



Abbottswood Medical Centre Patient Newsletter

www.abbottswoodmedicalcentre.co.uk

Date July 2023

Tel: 01386 552424

Dispensary Line: 01386 561143

Between (9am-12)

Doctors:

Dr Peter Evans
Dr Craig Embley
Dr Paula Baxter
Dr Catherine Kelly
Dr Prashanth
Peddareddy
Dr Monika Tomas
Dr Peter Mathias

As always, if you require Urgent medical attention please do not call us at Abbottswood, instead please call 111 or 999

Our exciting new GP in Reception (GPiR) initiative starts Monday the 17th of July

A GP will be working alongside the team triaging complex calls

We will take lot of information from you to assist the team

Your call may take longer to answer but your query will be dealt with on the day

You will not be asked to call back another day

Please give us as much notice as possible if you need to cancel your appointment. This will give us the opportunity to use the time for other patients. Thank you.

Adults



Local mental health support you can access today

In Herefordshire and Worcestershire



I want to keep a healthy mind.

Looking after yourself

Search '5 steps to mental wellbeing' on the NHS Choices website for simple tips on how to keep your mind healthy.

Community Services

List of local community services that offer information, advice, and tools.

Worcestershire –

Here2Help:
[SearchForHelp.
\(worcestershire.gov.uk\)](https://www.worcestershire.gov.uk/search-for-help)

Herefordshire –

Talk Community:
[www.talkcommunity
directory.org](http://www.talkcommunitydirectory.org)



I'm struggling and have been for a couple of weeks.

Now We're Talking

Access to self-help guides and online courses. www.nowweretalking.nhs.uk

Qwell Free mental wellbeing support including online chat and forums. www.qwell.io

NHS Healthy Minds

Self refer for free online, group or 1:1 talking therapies. www.healthyminds.whct.nhs.uk

☎ Worcester: 0300 013 57 27

☎ Herefordshire: 01432 220 507

Visit your GP Practice Team To discuss the best options for you, including access to specialist services.



I need urgent advice and support for myself or someone I know.

Call the free local NHS urgent mental health helpline:

☎ 0808 196 9127

If you need advice and support quickly (24 hours a day 365 days a year).

☎ Call 999

For free, if you are seriously injured, have taken an overdose or if there is an immediate risk to life.



You can also scan this QR code to access an online version in your own time.

Repeat Prescriptions

Please allow 96 working hours notice for your prescription to be processed (this excludes weekends and bank holidays). Please state where you wish to collect from each time you request a repeat prescription.

Prescriptions ordered via online access- please specify you would like to collect from the surgery dispensary, the vending machine (dispensing patients only), delivery or if you wish the team to text you when its ready.

Useful national resources

MIND: www.mind.org.uk ☎ Samaritans freephone: 116-123 ☎ Text "SHOUT" to 85258



Provided by Herefordshire & Worcestershire Health and Care NHS Trust

Please do not contact the GP if you have mild to moderate symptoms of hay fever.

Hay fever can be a miserable experience in the summer. However, hay fever rarely causes serious problems for most people and NHS England Guidance advises that in most cases people should treat their hay fever symptoms using over the counter medicines available from local supermarkets, other stores, online retailers or your local pharmacy.

In July we send off two dear members of our staff at Abbottswood. Nurse Nicki H. who has been with us over 20 years and Nurse Nina L. who has been with us over 17 years. We will miss them greatly as valued colleagues and wish them the best in future endeavours.



DO YOU HAVE A NEW MOBILE PHONE? HAVE YOU RECENTLY MOVED HOUSE? PLEASE UPDATE US WITH YOUR NEW CONTACT INFORMATION AS SOON AS POSSIBLE