

# CHS Newsletter—Winter 2017



58 SCARISBRICK NEW ROAD, SOUTHPORT 01704 501500

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## Welcome to our Winter Newsletter. We hope you taking care during the winter months

### New Salaried GP!

Welcome to our new Salaried doctor.

Dr O'Hara has been a trainee GP with the practice for the last 2 years and we are very excited to have her as part of our practice team now she has qualified.

Dr O'Hara is a mum to 3 small children and spends lots of her time baking and likes to visit the theatre



Surgery Extension

STOP PRESS!!!!

Have you noticed the building work at the side of the surgery We are extending your surgery. The new extension will contain 2 brand new consulting rooms!!

Protect yourself, your family and friends against the spread of antibiotic resistance.

Become an



www.antibioticguardian.com

### Health

Your surgery would like to point out to you the local resources you have which could help you stay healthy .

Use your pharmacist—you can speak with a pharmacist about minor ailments. They can offer a range of medicines for common conditions

Check out NHS Choices and You will find lots of useful information here.

NHS.UK can provide you an A-Z of Conditions and Treatments . Symptoms are listed and can help you to help yourself.

### Care at the Chemist

**Did you know that you can get free, fast and expert health advice at any pharmacy in Sefton?**

**Medicines are free for anyone who does not pay for their prescriptions – all you need is proof of exemption.**

**Those who do pay will be charged the current prescription charge of £8.60**

### Flu Vaccination

Our flu clinics for 2017 were another success. We held three separate drop in clinics, as well as catch up clinics, which were pre-bookable. We vaccinated over 2000 adults and 150 children.

The local pharmacies did offer vaccine to eligible patients , but the practice would encourage patients to attend here next year.

Ask reception about signing up to our text message reminder service. Be sure not to miss an appointment

### How to make good soup,

Points to remember: Cook off your raw spices for 1 minute. Fry ingredients that need to be softened before simmering with stock (such as onions, garlic, spices) in enough oil until soft. Add your main vegetables and add enough hot stock just to cover them. Bring to the boil then simmer until the veg is tender. Cover your dish with a tea towel when blending to avoid splashback. Blend using a handblender or carefully pouring into a worktop blender. Season well. Adjust the consistency using water to thin it down, or cook it longer to make it thicker. Use this technique with your favourite soup recipes.

### Southport & Formby

#### Clinical Commissioning Group

Your local CCG has a mailing list which you can join and receive updates on new services being offered in the local area. You can get involved in local projects and affect local decision making.

### Friends And Family

Please remember to complete a friends and family slip at reception or head to our website and complete on line. We would like to hear your thought about the service provided at Cumberland House Surgery.



An Alzheimer's Society initiative