

Practice News

June 2018

HELP2CHANGE

"HELPING PEOPLE TO LIVE HEALTHIER LIVES"

Making healthy choices can sometimes be difficult but getting help to make those choices is easy.

We have Help2change advisors who provide a free, confidential, one to one advice and support service to our patients. The range of services we offer are:-

Help2Quit – Helping you to stop smoking:

Help2Quit provides expert advice, support and encouragement to help you stop smoking for good. Help2Quit offers free one-to-one support along with stop smoking treatments, which are available for the cost of a prescription. You are four times more likely to quit smoking with the help of Help2Change advice and support. Help2Quit is a free 12 week programme.

Help2Slim – Helping you lose weight:

Help2Slim offers free personalised advice, support and encouragement to help you lose weight and maintain your weight loss. Help2Slim is a free 12 month programme.

Help2Change appointments are available every Wednesday from 9.00 am to 12 Noon at Cressage Medical Practice.

**To book your FREE Help2Change appointment telephone:
Cressage Medical Practice 01952 511166.**

Also offered are Free NHS Health Checks:

NHS health checks for eligible patients 40 to 74 year old, helping to manage your health. The NHS health check is a check-up that happens every five years. It assesses your risk of heart disease, stroke, kidney disease and diabetes, and provides you with personalised advice and support to help reduce or manage any health risks. **Please note patients are invited by the Practice to attend for a Health Check appointment.**

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General Data Protection Regulations (GDPR)

The GDPR came into force on the 25 May 2018 replacing the Data Protection Act 1998.

We are currently working through our processes and policies to ensure compliance with this legislation.

For information purposes:

Our Data Controller is: Much Wenlock and Cressage Medical Practice
Data Protection Officer is: Rowsonara Uddin, Our Health Partnership

More information will be available on our website shortly:
www.muchwenlockandcressagemp.co.uk

NHS 111 service to take calls out- of- hours across Shropshire From July 2018

From Tuesday, 3 July, 2018, people across Telford and Wrekin and Shropshire who need urgent GP out-of-hours medical help or advice will need to call 111. This is because the current Shropdoc telephone number will no longer be in use from that date.

The 111 service will replace the current out-of-hours telephone service provided by Shropdoc in line with national policy to provide a consistent, integrated approach to urgent care; but any patients that need to see a clinician out-of-hours will still be seen by a local GP.

NHS 111 is much more than a helpline - if you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser. Depending on the situation, the 111 team can connect you to a nurse, emergency dentist or even a GP. It is free and available 24 hours a day, 365 days a year.

There is also a new 'ASK NHS' app that has been designed that provides improved access to NHS 111 and other local NHS services.

You can download the 'ASK NHS' app via Google Play (for Android phones) or Apple App Store (for iPhones) then you can access the same services as you can by telephone - just in a digital format. If you need more guidance on how to download the app please see the attached.

Advice is delivered by the virtual clinician 'Olivia' and she takes you through the steps of the symptom checker which can result in access to NHS choices, self-care information, or a call back from a clinical expert.

Communications and Engagement Team
Shropshire CCG