

Holmes Chapel Health Centre - Dispensary



Dispensary – **Opening Hours – 8.00am – 18.30pm**

To improve the service we offer we are encouraging patients to leave their repeat prescription with us when they collect their medication and return again in 28 days to collect their next supply. This alleviates the need to drop off a repeat prescription and also avoids last minute requests. Alternatively you may continue to order your repeat prescription by completing the request slip and posting it in the Dispensary box sited in the foyer or via email as below.

The telephone repeat request line is for housebound and elderly patients only who may leave their telephone number on the answer machine. A member of staff will return their call to confirm their order request.

Repeat Prescriptions – Email Address

For Dispensing patients who live outside a 1 mile radius of Holmes Chapel and who utilise the Dispensary.

Requests may be emailed to: hchcdispensary@nhs.net

For all other Holmes Chapel patients you can order your repeat medication electronically by sending an email with your details and list of medications required to: hchcscrips@nhs.net

(NB: this email address is for prescription requests only).



Medicine Wastage

Eastern Cheshire NHS has been running a campaign in an effort to reduce the amount of wasted medication. We will only prescribe those items on your repeat prescription request slip that you mark with a tick. If you do not add any ticks or use a cross we will not process your request and you will be asked to resubmit it.

When completing your repeat form only tick what is actually needed this will help to keep waste to a minimum. Medications are costly and once the item has been dispensed and left the building they cannot be reused; even if the package is unopened they have to be destroyed.

To ensure you receive the correct repeat medication:

- Only order the medication you need
- Place a tick against the items you require
- Do not use a cross as this can be confusing for staff
- If you require all the items on your repeat please tick them all. A blank form will not be processed



In Practice

Holmes Chapel Health Centre Newsletter
Winter Issue 1



Christmas Holiday – Opening Arrangements

Christmas Eve - Wednesday 24th December 2014

Normal opening hours 8.00am–18.30pm – urgent appointments only.

Christmas Day – Thursday 25th December 2014 – CLOSED

Boxing Day – Friday 26th December 2014 – CLOSED

Monday 29th December 2014 – Normal opening hours 8.00am – 18.30pm

New Year's Eve – Wednesday 31st December 2014

Normal opening hours 8.00am–18.30pm – urgent appointments only.

New Year's Day – Thursday 1st January 2015 – CLOSED

Friday 2nd January 2015 – Normal opening hours 8.00am – 18.30pm.

Christmas Medication orders

Please ensure you order your Christmas medication by 12.30pm the 19th December 2014 for collection on Christmas Eve

We bid a fond farewell to Ann and Helen, valued members of the Admin and Dispensary Team, wishing Ann a happy and long retirement and Helen every success in her new venture. A warm welcome to both Lisa and Diane, who have recently joined the Admin Team.



Patients can now follow us on Twitter - @HolmesChapelNHS

SELF HELP INFORMATION

Self Help – Coughs, Colds, Sore Throats



Simple analgesia such as Paracetamol is safe in all ages (**check the dose in children**). Stronger painkillers such as Co-Codamol or Ibuprofen are available from the pharmacist without prescription. Drink plenty of fluids, rest, avoid physical exercise whilst the virus is causing symptoms and eat only if you want to. Gargling with an aspirin dissolved in water (**not to be used in children under 16**) can ease a sore throat. Ice cold fluids are more soothing. Various throat lozenges and sprays are readily available, but often sucking a boiled sweet is just as effective. Steam inhalation, with or without the addition of a decongestant (e.g. Vick, Friars' Balsam, Olbas Oil, Menthol Crystals) can be very helpful for a blocked or runny nose. Use steaming water in a bowl. Trap the steam with a towel over the patient's head. Inhale for 10 minutes, and repeat 3-4 times a day. Oral decongestants may help relieve some blocked nose and sinus congestion symptoms. **They should not be used for more than 5 days or taken by patients suffering with heart or blood pressure problems.** Ask your pharmacist for advice.

Stop Smoking – Cessation Advice



The NHS national "Stop Smoking campaign"
If you require help and advice on "Stopping smoking"
The following contacts are accessible:
Lloyds Pharmacy – Holmes Chapel 01477 532347
Quit – a charity that helps people to quit smoking
Quitline – 0800 002200 - www.quit.org.uk
NHS smoking helpline – 0800 1690169
www.givingupsmoking.co.uk
Smokefree Cheshire - www.smokefreecheshire.nhs.uk

Chlamydia Testing Kit

Chlamydia is serious, silent and spreading.
Free Screening for 15 – 24 year olds. Please ask at reception for further details and collect your self testing kit.

Staff Training – Health Centre Closure

The Health Centre will be closed for staff training on the following dates:-
Wednesday 7th January 2015
Wednesday 4th February 2015

We will be closed from 12.30pm until the next morning:

Should you require urgent medical attention when the Health Centre is closed dial the usual number (**01477 533100**) your call will be automatically transferred to the NHS East Cheshire Out-of-Hours Service. Alternatively you can contact the Out-of-Hours Service direct (**01625 502999**). A triage nurse will advise you regarding your problem and where necessary they will arrange contact with a GP. If you need to see a GP outside of surgery hours you may be asked to attend a Primary Care Centre at Macclesfield, Knutsford, Crewe, Northwich, Congleton or Handforth. Home visits by a GP will be arranged where appropriate. In the event of an emergency dial **999**

GP Availability

Continuity of care is important; if your problem is not urgent and your usual GP is unavailable on the day of your request please try to wait until they are available. Alternatively if an appointment is required for a minor ailment it may be that the Nurse Practitioner can deal with your problem, please ask the Receptionist.



GP's	Monday	Tuesday	Wednesday	Thursday	Friday
Dr Tate	In all day	In all day	Off site	In all day	In all day
Dr Thorburn	In all day	In all day	Off site	In all day	In all day
Dr Bailey	In all day	In all day	In all day	Off site	In all day
Dr Taylor	In all day	In all day	In all day	Off site	In all day
Dr Hulme	In all day	Off site	AM-only	In all day	AM-only
Dr Bailoor	In all day	Off site	In all day	In all day	In all day
Dr La Coste	Off site	AM - only	Off site	AM - only	Off site

Nursing Team Availability

Nurse Pracs.	Monday	Tuesday	Wednesday	Thursday	Friday
Julie & Louise	AM - only	AM/PM	AM - only	AM/PM	AM - only
Prac. Nurses	Monday	Tuesday	Wednesday	Thursday	Friday
Sharon Wakefield	In all day	DAY OFF	DAY OFF	In all day	In all day
Caroline Faulkner	PM - only	In all day	In all day	DAY OFF	In all day
Jenny Worthington	In all day	PM only	In all day	PM only	DAY OFF
Health Care Assistant	Monday	Tuesday	Wednesday	Thursday	Friday
Kathryn Hulme	In all day	AM only	In all day	AM only	In all day