

## MAY 2014 NEWSLETTER

### **Live Life Well**

This is a useful website which is well worth a look. It covers a whole range of topics to help people live a happy and healthy life. It covers things like healthy eating and exercise but also how to manage situations and places that can be contacted to give support. There is a link to this on the practice website.

### **St.Helens Clinical Commissioning Group**

The CCG would like more patients to get involved in the commissioning process and is very keen to get patient views on their care and the service provided. The next Health Forum is to be held on June 11<sup>th</sup> at Lowe House Resource Centre, 6-7.30pm. All local patients are welcome to attend (apart from those who think GP services should be available from 8am to 8pm seven days a week!). The CCG website is [www.sthelensccg.nhs.uk](http://www.sthelensccg.nhs.uk).

### **Self Check-In**

This seems to be going well. The commonest mistake seems to be over the date of birth. Please note there are 31 buttons to choose from. Press 15 for the 15<sup>th</sup> rather than 1 and 5. I have made the personal information small as we have had the comment that other people can see when you check in. Please allow those checking in some privacy.

### **Over 75s**

I do apologise but the government has made it part of the contract that we inform all those over the age of 75 before the July 1<sup>st</sup> which doctor is responsible for their care. This is causing some confusion and if you normally see 'the other one' that is fine. You do not have to stick to the person with whom you are registered.

### **New Doctor**

We are advertising again this month for a new doctor to join the practice. Fingers crossed we have more luck than last year. It is a lovely area to work and we hope to be successful.

### **Appointment Demand**

Demand for all appointments seems to be rising ever higher. This has not been helped by the recent bank holidays. Please try to treat self limiting conditions, for example viral upper respiratory infections, minor rashes etc at home or by speaking to the pharmacist. Minor injuries can be seen at the walk-in-centre. Look at the 'Choose Well' link on the website if you are unsure. Your help would be much appreciated.

### **Chronic Disease Management**

If your birthday is in May, please think about booking your annual asthma/COPD/diabetes check with Carmel. If you have a history of heart disease or stroke, epilepsy or dementia and your birthday is in May, please book in with the doctor.

Booking a holiday? Ensure plenty of time for vaccinations.