



Dr Uddin & Dr Anwar  
Halliwell Surgery  
**Practice Newsletter**  
Autumn Newsletter 2018  
Quarterly Newsletter

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If you require urgent medical assistance when the surgery is closed and cannot wait until the surgery opens, please call the Out of Hours service on 0161 7638940.

**Reception Opening Times:**

Mon to Fri – 8.00am to 6.30pm

**Flu Vaccinations**

IT IS THAT TIME OF YEAR AGAIN, THE PRACTICE WILL BE CONTACTING YOU TO ARRANGE YOUR FLU VACCINATION IF YOU BELONG TO ONE OF THE FOLLOWING GROUPS:

- Those patients aged 65 years and over
- Those patients who are 6 months of age to under 65 years old in a clinical at risk group i.e. asthmatic, diabetic, has COPD, chronic heart disease etc.
- Pregnant women
- Children aged two to three years old
- Carers

Flu is a horrible, nasty viral infection that cannot be treated with antibiotics. For most people flu is unpleasant with the common symptoms being fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness, but for some the disease can lead to hospitalisation, permanent long term health effects or even death. In the UK an average of 600 people a year die from complications of flu, but in some years this has risen to over 10,000 people.

The practice will have contacted you but if you have still not heard from us or not yet booked your appointment, please contact the practice to arrange an appointment for your flu vaccination.

**Patient Online Services**

Did you know that you can order repeat prescriptions and book appointments online?

- Do you ever remember that you have not ordered your repeat medication after the surgery has closed?
- Did you forget to book an appointment with one of the doctors but the surgery has now closed

***Well, the online service is available to our patients 7 days a week with 24 hour access.***

If you wish to sign up, please ask at reception for a registration form. You can also sign up to My GP app and can book appointments and order prescriptions via the app. You can download the app via your app store

## Text Message Reminder Service

As you may be aware, our practice offers patients a text message reminder service when you have an appointment booked at the surgery. If you need to cancel your appointment, you can text back "cancel" and this will cancel the appointment from our appointment system. If you do not already receive text messages and would like this service, please contact the surgery and provide an up to date mobile number so you can start to receive text reminders.

*It is very important that you contact the practice if you change your mobile number, so we can ensure that your text messages are being sent to the right mobile number.*

## Dr Anwar on maternity leave

Dr Anwar is on maternity leave until mid-December 2018.

We have 2 regular maternity locums, who are female, covering most of Dr Anwar's maternity leave. Dr Sonara and Dr Idike will be in practice Wednesdays to Fridays. We also have a female GP Registrar, Dr Mistry, working at the practice for 12 months from August 2018 to August 2019.

## NHS Health Checks

NHS Health checks are being offered to patients aged between 40 and 74 years of age once every five years, who do not already have an existing condition of heart disease, stroke, kidney disease or diabetes.

The check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes. If there are warning signs then, together, we can do something about it. By taking early action, you can improve your health and prevent the onset of these conditions. There is good evidence for this.

The check should take between 20-30 minutes and is based on straightforward questions and measurements such as age, sex, family history, height, weight and blood pressure. You will have a blood test taken at the appointment.

The practice will be inviting you to a NHS Health Check but if you have not heard from us yet and would like to book an appointment, please contact our reception and they will book you an appointment.

## New Workforce

We have some additional workforce working in practice to help to support us to meet increasing patient demand. **Please be aware that you will be asked what you are booking an appointment for when you ring the practice, this is so that our Reception Team can book you in with the best person to manage your symptoms/problems. We appreciate your co-operation so we can help you.**

- **Mental Health Practitioner** - Our Mental Health Practitioner is Ian Hadlow. He is a registered Nurse and Specialist Practitioner in Mental Health. Ian is an experienced qualified mental health specialist. He will be working as part of a neighbourhood of practices and will be running clinics for our patients at our surgery.
- **Pharmacist** - Shahida Badat is our pharmacist at the practice. Shahida holds one clinic per week in which she sees patients who need a 6-12 monthly review of their medications. She also supports the practice with our drug safety audits which we do to ensure that the practice is prescribing safely and effectively.
- **Health Improvement Practitioner** - Janette is our **Health Improvement Practitioner** at the practice. Janette works alongside our clinical team to support health prevention programmes. She works with patients who have been identified as being at risk of developing diabetes, at risk of developing a cardiovascular disease, at risk of alcohol harm, who are due a NHS Health Check and supporting patients with newly diagnosed diabetes to support with lifestyle advice to help manage their chronic diseases better. She can also see patients for cholesterol management & weight management.