

NORTHOLME PRACTICE

Winter Newsletter

The Surgery will be closed all day on:

Christmas Day - Wednesday 25th December

Boxing Day – Thursday 26th December

New Year's Day – Wednesday 1st January 2020



Please remember to put your repeat prescriptions in to the surgery to see you over the Christmas period.



Out of Hours Service

Between 6.30pm - 8.00am

Monday to Friday

Weekends and Bank Holidays.

.....

APPOINTMENTS

We have a book on the day system for appointments that are needed the same day. Patients ring the surgery at 8.00 am for a morning appointment and 11.00 am for an afternoon appointment.

Non- urgent/routine appointments can be made up to 4 to 6 weeks in advance either at the surgery or by telephone between 8am and 6pm Monday to Friday. Alternatively appointments can be booked online. Any home visits needed for that day should be phoned through by 11.00am at the latest.

Walk for All –

Wed 27th November, 10.00am, Northowram Surgery

Join us on the launch of our "Wednesday Walk for All"

A gentle 1 ½ mile circular stroll with a café stop for a brew and a natter. Mums, Dads, Aunties, Uncles, Grandmas and Granddads, prams and pushchairs are ALL welcome. No need to book; just turn up!

Your friendly walk leaders will be Ella and Charlotte. No special equipment needed

[Contact Ella on 07966273037 if you have any questions.](tel:07966273037)

THE OUT OF HOURS HUB SERVICE

Appointments available at:

Rastrick Health Centre

Monday to Friday 6.30pm-8.00pm

Spring Hall Group Practice

Saturday and Sunday 10.00am-2.00pm

Bank Holiday 10.00am-11.30am

Please let reception know if you wish to book one of these appointments.

FLU VACCINES ARE STILL AVAILABLE FOR ELIGIBLE PATIENTS OF ALL AGES

Walk in Clinic-Saturday 16th November

Kos Clinic – Annexe

8.00 am to 2.00 pm



What the Northolme Practice has to offer.

Doctors. We have 6 GP Partners, 3 Registrars and FY2 who work closely with Dr Chin, Dr Ross and Dr Howes. Dr Ross and Dr Santhanam provide Minor Surgery. Dr Cameron and Dr Howes provide coil and implant fitting and removal.

Advanced Nurse Practitioner (ANP) Julie Gledhill, Julie Raine, Sarah Jowitt and Jenny Chambers. They work alongside the Doctors, they can refer and prescribe.

Practice Nurse- We currently have 3 practice nurses, Jane, Lauren & Savoula (Lead Nurse).

Practice nurses are qualified and registered nurses.

They can help with health issues such as travel advice/immunisations, carry out cervical smears, offer advice about contraception, healthy living advice, routine vaccinations & dressings. The practice nurses also manage long-term health conditions such as asthma, COPD and diabetes.

Healthcare assistant- Helen supports the practice nurses with their daily work and carry out tasks such as injections (B12/flu/shingles/pneumococcal) for adults, spirometry (lung function tests), dressings, blood pressure measurement, including 24 hour blood pressure monitors, suture removal, smoking cessation advice, NHS healthchecks & new patient checks.



Overgate would like to thank The Northolme Practice for having two collection boxes. Overgate Hospice doesn't charge for any of its vital services and is reliant on the goodness of the local community to help raise over £6,800 every day to ensure the skilled professional care is there for those who need it.

We never take your support for granted. I hope that you will be pleased to learn that the kindness of your patients and staff has raised **£247.98**

On behalf of everyone at Overgate Hospice please accept our sincere thanks for your support
www.overgatehospice.org.uk/fundraising

Cervical Screening /HPV Primary Screening

Cervical screening (a smear test) It is not a test for cancer, it's a test to help prevent cancer. All women and people with a cervix aged 25 to 64 should be invited by letter. During the screening appointment, a small sample of cells will be taken from your cervix. Once your sample is sent off to the laboratory, it will first be tested for HPV. If HPV is found, your sample will also be looked at for abnormal cells is called 'cytology'.

If you don't have HPV, then it is extremely unlikely that you will have any abnormal cervical cells. For more information please pick a leaflet up from your surgery or visit www.nhs.uk/cervical

Important

Try not to put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.

Appointment DNAs (Did not attend)

There were 1253 missed appointments from January to October 2019 (average 125 monthly)

Help us to help you

If you are unable to attend your appointment, please contact the surgery as soon as possible. **You can also cancel your appointment online, even if your appointment wasn't originally booked online.** Patients who fail to attend appointments on two or more occasions will receive a letter from the Practice, this may then lead to being removed from the Practice.

GP Online Services update...

Online access to your medical record - the surgery has recently enabled additional functionality to the online services we offer. Patients can now request access to their detailed medical record via the online service website or online service app.

Access for parents/guardians and carers, (known as proxy access) - the surgery will be introducing proxy access early next year. This will make it much more convenient for parents and carers to make appointments or request medication online on behalf of their children, or someone they care for.

SOCIAL PRESCRIBERS

We have Social Prescribing link workers in the Lower Valley:

Your GP or one of the Practice team may suggest a referral if you would like support to explore services that could help improve your health, wellbeing and independence. ..

Primary Care Network (PCN) Lower Valley

Clinical Director – Dr Alex Ross

Practices in the Lower Valley are

Church Lane Surgery, Longroyde Surgery, Northolme Practice, Rastrick Health Centre and Rydings Hall Surgery.



The Registered population is 44,563.

Patient Group Meeting

Our next Patient Group Meeting (PGM) will be held Monday 27th April. The meeting will be held at Northowram Surgery starting at 6.30pm to 7.30pm.

**Drs, Chin, Ross, Cameron, Howes, Santhanam & Malone
The Northolme Practice**

Hipperholme Surgerv
Roydlands Street
Hipperholme
HALIFAX HX3 8AF
Tel: 01422 205154



Northowram Surgery
Northowram Green
Northowram
HALIFAX HX3 7JE
Tel: 01422 206121

www.thenortholmepractice.co.uk