

# SEPTEMBER 2016

[www.rainfordhealthcentre.co.uk](http://www.rainfordhealthcentre.co.uk)

Sept 2016  
The Health Centre  
Higher Lane  
Rainford

Tel: 01744 882855 or  
01744 457361

## DRS LOWCOCK & VELTKAMP



### Walk in Flu Clinics 2016

no appointment necessary – for eligible patients

*Saturday 24<sup>th</sup> September 2016  
Between 09.30 and 1 pm*

*Saturday 22<sup>nd</sup> October 2016  
Between 9.30 and 1 pm*

The free flu vaccine is recommended for patients considered at risk, see below:

- are 65 years of age or over
- are pregnant
- have certain medical conditions eg diabetes, asthma, stroke, a weakened immune system, heart failure etc
- are very overweight
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- are a front-line health and social care worker although it is your employer's responsibility to arrange vaccination for you
- children over the age of six months to 17 years with a long-term health condition
- children aged two, three and four plus children in school years one, two and three. (These patients received the vaccination via a nasal spray)

**DO NOT WAIT TO BE INVITED, JUST COME ALONG TO THE DROP IN CLINIC.**

**WE WILL BE ABLE TO CHECK TO SEE IF YOU ARE ALSO ELIGIBLE FOR THE SHINGLES AND PNEUMONIA VACCINATIONS.**

**PLEASE SUPPORT YOUR LOCAL GP PRACTICE BY ATTENDING AT ONE OF THE CLINICS FOR YOUR FLU VACCINATION.**

## TRAINING / PROTECTED TIME EVENTS - 2016

The following dates have been allocated to us for training / protected time events. This means that from **1 pm on these dates the Practice will be closed**. The Practice will open again as normal the following day. In the event of an emergency please ring our normal number and you will automatically be transferred to our “out of hours” service.

**22<sup>nd</sup> September / 20<sup>th</sup> October / 23<sup>th</sup> November**

### **Please note that Rainford Health Centre does not provide the following:**

- For safety reasons, we do not accept prescription requests over the telephone
- We cannot change dressings in Surgery. This service is provided by the Treatment Room Nurses. Please ring 0800 953 0960
- We do not have the facilities to syringe ears. This is also provided by the Treatment Room as above.
- We no longer arrange hospital transport for patients. Patients can arrange their own transport by telephoning 0800 032 3240 and choose option 4

### **NHS provided chiropody services are only available for patients who meet the following criteria:**

Those under 18 or over 65  
Pregnant women  
Those with a chronic medical condition including diabetes, peripheral vascular disease  
Those registered disabled

### **CONTACT DETAILS**

We can now take email addresses and you can choose to use this as your preferred method of communication – please speak to a Receptionist for details.

## RESPIRE CARE

If a patient moves out of the practice area on a temporary basis it is not possible for the practice to continue to look after him/her whilst out of area. They need to register with a local doctor near to whatever facility they have been admitted. Similarly, when patients come into Victoria Care Home on a respite basis, they sign on with a Rainford GP for the duration of their stay. Please do not expect us to travel out of the area to care for your loved one in this situation – to do so would potentially put other patients at risk.

## BOWEL CANCER SCREENING

The NHS offers bowel cancer screening every two years to all men and women aged 60 to 74. People eligible for screening receive an invitation letter explaining the programme, along with an information leaflet explaining the benefits and risks of bowel cancer screening. About a week later, the programme should send a faecal occult blood sampling kit. The kit includes simple instructions for completing a sample at home and sending it to the laboratory. The sample is then processed and the results sent to the individual within 2 weeks. Time and money is spent on this valuable screening service so please, if you are offered the test **please take the opportunity**. Bowel cancer screening can save lives. If bowel cancer is found early, it is easier to treat. Screening may also pick up non-cancerous growths (polyps), which could become cancerous in the future.