

Boundaries

The newsletter for Boundary House Medical Centre

www.boundarysurgery.co.uk

Flu Season

Flu is offered to over 65's and 2 & 3 year olds this year and anyone under 65 with a medical condition that could make them 'at risk' i.e. Diabetes, Asthma, COPD, Heart or Stroke etc., Please ensure that you come in for your vaccination to keep you well. Children flu is a **simple nasal spray** !

Doctors & Clinical changes

Recent changes to Doctors in the practice. Dr J Hardman has left the practice as a permanent GP, but will be doing some occasional sessions when he is in Manchester, he is taking up a research post at Great Ormond Street Hospital in London. All our GPs are detailed on our website, check the availability.

We welcome to the practice David Marland he is an Advanced Clinical Practitioner in training with us for two years, previous background as a Paramedic. He will be offering appointment on Monday-Wednesdays.

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.

Text Reminder Service

We offer a text reminder service for appointment so please keep us updated with your mobile phone number.

Repeat Prescriptions

Can be ordered via:

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

Thinking of Stopping Smoking?

Claire, Sharon, & Yvonne 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.

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.

Practice Closure

Mondays between 1-2pm. When we are closed for an afternoon training with NHS Trafford, we will have signage up to inform. These are usually an afternoon in January, April, July & September in 2019.

Xmas & New Year Opening

Times – please turnover for information

Please also see our **PPG newsletter**, which is available on the website or from the practice.

Please turn over.....

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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/>

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.



OPENING TIMES over the Xmas & New Year holidays

Friday 21 st December 2018	7.30am – 6.30pm
Monday 24 th December 2018	7.00am – 6.30pm
Tuesday 25 th December 2018	CLOSED
Wednesday 26 th December 2018	CLOSED
Thursday 27 th December 2018	8.00am – 6.30pm
Friday 28 th December 2018	7.30am – 6.30pm
Monday 31 st December 2018	7.00am – 6.30pm
Tuesday 1 st January 2018	CLOSED
Wednesday 2 nd January 2018	8.00am – 6.30pm
Usual times thereafter	

MEDICATION



Please ensure you order your medication in plenty of time to cover you for the Xmas period and you collect your prescription before we close on the **Friday 21st December** to ensure the chemist can have your meds ready for collect on the Monday Xmas Eve.

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

Please turn over.....