

Newsletter – December 2018 Edition

Nurse Practitioner

Clare Stephenson is our nurse practitioner. She has extended clinical skills and is also a prescriber. She manages our demand for same day appointments.

Clare will see patients who are presenting with acute symptoms. On the whole she will be able to assess, diagnose and treat your acute presentation and issue a prescription if clinically indicated. She is

able to call on the support of the on call GP everyday if she feels necessary.

Festive Opening Hours

The surgery will be closed on Christmas Day, Boxing Day and New Year's Day.

Please make sure that you order your medication early.



Do you know about this new service we offer? Next time you need an appointment you could save time by starting an online consultation with a member of our medical team by visiting our website. We'll get back to you by the end of the next working day and you might not even have to come into the surgery. You can do it anytime, anywhere, even on your mobile.

www.westroadmedicalcentre.co.uk

Are you aged between 40 and 74 with one or more of these long-term conditions?

COPD or Asthma

Diabetes (Type 1 or 2)

Coronary Heart Disease or Congestive Heart Failure

Osteoporosis

Epilepsy

Do you ever feel that your quality of life could be better but don't know where to start or you're not quite sure what might be possible?

If the answer to both of those questions is yes, perhaps Ways to Wellness could help.

Ways to Wellness is about improving your wellbeing, and helping you find solutions that are right for you. Perhaps you are feeling lonely with too much time on your hands or maybe you don't have a minute to yourself and feel overloaded with de-mands on your time. A link worker from Ways to Wellness will spend time getting to know you and your situation. You can explore different options and get support where you need it to help overcome the niggles and problems that get you down or to find things that make life easier or have more fun.

To find out more please ask at the practice or give Denise a ring on **0191 2734495** or text her on **07554368296** and she will call you back.



Some quotes from people we have worked with:

"Thank you to my GP who told me about Ways to Wellness I feel it has made a real positive impact on my health" (female in her 70s)

"Ways to Wellness encouraged me to get more socially active, I have made new friends" (male in his 40s)

"It's good that the service was there for me when I needed it and gave me the support to get out of a bad environment and improve my life" (male in his 60s)

"A month ago I was depressed, crying, upset and despondent but now I'm feeling quite positive and motivated" (female in her 50s)