

# Boundaries

The newsletter for Boundary House Medical Centre  
www.boundarysurgery.co.uk

## Practice Closures: April & May 2018

Every <b>Mondays</b> between 1-2pm	Closed 1-2pm
<b>Thursday 26<sup>th</sup> April</b> -Training	Closed from <b>1pm</b>
<b>Monday 7<sup>th</sup> May</b> - Bank holiday	CLOSED
<b>Monday 28<sup>th</sup> May</b> – Bank Holiday	CLOSED



### *MEDICATION*

Please ensure you order your medication in plenty of time to cover you for the Bank holiday closures.

### Early Morning Appointments

Do you know that we offer early morning appointments from 7am on a Tuesday and from 7.30am on a Friday? Please ask for an early appointment if this is helpful for you.

### Appointments

Our staff may ask you some questions about your problem to help streamline your appointment. Our most recent survey suggested the majority of people replying would be happy for this. It would be helpful if you could answer any questions. Remember, all staff is bound by strict confidentiality policies.

### On Line Access

If you wish to, you can now use the internet to:

- ) book/cancel appointments with a GP,
- ) request repeat prescriptions for any repeat medications you take regularly
- ) View your medical record online.

Application forms from Reception or download from our website under 'patient access section'.

### Repeat Prescriptions

Can be ordered via:

- ) On-line service
- ) Handing script in at practice
- ) Via your nominated pharmacy

### Hay fever season !!

As Spring approaches we begin the hay fever season, your local Pharmacy can help and advice so please contact them. Local supermarkets also stock various hay fever medications which you can buy over the counter cheaply, such as Cetirizine, Loratadine.



### Out of Hours Service

The practice core hours are from 8am till 6.30pm Monday to Friday. Outside of these times, if you need medical care ring **NHS 111**, dial 111 for assistance. Please use this service rather than A&E – except in life threatening conditions e.g. heart attack, stroke or serious injury.

### Smear – re-calls

Public Health are running an awareness advertising on the importance of ladies within the age cohort to have a smear test. You will be invited by our practice, please think about having this important screening. More info can be found at:

<https://www.nhs.uk/conditions/cervical-screening/>

**Please turn over.....**

# Boundaries



## Physical Activity

Are you reaching the recommended 150 minutes of moderate exercise per week? Are you worried about your balance? Did you know that regular exercise can really help your mental health? We have regular one to one sessions available to discuss how to help you get more active with Josh Matthews from **Trafford Leisure**. Please discuss with your doctor or nurse at your next visit.

### Walking Group

\*\*\*\*Tuesdays – 1.30pm\*\*\*\*

Brisk circular walk 30-40 mins, all ages and fitness levels welcome, come and join us!

Other local walking groups visit: <https://www.walkingforhealth.org.uk/>

### New Staff

We would like to welcome to the practice team :

- ) **Alex Yusuf**, Clinical Pharmacist, he will be based in the practice two days a week and will be with us to enhance the medication care you receive from the practice with direct consultation with patients and providing prescribing support.

### Thinking of Stopping Smoking?

Claire & Sharon, our health care assistants, can help support you with a smoking cessation Programme, advising NHS prescriptions if needed. Please ask for an appointment - you are much more likely to give up with support than on your own.



### Saturday & Sunday - appointments

**Trafford Primary Health (TPH)** currently use our building on Saturday and now Sunday mornings (from April) to offer '**pre-booked**' appointments with a GP or Nurse. You can book the appointment with our practice staff during the week for these and the GP and Nurse will have full access to your medical records for these consultations.

However... They are unable to see walk in or emergency patients on these days, if you need emergency assistance, then please ring **111** and they will advise you on your medical emergency. If you present at the practice then the admin team working for TPH, will have to turn you away.

Also.. they **do not** have access to any of Boundary House patient information, so are unable to book onward appointments or access to any prescriptions for collection etc. they will have to be collected or appointments made with Boundary House when they re-open again on the Monday.

### Suggestions:

Please let us know your thoughts on what you would like to see in the Newsletter or at the practice. Email: [admin.boundaryhouse@nhs.net](mailto:admin.boundaryhouse@nhs.net)