



Cockhedge Medical Centre

Newsletter May 2019

IMPORTANT CHANGES TO REPEAT PRESCRIPTION ORDERING

Following on from two successful pilots, we are working with Warrington Clinical Commissioning Group to change the way repeat prescriptions are ordered for our practice.

These changes mean that you will no longer be able to order your prescriptions through pharmacies that dispense for us; and instead you will be required to order your repeat prescription directly from us at the practice.

These changes will start from Wednesday 22nd May 2019.

This means that from Wednesday 22nd May 2019, if you have your repeat medications ordered by a pharmacy on your behalf, you'll need to change the way you order your medicines in future. One way to order is by tearing off the right side of your prescription and drop into the designated prescription box in reception once you have ticked the items you require. Alternatively, you may find the easiest way to order is via online services (for which you will need to register for by completing a form available from reception). You can also find how to guides about accessing online GP services by visiting NHS England's website www.nhs.uk and search 'GP services'.

Some patient may be exempt from the changes. Please check with reception if you are unsure if you require pharmacy managed prescriptions.

We understand that change can bring challenges. Change is something that may be daunting, but it is necessary to ensure that we monitor and control medicines more closely for the benefit of patient safety. We also have a duty to obtain good quality, safe and cost-effective services for people of Warrington. Unused prescription medicines cost the NHS across the UK over £300 million every year. You can help reduce this cost by taking responsibility for managing your own medicines effectively by:

- Having a regular medicine review with your GP or clinical Pharmacist
- Not ordering medication just because it's on your repeat prescription list. If you don't need the medicine, please don't order it. If you need the medication again in the future you can still request it

We ask you only order medicine when needed. Please check how many days medicine you have left before ordering a new prescription. Please don't order until you have 7-10 days left. All prescriptions are processed within 48 working hours.

MENTAL HEALTH AWARENESS WEEK 13TH-19TH MAY

Mental Health Awareness Week is a time to ask big questions and aims to raise awareness of the importance of talking about our mental health. Mental Health Foundations theme for this year is body image – how we think and feel about our bodies. Body image can affect all of us at any age.



MAKE MAY PURPLE 1ST-31ST MAY

Make May Purple for stroke is the Stroke Associations annual awareness month, taking place every May. Friends, families and communities are invited to show their support for people who have been affected by stroke.

When stroke strikes, part of your brain shuts down. And so does part of you. That's because as stroke happens in the brain, the control centre for who we are and what we can do. Recovery is tough, but with the right specialist support and a ton of courage and determination, the brain can adapt.

This May go Purple for Pounds – form more information visit:

<https://www.stroke.org.uk/webform/sign-make-may-purple>



Make May Purple
for stroke

DEMENTIA AWARENESS WEEK 20TH – 26TH MAY

Dementia Awareness Week is supported by the Alzheimer's Society. The Alzheimer's society is a UK charity which provides support and research for those affected by dementia. This year, the Alzheimer's Society asks people, workplaces, schools and communities to unite, take action and improve the lives of people with dementia.

Almost all of us know someone affected by dementia. But too many people living with dementia report feeling cut off from their community, losing their friendships and facing dementia alone.

Symptoms of dementia include:

- Memory loss problems with short term memory is often the first sign of dementia
- Communication problems linked to memory loss, communication problems often arise when a person is unable to recall a particular word or phrase in conversation
- Changes in mood dementia symptoms can have a profound effect on a person's life; this can give rise to mixed emotions (sadness, anxiety and anger).

Protected Learning Time

We are closed from 1.00pm on the last Thursday in the month for protected learning time.

In May this will be:

Thursday 30th May 2019