

# Cockhedge Medical Centre

## March News 2019

### I.T SYSTEM

The practices' clinical system is currently running very slowly due to a network issue which is a problem Warrington wide. Hopefully this will be rectified in the next 6-8 weeks. We apologise for any inconvenience this may cause, but please bear with us during this difficult time.

### NO SMOKING DAY – WEDNESDAY 13<sup>TH</sup> MARCH

Quitting smoking is one of the best things that you can do for your health.

National no smoking day is when everyone, whether you're a smoker or not comes together to inspire, motivate and support others to take the first step towards quitting smoking. Livewire offer several methods of support.

You can attend 1-1 appointment sessions or attend stop smoking drop in, or if you prefer online and telephone support you can call 0300 003 0818.

### CERVICAL SCREENING SAVES LIVES – 5<sup>TH</sup> MARCH 2019

The NHS cervical screening programme has made a significant impact on cervical cancer mortality since it was established in 1988, saving an estimated 5000 lives a year, HOWEVER coverage is at a 20year low.

We are currently encouraging all eligible women (25-64years) with a focus on younger women (25-35years) to book an appointment with us.

PLEASE DO NOT IGNORE  
YOUR INVITE.



*Pictured: Kevin Goucher, Chair of Health Forum and Governing Body Patient Representative.*

Hi everyone,

Whilst writing my contribution for this month's newsletter, Spring has risen its lovely head. Birds are singing and the sun is shining - with almost no clouds in the sky. Daffodils are blooming, along with our lawns, so it's a great start to the season!

As we gear up to the Easter bank holiday and beyond to the summer holiday season, it's time for us all to think ahead and make sure we have the repeat prescription medicine we need. In doing so, you're helping our practices with their workload and it also gives your healthcare professional an opportunity to review your medication where needed.

It also helps us too, as we can get ready for the holidays without panic or getting ourselves stressed because we've forgotten an urgent medicine. Not just for us, but for the whole family and for those we leave at home whilst we are away or any other relative/friend who rely on you for their care.

So how can we help our very busy practices? Two words "SELF CARE" Helping you help yourself by being prepared to self-care at home for minor ailments/illnesses. Treatments for common conditions that can be cared for at home in the first instance include:

**Headache and migraine**

**Stings and bites**

**Heartburn**

**Coughs and colds**

**Hay fever and allergies**

**Skin rashes and mild dry skin**

**Diarrhoea**

**Teething and toothache**

**Aches and pains**

**Upset tummy and constipation**

**Ear wax**

**Head lice**

**Sore throat**

Many medicines to treat these conditions can be bought by popping along to your local pharmacist or by adding them to your trolley in the supermarket.

Self-care is the first thing you should do for minor conditions. Remember, if your symptoms continue or you are worried, make an appointment at your GP practice. Your practice's Patient Adviser at reception will be able to signpost you to the best clinician to help you - it may not necessarily be a GP, rather it could be the Nurse Practitioner or the Clinical Pharmacist who is best placed to help you.

Don't forget, while you're at the practice take some ID and sign up to make your appointments online with the NHS GP online service systems. By signing up, it will make it much easier for you to make and get an appointment. You can also sign up to text messaging which acts as a reminder for your appointments.

Be healthy, be happy.

**Best wishes,**

**Kevin Goucher**

**Chair of Health Forum and Governing Body Patient Representative**