



## STAY WELL THIS WINTER

# Patient News

Issue 4 - November 2016

## Stay Well This Winter

A *gtd healthcare* senior nurse provides self-care advice for patients during winter.

Naomi Mellor (right) who works at Lindley Medical Practice says it is important to think carefully about the most appropriate place to go for treatment and care if you fall ill during winter.

“The winter months are notorious for intensifying ailments, from common colds and worsening symptoms of long-term conditions, all of which put pressure on the NHS,” she said.

“The local health and social care system work closely to cope with the increased demand on local services, particularly A&E and GP/primary care services.

“When patients have non-urgent conditions or minor ailments they should use services such as local pharmacies.

“A number of pharmacies run the **Minor Ailments Scheme**, which sees pharmacists advise patients and provide treatment options for minor health problems including coughs and colds, mild eczema, athlete’s foot, fever, nasal congestion, sore throat, hay fever, cough, vaginal thrush, threadworm infection, head lice, conjunctivitis and headache.”

If you require urgent but not life-threatening medical assistance that cannot wait until your GP practice re-opens, please call 111.

Following a telephone assessment by NHS111 you will be provided with information about the appropriate service for your health problem.

If you are unsure which health care service you need to visit, NHS111 will signpost you to the most appropriate care for your condition - GP, local pharmacy, walk-in-centre, emergency department or an emergency ambulance response.

Naomi added: “If you have a life-threatening medical emergency, such as chest pain, stroke, severe bleeding or serious head injury, please dial 999.

“Walk-in services are available for immediate and necessary treatment when your GP doesn’t have appointments or when your GP is closed.”



continued on page 2

“It is important to remember that services are stretched at this time. Accessing an appropriate service or self-care is essential to keep services available for those in need.”

## What can we do to help ourselves?

### Take control of our own health by:

- Acting quickly before ailments set in
- Eating well
- Managing any long-term conditions as well as you can
- Looking out for family, friends and neighbours – particularly the frail and elderly
- Making sure you get your flu jab
- Keeping yourself warm
- Visiting your pharmacist
- Stocking up with cold and flu remedies

It is important to access the right service at the right time.

- Ensuring you have enough prescription medicines
- Ensuring you take your regular medication for existing conditions
- Obtaining advice or treatment from your GP or pharmacist if you feel unwell
- Keeping up-to-date with appointments offered to manage your long term conditions

By keeping yourself well, you can ensure that the NHS makes the best use of its resources to treat those most in need.

It is important to access the right service at the right time.

## Protect yourself from flu

Patients who are at increased risk of flu should book to have the free flu vaccine at their GP practice now.

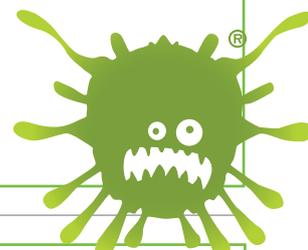
Those who are eligible for the free vaccine are:

- all children aged two to seven (but not eight years or older) on 31 August 2016
- all primary school-aged children in former primary school pilot areas
- those aged six months to under 65 years in clinical risk groups e.g. long term health conditions
- pregnant women
- those aged 65 years and over
- those in long-stay residential care homes
- carers (people who are in receipt of a carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill)
- health and social care workers directly involved in delivering care

## Key facts

- It is vital that those who are eligible have the flu vaccine annually as it protects against different strains of flu, which evolve each year
- If you have a long-term health condition, even one that is well managed, or you are pregnant, you are at greater risk of severe complications if you catch flu
- The nasal spray vaccination is a quick, painless and effective way for children aged 2-7, to be protected from flu without the need for injections
- The flu vaccine reduces the risk of serious illness, hospitalisation and even death among those who are most at risk

Patients who do not fall within the eligible criteria to be vaccinated against flu can pay to have the vaccine at their local pharmacy.



## Shingles vaccination

A vaccination to prevent shingles, a common, painful skin disease, is routinely available to people aged 70 and 78. Unlike the flu jab, you will only need to have the vaccination once.

Shingles can be very uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. Shingles is fatal for about 1 in 1,000 people aged over-70 who develop it.

The shingles vaccine is available at any time of year, though many people will find it not only convenient but worthwhile to have the vaccination at the same time as their annual flu vaccination. For further information on vaccinations, please contact your GP practice.

# Termination of pharmacy repeat ordering

Patients who have been party to their repeat prescriptions being ordered on their behalf by pharmacies will soon see the system being terminated.

This change will affect patients of:

- Ashton GP Service
- Guide Bridge Medical Practice
- Droylsden Medical Practice
- Millbrook Medical Practice
- Mossley Medical Practice and
- Hattersley Group Practice

It is being implemented in different stages, depending on the practice, and patients are advised to speak to the reception staff for further information.

While the aim of this initiative has been to reduce waste and improve

patient safety, there have been ongoing incidents in the ordering of medicines.

This has resulted in the majority of patients and their carers moving back to the original system of requesting their repeat medicines directly from their GP practice with the use of online ordering being promoted, so patients can order themselves. Pharmacies will continue to support those patients who have been identified as being unable to request repeat medication.

Importantly, the pharmacy will continue to collect and deliver medicines and the change in the system is specifically for the ordering of prescriptions.

For further information, please contact your GP practice.

# Charity bakers

Staff and patients at a *gtd healthcare* GP practice have rallied together to participate in a national coffee morning, raising valuable funds for charity.

The team at Droylsden Medical Practice held a Macmillan coffee morning, which saw patients and staff bake cakes, while raising funds for cancer.

Meryl Davies, practice manager (1), said she would like to thank everyone for their help, support and kind donations.

“We raised £221.28 for Macmillan and we wouldn’t have been able to do this without the help of staff and patients, particularly our patient participation group member Pam Scannell, in organising the event,” she said.

“It was great to see Droylsden East councillors Kieran Quinn and Jim Middleton at the event. Councillor Quinn kindly judged the cake stand and he awarded the best cake to Tina Trinick, our practice nurse.

“Also, I would like to thank Phyllis (2) and Tom Boyle for the mammoth cake, which we raffled to raise further monies. The winning raffle ticket went to patient Janine Fletcher.

## Droylsden colour run



Tina Trinick, Tracey Bishop and Jan Kay (left) from Droylsden Medical Practice have completed the Colour Run, raising £266.84 for Willow Wood.

## Memory walk for Charlestown



Staff from Charlestown Medical Practice have participated in a memory walk to raise money for the Alzheimer’s Society.

The charity is pertinent to staff due to family members suffering from the disease.



# News in brief

## Welcome!

We are delighted to welcome all patients of Mossley Medical Practice and Hattersley Group Practice.

*gtd healthcare* has recently acquired the management of both practices. We would like to reassure patients that you will not experience any changes to the day-to-day running of the practice and the services provided and, staff members will remain the same.

If you have any queries, please do speak with a member of the reception team and/or if you want further information on *gtd healthcare*, please visit [www.gtdhealthcare.co.uk](http://www.gtdhealthcare.co.uk)

## Trainee nurses

Welcome to **Charlotte Fortun** and **Eleanor Farley** who have joined Lindley Medical Practice and City Health Centre respectively as trainee advanced nurse practitioners. Both will be rotating throughout *gtd healthcare*'s services and are working towards completing their MSc in Advanced Practice after two years.

## Lindley Medical Practice

- Lindley Medical Practice has recently become a GP training practice. All trainees will be working under supervision and we will keep you informed when a trainee joins the practice.
- Patients suffering from chronic diseases and/or are over 65 years old are welcome to contact the practice to book their flu appointment (along with eligible patients).

## City Health Centre

*gtd healthcare*'s City Health Centre is working in partnership with the LGBT Foundation for the second year, to deliver a free and confidential flu vaccination clinic for those who identify as lesbian, gay, bisexual and trans.

The free flu clinics are open to all LGBT people and not just those registered as patients at City Health Centre. Patients who want to book an appointment should contact the reception team or LGBT Foundation on 0345 3 30 30 30.

Have  
your  
say

We are passionate about putting our patients first and providing great quality care. As such, we want to ensure patients have an opportunity to provide feedback on the services we provide, whether this is, for example, via the patient participation group, commenting via email, taking part in a consultation or receiving information updates. If you are interested, please speak with a member of the reception team.

## Our locations:

### Ashton GP Service

Old Street  
Ashton-under-Lyne  
Gtr. Manchester  
OL6 7SR

☎ 0161 342 7050

### Birtle View Medical Practice

George Street  
Heywood  
Lancashire  
OL10 4PW

☎ 01706 261 823

### Charlestown Medical Practice

Charlestown Road  
Blackley  
Gtr. Manchester  
M9 7ED

☎ 0161 741 2060

### City Health Centre

2nd Floor, Boots  
32 Market Street  
Manchester  
M1 1PL

☎ 0161 839 6227

### Droylsden Medical Practice

1-3 Albion Drive  
Droylsden  
Manchester  
M43 7NP

☎ 0161 342 7777

### Guide Bridge Medical Practice

Guide Lane  
Audenshaw  
Gtr. Manchester  
M34 5HY

☎ 0161 344 2609

### Hattersley Group Practice

Hattersley Road East,  
Hattersley,  
Hyde, Cheshire,  
SK14 3EH

☎ 0161 368 4161

☎ 0161 672 4527

### Kirkholt Medical Practice

Queens Drive  
Rochdale  
Gtr. Manchester  
OL11 2NP

☎ 01706 261813

### Lindley Medical Practice - ICC

New Radcliffe St.  
Oldham  
Gtr. Manchester  
OL1 1NL

☎ 0161 785 7520

### Millbrook Medical Practice

Hollybank  
off Grove Road  
Stalybridge  
Gtr. Manchester  
SK15 3BJ

☎ 0161 304 2470

### Mossley Medical Practice

187 Manchester Road,  
Mossley,  
Greater Manchester,  
OL5 9AB

☎ 01457 833 315

### Simpson Medical Practice

361 Moston Lane  
Moston  
Gtr. Manchester  
M40 9NB

☎ 0161 203 5550

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[www.gtdhealthcare.co.uk](http://www.gtdhealthcare.co.uk)



Sources: NHS Choices