

Patient Newsletter



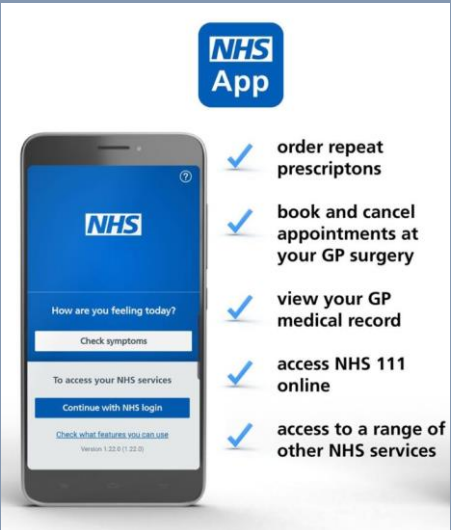
New online routine service route

We have an online system which you can access via your NHS App, clicking on the 'contact' section or by using the link on our Facebook page and website.

Here, you can request prescriptions, request fit notes, contact us about a medical query, ask us about recent test results or anything else admin related.

This is a great way for you to contact the practice for non-urgent medical or admin requests. We really think it is easier for most people than waiting on hold to speak to a receptionist, but we would love to hear your feedback!

This is a routine service and we will respond to your query within 3 working days.



Current Health Campaigns – March, April, May

March Ovarian Cancer Awareness Month



You should arrange to see your doctor if you have any of these signs and symptoms:

- feeling full quickly
- loss of appetite
- pain in your tummy (abdomen) or lower part of your abdomen that does not go away
- bloating or an increase in the size of your abdomen
- needing to wee more often

You may also have these other symptoms:

- tiredness that is unexplained
- weight loss that is unexplained
- changes in your bowel habit or symptoms of irritable bowel syndrome, especially if this starts after the age of 50

May National Walking Month

Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of several preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

By swapping a short drive for a short walk, you can also help reduce air pollution, congestion, and road danger - whilst saving yourself some money and getting active in the process!



April Stress Awareness Month



Our top tips!

- Get moving to combat stress
- Learn to say no
- Practice Deep breathing
- Prioritise your health
- Stay hydrated
- Adopt a positive mindset
- Get a good night's sleep

Patient Participation Group (PPG)

Our PPG meetings are currently held every 6 months here at the practice.

We welcome ALL our patients along to our PPG meetings. These are informal gatherings led by one of our GP partners and we encourage patients to give their ideas on how we can develop the surgery to meet YOUR needs.

This is an opportunity for you, our patients to tell us what you like about the surgery, what you may think needs improving, what you would like to see brought to this surgery.

We as a surgery will update you on any developments within the surgery and changes being made and we will most certainly take on board any suggestions and try to implement where possible.

Your suggestions and feedback are key to us in trying to provide a surgery beneficial to you.

Ask at reception if you would like to keep up to date with the PPG meetings and outcomes!



CONTACT US

You can find information about the surgery, booking appointments, and lots of other useful information via:

Website: www.thechorleysurgery.com

Facebook:

www.facebook.com/thechorleysurgery/

Telephone number:

01257 442475

Social Prescriber Drop-in sessions!

The second Tuesday of every month from 9am-12pm Suzanne will be in the front small waiting room (next to the usual waiting room) no appointments necessary, all patients are welcome to pop in for a chat and see if there is any support, she can provide for you. You can find more information on the service via our website.

Next drop in session dates:

Tuesday 11th April 9am-12pm

Tuesday 9th May 9am-12pm

Tuesday 13th June 9am-12pm



Travel Vaccinations

If you are planning on going abroad this year, you may need some additional vaccinations depending on which countries you are visiting. You can ask at reception for a travel health questionnaire or print directly off our website. Once completed, these are reviewed by our nursing team and you will be contacted regarding these. Please ensure you do this at least 6-8 weeks prior to travelling to ensure this can be completed in time.



**The Chorley
Community
Helpline**

Need Help or Support?

Emergency Food, Family
Support, Money & Debt,
Loneliness?
Homelessness Support,
Help with Shopping & Meds
Delivery?
Free phone number - no cost to you

0800 368 8452

**Community Partners Working Together –
St Laurence's Church, Home-Start Central
Lancashire, Chorley Help the Homeless,
Living Waters Storehouse, Friends for You,
Chorley Buddies, Citizens Advice, Chorley
United Reformed Church, Watch us Grow**