

Do you know.....

If you are prescribed new medication your Doctor and / or systems will check if there are any contraindications with any medication your are currently prescribed. If you do have any concerns you can use the online e-consult and ask for advice (select advice, admin) **or ask your pharmacist.**

For routine calls to the surgery please avoid busy times which are: **8.30-10.30 and after 17:00.**

Phlebotomy—are you having difficulty booking a blood test?

If you are unhappy with the treatment or service you have received from phlebotomy services, you have the right to make a complaint, have it looked into and receive a response. If you're pleased, have a concern or have a complaint with one of the services commissioned by us then please let us know by contacting our Patient Experience Team on (Freephone) 0800 218 2333 or mlcsu.pals@nhs.net. Please be aware the phone line is open Monday to Friday during office hours. You can also write to the following address: Midlands and Lancashire CSU Customer Care Team Liverpool Innovation Park Second Floor (Building 2) 360 Edge Lane Liverpool L7 9NJ.

Awareness Raising —This issue subject is : Dementia.....

More than half of the population know someone who has been diagnosed with Dementia. (1) For information and where to access support there are several organisations and websites that have a great deal of information. Some of those are:

[Specialist support to families facing dementia | Dementia UK](#)

[Alzheimer's Society - United Against Dementia \(alzheimers.org.uk\)](http://alzheimers.org.uk)

[What is dementia? | Age UK](#) [Halton Dementia Action Alliance](#)

Local Events and activities

Men's Talk - with Colin Chorley - Upton Community Centre (Widnes) - every Monday - 12 30pm - 2 30pm

Coffee & Chat - Age UK Mid Mersey - Runcorn office - every Friday - 10am - 12pm

Eat @ The Heath - Wednesday 7th Dec – 11:30 – 1:30 – tea/coffee/cake – quizzes, bingo & demonstration with local birds of prey (organised via Runcorn Police)
Wednesday 21st Dec – 11:30 – 1:30 – tea/coffee/cake, fun activities & Carol singing

30 minute walk from our GP Practice

When: Friday 11am **Where:** St Pauls Health Centre, High St WA7 1AB

Duration: 30-minutes on flat surface

Short walk for adults with a learning disability and carers

When: Monday at 1pm **Where:** Meet the Adult Learning Disability team outside Visitor Centre/Café at Victoria Park. Call 0151 511 6606 for further info.

Duration: approx 20 minutes, this is a flat surface walk

Halton Council has local cost of living information and support which you can access via [Find out about cost of living information and support \(halton.gov.uk\)](#)

plus have several social sport and active events [Get Active | Active Halton](#)