

CHS Newsletter—Autumn 2018



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October 2018

Winter is creeping up !! We hope you are feeling well!!!

Dr Randall will be retiring on 31.12.18
Dr Katy O'Hara will join us as a full time partner as of 1.1.19.
We are very excited to have Dr O'Hara join as a Partner at the practice.

Southport Foodbank

We are now a donation point for the foodbank.

We would ask that you consider your local

community on your next visit to the supermarket.

Items which often run short at the foodbank are toiletries long life milk and coffee.

Data Protection Laws

A recent change to the law means you have greater control over your health records. Please visit our website to view more

Information.



www.nhs.uk/oneyou/

 **The Southport and Formby 7 day service** allows you to

see a GP at your convenience. Ask our reception for further details.



On-line Access

13.9 million patients in the UK are registered to book appointments on-line and order medication. Please speak with reception if you are interested.

Keep Well this Winter

<https://www.nhs.uk/staywell/>

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

We are now a Parkrun Practice—visit <https://www.parkrun.org.uk/> register Dr Randall has completed 5 park runs!!

Alison our secretary has completed 30 runs!!!!!!!

Patient Education Evening

Keep your eye on our website for upcoming education evenings during 2019 .

On-line consultation

We now offer an on-line consultation that can prevent you from having to come into surgery. Look at the surgery website for further details on e-consult.

Any suggestions?

Please get in touch.

NHS Digital opting out

The NHS wants to make sure you and your family have the best care now and in the future. Your health and adult social care information supports your individual care. It also helps us to research, plan and improve health and care services in England.

Unless you have chosen to opt out, your confidential patient information can be used for research and planning. This online service allows you to make or change your decision at any time. You can also download a form to manage a choice on behalf of another individual by proxy. E.g if you are a parent or guardian of a child under the age of 13.

Dementia Champion

We have a registered champion in surgery who can assist with any questions you may have. We may not know the answers immediately but we know where to find the answers!! Ask for Torie.

