

Much Wenlock & Cressage Medical Practice

Practice News

DECEMBER 2019

Access to Medical Services over the Christmas/New Year Period

Tuesday 24 December: Cressage Practice will open as normal until 12.30 pm. Much Wenlock Practice will remain open until 6.00 pm on 24 December.

Wednesday 25 December : Practice Closed

Thursday 26 December: Practice Closed

Both surgeries will be open as usual on Friday 27 December, Monday 30 December, Tuesday 31 December.

Wednesday 1 January: Practice Closed.

The **111** service will be available to provide medical advice over the Christmas and New Year period.

PLEASE REMEMBER TO ORDER YOUR REPEAT MEDICATIONS IN ADVANCE OF THE CLOSURE

DO YOU LOOK AFTER SOMEONE WHO IS ILL, FRAIL, DISABLED OR MENTALLY ILL?

We are interested in identifying carers, especially those people who may be caring without help or support. We know that carers are often "hidden" looking after a family member or helping a friend or neighbour with day-to-day tasks and may not see themselves as a carer.

Caring for someone is an important and valuable role in the community, which is often a 24 hour job that can be very demanding and isolating for the carer. Carers should receive appropriate support by way of access to accurate information on a range of topics such as entitlement to benefits and respite care and not least, a listening ear when things get too much.

As a Carer, you are also entitled to have your needs assessed by Social Services. A Carer's Assessment is a chance to talk about your needs as a carer and the possible ways help could be given. It also looks at the needs of the person you care for. There is no charge for an assessment.

If you are a carer, please ask at Reception for a

'CARERS IDENTIFICATION AND REFERRAL FORM'

Which you can complete to let us know about your caring responsibilities

LOST PROPERTY

We have numerous items of personal belongings in our lost property at both sites. Please speak to a member of reception if think you may have left any personal belongings following a visit to the Practice.

DO WE MAKE OURSELVES CLEAR?

- 1. DO YOU OR A PERSON YOU CARE FOR HAVE A DISABILITY, IMPAIRMENT OR SENSORY LOSS?**
- 2. WOULD LIKE TO RECEIVE INFORMATION IN A WAY THAT CAN BE EASILY UNDERSTOOD OR IN A DIFFERENT FORMAT?**

IF YOU DO, PLEASE NOTIFY A MEMBER OF THE RECEPTION TEAM.

GET YOUR FLU VACCINATION

If you are eligible for the Flu Vaccination contact the Practice to book your flu vaccination appointment. Whilst having the vaccine doesn't prevent ordinary colds it helps prevent flu!

WHEN THE PRACTICE IS CLOSED AND YOU NEED NON URGENT GENERAL ADVICE

If you need advice about your symptoms you can obtain assistance from your local pharmacy who are also able to provide advice and treatment for cold sores, headache, heartburn, nasal congestion, temperature, head Lice , sore throat etc.

Do you Love Reading?

Be part of a bigger story and join our Shared Reading Group.

Shared Reading Groups are a place to relax, make new friends and share stories. Just drop in and enjoy listening to a great story or poem – no pressure to talk or read.

Come along to our next Shared Reading Group on:

Saturday 14 December 2019

From 10.30 am to 12 Noon

At: Cressage Medical Practice (refreshments will be provided)

Places are free and everyone is welcome but there are limited places so do book ahead by emailing muchwenlockmp@nhs.net or call 01952 726011 and speak to Melanie Jones.

The Practice would like to take this opportunity to thank the Patients' Voice and the Compassionate Communities Group (CoCo) for their support over the past year. Many thanks to the group co-ordinators and volunteers for all their hard work.

And finally we would like to wish all our patients a very happy Christmas and healthy New Year