you a few questions regarding your holiday.

A telephone consultation will then be made with the Practice Nurse to go through the vaccinations you will require and any changes that occur. Please note this may not happen on the day you enquire.

We also want to make you aware that if you are arranging to go back-packing, going to more than one country or for example Thailand and then travelling around that country, you will be advised to attend the Travel Clinic.

These are based at

Chester Travel Clinic, 10 Watergate Row North, Chester, CH1 2LD

Liverpool Travel Clinic , Pembroke Place, Liverpool, L3 5QA

International Travel Clinic, The Paxton Building, Birkenhead, CH41 0DD

Phone Number 0151 705 3223

Fax Number 0151 705 3365

Email: tropshop@lstmed.ac.uk



CARE IN THE SUN

Sun Safety Tips



- Spend time in the shade. In the UK the sun is strongest between 11am and 3pm.
- Make sure you never burn - extra care is needed if you have pale, white or light brown skin. Have freckles or red / fair hair. Have many moles, skin problems relating to a medical condition, have a family history of skin cancer
- Cover up with suitable clothing, hat and sunglasses
- Take extra care with children
- Use at least factor 15 sunscreen to protect against UVB and at least four-star UVA (UVA in a circle indicates that it meets the EU standard) - 30 minutes before going out, then liberally and frequently later on
- please don't rely on sun screen alone to protect yourself and make sure it is not past its expiry date. Most sunscreens have a shelf life of two to three years.



CARER'S WEEK

12 - 16th JUNE



Old Hall Surgery promoted this by asking patients to nominate their carer. These names were put in a draw and the lucky winning carers were given prizes to show our appreciation for their hard work as a carer.

Thanks to

- ◆ Nails of Distinction - Nail Voucher
- ◆ Terry & Co Hairdressers - Hair or Nail Voucher
- ◆ Woodlands Pub - meal for 2
- ◆ Straight Edge Barbers - Hair Voucher
- ◆ Old Hall Surgery - Planter, Wine, Chocolates, M&S Voucher

For all your kind donations

Well done all to all the Carer's for your hard work and dedication

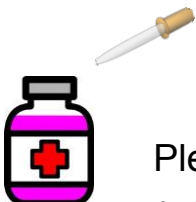
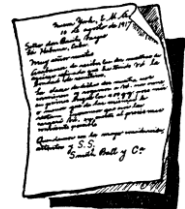
ANY FORM FOR COMPLETION BY A DOCTOR

Please note - You **DO NOT** need to make a Dr's appointment for completion of Holiday Cancellation / Insurance Forms, etc.

You need to complete the parts on the form you are asked to do so, then bring the full letter and form to Old Hall Surgery.

Please note we charge for all **NON-NHS** work.

The average time for completion by the Doctor is now 10-14 days.



WART CLINIC

Please note - For the foreseeable future Old Hall Surgery will not be running a Wart Clinic.

If you have warts that need treating you can now buy the treatment from any Chemist .