

# Church Lane Medical Centre



December 2022 Issue

## TEAM NEWS

This month we would like to introduce a new member of our team, **Amanda**. Amanda will be working as a Healthcare Assistant 3 days a week. We have also welcomed a new Clinical Pharmacist, **Sabina** who will be helping with our Structured Medication Reviews.

The GP trainee, **Dr Seriki** has now sadly have left us to continue the next step of her career. We do though have a new GP trainee started with us **Dr Sharma**.



## What is self care?

Self-care is about taking responsibility for your own health and having the confidence to use the right service at the right time especially over the Christmas period. Self-care for common conditions can also help free up GPs' time, making it easier for you to get an appointment when you have a more serious condition.

Self-care is the best choice to treat minor illnesses and injuries by ensuring you have a well-stocked medicine cabinet and seeking advice from your local pharmacist. It is especially important during winter, when illnesses like coughs, colds, flus and sore throats are more common.

When you take care of minor ailments, it can reduce visits to GPs therefore allowing GPs to cater for higher risk patients such as the young, elderly and people living with co-morbidities. Knowing what to do and where to go for help is an important part of practicing self-care for life. Remember, it isn't just the GP practice that can help, pharmacies are also health experts. They are on every High Street and can help with all sorts of ailments. Pharmacists can also signpost you to the right place for additional health advice or treatment.

## Welcome Dr Javid!

Some of you may have already met our new Salaried GP, Dr Javid. She joined us in September from another local practice and is very much already enjoying her time at Church Lane Medical Centre.

Dr Javid is working towards becoming a GP Trainer in 2023 and has an interest in Dermatology.



**HELP US HELP YOU STAY WELL** Choose Well For more information visit: [www.nhs.uk/livewell](http://www.nhs.uk/livewell)

NHS



Self care

Keep a well-stocked medicine and first aid cupboard for minor ailments



Pharmacy

Pharmacists are highly trained professionals who can treat or advise on minor illnesses



NHS 111

Urgent medical help fast, available 24/7



GP Practice

Urgent and routine appointments on weekdays, evenings and weekends



Urgent Care

Call 111



A&E or 999

For life threatening emergencies and serious injuries only

## Next PPG Meeting

Our next PPG Meeting will be held on Tuesday 24<sup>th</sup> January at 6pm. If you are interested in joining our PPG, please see our [website](#) or email [kirstie.hornsey@nhs.net](mailto:kirstie.hornsey@nhs.net) for more details.

## Christmas Opening Hours

Our normal surgery opening hours are Monday – Friday 8.00am to 6:30pm.

We are closed for Bank Holiday: Monday 26th Dec, Tuesday 27th Dec and Monday 2nd January.

Call 111 or use 111 online for advice Always Call 999 in the case of a life-threatening emergency.



## Ordering Your Prescription

- Phone 8.30-12.30. You can also leave a voicemail and we will process your request. You will receive a text message or call when this has been done.
- Bringing paper slip into the surgery.
- Online
- NHS app



## Accessing Support

This time of year can be difficult. If you need to talk right now, whatever you're going through, there are people you can talk to any time.

You can: call Samaritans on 116 123 (UK-wide) text SHOUT to 85258 (UK wide) These services are for anyone who's struggling.

They won't judge you. They're free, they're anonymous, and they're always open.



## Thank you!

May we take this opportunity to thank you all for the many chocolates, biscuits and well wishes we have received. These are very much appreciated by everyone, as are the cards and letters of thanks we receive. We look forward to continuing to support you in the New Year.



## CONTACT DETAILS

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