

Newsletter Autumn 2021



Chopwell Primary Healthcare Centre



Patient Participation Group

Would you be interested in joining our Patient Participation Group? Please ask to speak to Miss Samantha Cromar or Roshan Hassan and they can register you.

Practice Opening Hours:

Mon 9am-1pm & 2pm– 6pm

Tues 9am-1pm & 2pm – 6pm

Wed 9am-1pm & 2pm- 6pm

Thurs 9am-1pm

Fri 9am – 1pm & 2pm – 6pm

Prescriptions

All prescriptions will need to be requested:

Online: please ask at reception for a registration form.

In Writing: Using either re-order slip or on a piece of paper with your name and date of birth added.

The Practice does not accept prescriptions over the telephone due to safety reasons.

Child minor illness/accidents

It can be difficult to know whether your baby is just under the weather or seriously unwell.

The brilliant Baby Check app by the Lullaby Trust helps parents to know when they need to seek help.

If your children are no longer babies, it can be difficult to know when you need to be seriously concerned about their health. Devon CCG have developed the HANDi Paediatric App to help parents develop confidence in managing minor conditions.

<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>

<https://devonccg.nhs.uk/health-services/children-and-young-people/handi-app>

At Chopwell Primary Healthcare Centre, we offer same day appointments for children who are unwell. So, don't hesitate to contact us if you are worried or concerned.



Stoptober (1st-31st October)

Quitting smoking could be the best thing you ever do for your health. Many people who smoke think it's too hard to give up. If you manage to quit for 28 days, you're five times more likely to quit for good. 28 days is manageable, and with the cost of cigarettes at a high of around £10 per pack of 20, you could find yourself almost £300 better off by the end of the month. Just think what that £300 would buy! It's not only that, after one year, a quitter has halved their risk of a heart attack compared to a smoker.

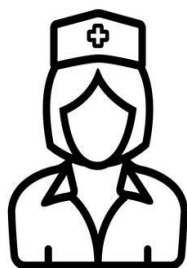
<https://www.nhs.uk/better-health/quit-smoking/>

<https://www.blf.org.uk/take-action/campaign-with-us/stoptober>





Flu clinics are still running, book yours today!



*WELCOME
SOPHIE
WALTERS*

WE HAVE A NEW
PRACTICE
NURSE JOINING
OUR TEAM
FROM OCTOBER
2021



Shingles

If you're currently in your 70s you should be eligible for the shingles vaccination if you haven't already had it.

Childhood Immunisations

Vaccines save lives and promote good health. It is important children receive their routine vaccinations.

It is important that children still receive any vaccines that they are due during the pandemic.

<https://www.chopwellmedicalpractice.nhs.uk/>

Breast Cancer Awareness 1st-31st October

<https://breastcancernow.org/get-involved/breast-cancer-awareness-month>

Coppafeel is a charity dedicated to the awareness of breast cancer. They'll even send you a reminder text to check your breasts or pecs each month

<https://coppafeel.org/>

<https://www.cancerresearchuk.org/about-cancer/breast-cancer>



Ladies don't delay booking your Smear test. A Smear test could save your life. Don't ignore your invitations.



Download the myGP® app



www.mygp.io/app

