

ST MARTINS GATE SURGERY

Issue 50

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All the members of staff would like to wish our patients a Happy, Healthy New Year!



Start your New Years resolution—Dry January is the UK's one-month booze-free challenge.

Take the challenge and give up alcohol for a month. By cutting out the booze you could have lots of potential benefits: Feel more energetic, lose weight, and save money.

* Last month 97.7% of patients kept their appointment. *
* It's easy to cancel or re-arrange your appointment by using patient access or telephoning reception. *



Jo's cervical cancer trust



Cervical Cancer Prevention Week

21 - 27 January 2019

Find out how to reduce your risk:
jostrust.org.uk/ccpw

Many people are nervous about attending for cervical screening (a smear test).

Remember to attend your appointment when you receive your invitation letter.

Every year in the UK, around 3,000 women will be diagnosed with cervical cancer. Cervical cancer is the most common cancer in women aged 35 and under.

Join in with this years cervical cancer prevention week.

Patient Participation Group

You are invited to An Awareness talk - Living with Mental Health

On Monday February 11th 2019 from 6pm to 7.30pm

St. Martin's Gate and Haresfield Patient Participation Group (s) would like to invite you to an awareness talk about living with Mental Health.

The guest speaker will be Sarah Colloby of the Worcestershire Well Being Hub. Sarah will be giving an overview of Mental Health and how to recognise symptoms and how to get help.

If you are interested in attending this talk, please email the PPG chairman

colin.major@talktalk.net or leave your details with the receptionist.

Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- Wednesday 10th January - am @ St Martin's Gate Surgery**
- Monday 28th January - am @ St Peters**

Prescribing of over the counter medicines

Your local pharmacy team are qualified healthcare professionals with the knowledge and skills to help with many health concerns.

Pharmacists can give clinical advice, right there and then, and help you choose the most appropriate treatment. If your symptoms suggest it's more serious, they'll ensure you get the care you need.

What can you do?

Keeping a few useful medicines at home means you can treat common conditions immediately without needing to see a healthcare professional. These could include:

- Painkillers to help with pain, discomfort and fever
- Indigestion medicines, oral rehydration salts and treatments for constipation and diarrhoea
- Treatments for seasonal conditions like colds and hay fever
- Sunblock and after sun
- Basic first aid items (for example plasters or antiseptic cream)

If you have children, make sure you also have products suitable for them. Speak to your local pharmacy team about what medicines to keep at home, where to store them safely and how to use them.

Your local pharmacy team can tell you how long to expect the symptoms of your condition to last. If they haven't improved after this time or you start to feel a lot worse, you should:

- Go back to the pharmacy for further advice
- Call NHS111
- Contact your GP

Visit the NHS website (nhs.uk) and click on 'Services near you' to help you choose the right service A&E and 999 should only be used for serious and life-threatening emergencies

Finding more information and support

- Visit the NHS website nhs.uk for information and advice on treating minor health concerns
- Find out more about this change to prescription policy at: www.nhs.uk/common-health-questions/medicines/why-cant-i-get-prescription-over-counter-medicine/

Your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of minor health concerns. Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community.

The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it's more serious, they'll ensure you get the care you need.

Please help the NHS to use resources sensibly.