

January 2025

The Practice will be closed for Staff Training one afternoon per month from 1pm.

The Next closure will be Wednesday
26th February 2025

Should you require a doctor during this time, please telephone the surgery number and your call will be dealt with by the Out of Hours Service.

Find ways to save energy in your home

If you own a property in England or Wales, you can get recommendations for home improvements that could make your property cheaper to heat and keep warm this winter. For more information visit:

www.gov.uk/improve-energy-efficiency

Do you usually make an appointment to see your GP when you have any of the following illnesses?

- Athletes foot
- Cold
- Constipation
- Cough
- Cystitis
- Diarrhoea
- Earache
- Fever
- Hay fever/Allergic Rhinitis/Allergies
- Head Lice
- Indigestion

- Insect Bites/stings
- Minor Burns/Cuts
- Mouth Ulcers
- Sore Throat
- Sprains/Strains
- Teething
- Threadworm
- Vaginal Thrush
- Verruca
- Viral URTI
- Warts

You can now go to your local Pharmacy, and they will give you medicines for these illnesses, without seeing your doctor first. You can find your nearest Pharmacy opening times at www.nhs.uk/nhs-services/pharmacy

Repeat prescriptions?

Only order what you need

If you have enough medicine at home, there's no need to order now – you can request more in future.

cheshireandmerseyside.nhs.uk/medicines-waste

Pharmacists and GPs are urging people to only order what they need from their repeat prescriptions. A report from the Department of Health estimates that unused medicines cost the NHS around £300 million every year. We need your help to reduce this.

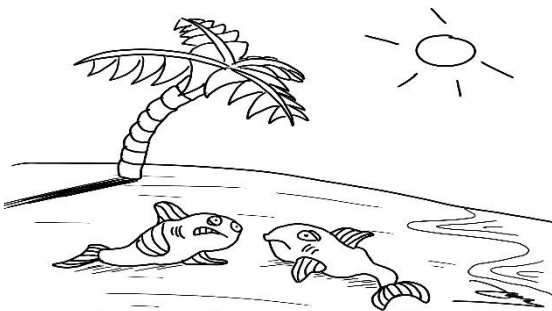
It is important to check what medicines you have at home before placing your repeat prescription order.



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To find different forms of contraception available to you, visit: www.nhs.uk/contraception/where-to-get-contraception

- Q. Can I get Birth control without a GP?
A. Local Pharmacists can assess and offer resupply for approved oral contraceptive pills without needing a new script from a doctor.
- Q. Where else can I get the contraceptive pill?
A. You can get the contraceptive for free from local sexual health clinics and family planning clinics
- Q. Do my parents need to know if I want contraception
A. Contraception is free and confidential, including young people under the age of 16yrs.



Dry... January... was a... terrible... idea

A break from alcohol benefits your body and mind. Going to sleep without alcohol in your system leads to a better, deeper sleep helping you to wake feeling brighter and refreshed. It also benefits your waist and wallet!

Did you know

Our Burtonwood Surgery is going to be opening 1 in every 3 Saturdays starting on the 4th January 2025. This clinic will be run by Enhanced Access Staff. To book an appointment, please call the surgery and one of our Reception Team can book the appointment for you.



From the 1st of December 2024 to 31st of December 2024 (**19 working days**) Patterdale Lodge Group Practice received 4,620 calls across our 3 surgeries. Our staff answered **95.48%**

We also received 56 call back requests and we returned every call.
Well done Team.



Appointments booked	-	1,667
ANP Appointments	-	531
Nurse/MSK/MH Appointments	-	977
Medication items issued	-	25,943
Lab reports i.e. blood/scan/xray	-	2,856
Clinical documents/reports	-	6,347

Did you know there was only 19 working days in December 2024