

# HEATH LANE MEDICAL CENTRE SUMMER 2023 NEWSLETTER

Hello and welcome to the latest edition of Heath Lane Medical Centre's quarterly newsletter!

The newsletter will be issued on a quarterly basis, in March, June, September and December. As always we aim to keep you up to date with news and advice from both within and outside of the practice.



## **Heath Lane Medical Centre**

Our aim is to help you live a healthy life.  
We will do this with respect, a smile and a positive attitude.



Heath Lane, Boughton Heath, Chester, CH3 5UJ



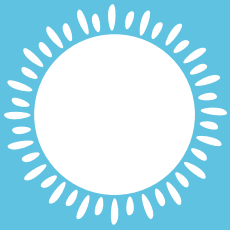
[heathlanemedicalcentre@nhs.net](mailto:heathlanemedicalcentre@nhs.net)



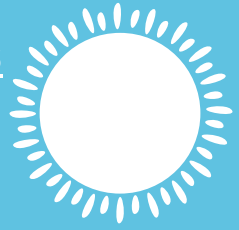
[www.heathlanemedicalcentre.co.uk](http://www.heathlanemedicalcentre.co.uk)



01244 563105



## Summer Bank Holiday Opening Hours



- Monday 28th August- Closed

Prescriptions may take up to 2 working days to process.  
Please take this in to consideration over the Bank Holiday's.



## Staff Training Dates

- Tuesday 18th July
- August - None
- Thursday 21st September



The surgery will be completely closed (no reception service or prescription collection) between 12:30 and 17:00 on the dates given above. This is for staff training and development.

If you require urgent medical advice during the above times, please call the surgery number and you will be directed to the doctor on call.

Did you know that we have a Facebook page?

You can click on the Facebook icon to be taken through to our page! We share lots of useful information and practice updates on our page as well as our website.



Did you know your inhaler should be disposed of safely by your pharmacy? For more info on how you should dispose of your used or unwanted inhalers, see <https://www.recyclenow.com/recycle-an-item/inhalers>



Heath Lane Medical Centre is an Armed Forces veteran friendly accredited GP practice!

This means that, as a part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, it is important you inform us to ensure you are getting the best possible care!



**Armed Forces veteran  
friendly accredited  
GP practice**

Heath Lane Medical Centre is a West Cheshire Foodbank collection point!! We have allocated an area in our foyer where donations can be made. Once the basket is full, we will contact the food bank to arrange a collection

The food bank regularly releases a list of items they need the most, click the [here](#) to see there "shopping list"  
Thank you in advance for your support/donations ☺



# Sun safety tips



Wear a broad hat.



Use sunscreen.



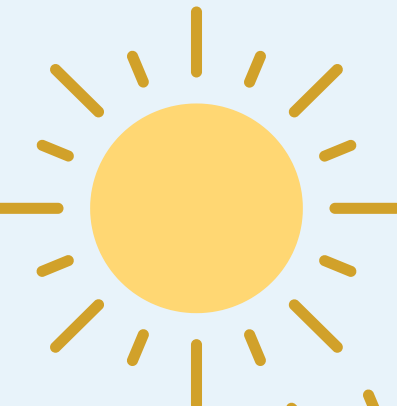
Seek Shade.



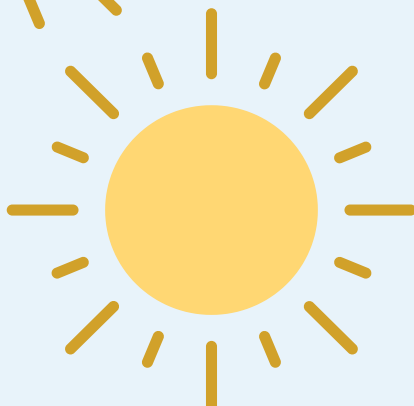
Drink plenty of Water.



Protect your eyes



Avoid peak sun times  
(11am-3pm)



For more information regarding  
sun safety click [here](#)



Wear protective clothing.



# Introducing our PCN Dietitian

**Chester East PCN is pleased to announce that our new Dietitian is now in role and will begin to offer her services within our practices. If you feel as though you would benefit from an appointment with the Dietitian, please contact a Clinician at your surgery.**

The Dietitian can help with:

- Prevention of nutritional deficiencies caused by certain conditions.
- Dietary advice to support Gastrointestinal conditions.
- Help with unintentional weight loss.
- Advice with nutritional supplements.
- Specific weight management advice
- Dietary advice for complex Diabetes.



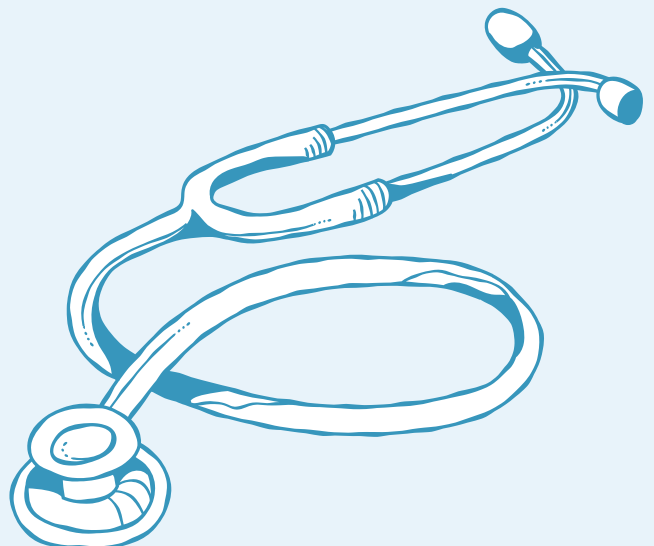
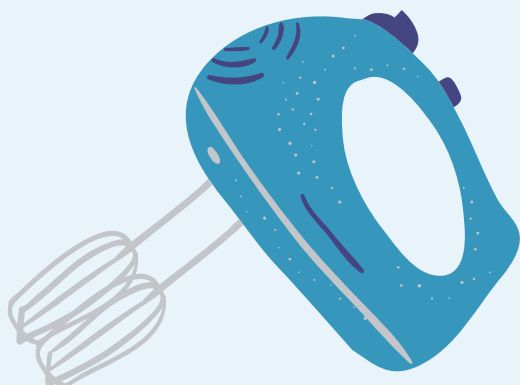
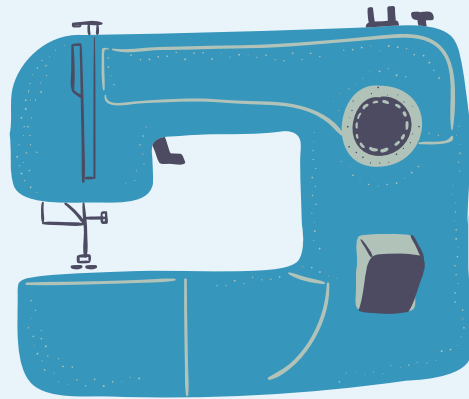


# Meet the team!

## Kim Robinson

### Advanced Clinical Practitioner

I am Kim Robinson an Advanced Clinical Practitioner, I have been nursing for 37 years. I have worked in Primary Care for 23 years and prior to that as a hospital nurse. My career started as a student nurse in The Countess of Chester Hospital and I have worked in Liverpool, Wirral, North Wales and I am now back in Chester. I enjoy my job immensely and strive to offer a high standard of care. I am lucky to be a part of the team at Heath Lane Medical Centre and hope I can integrate well into the team and make a difference as an advocate for our patients. In my spare time I love to garden, bake and sew - I always have a project on the go of some description!



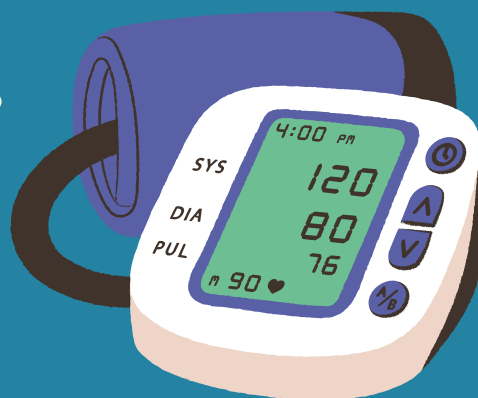
# Summer Highlight - High Blood Pressure

High blood pressure or Hypertension is a common condition wherein the force of the blood in your arteries is higher than normal increasing the risk of other serious health issues like heart attacks or strokes!

Most often than not people do not show symptoms when they have high blood pressure, so it's important to regularly have it checked! At Heath Lane Medical Centre we encourage all patients to monitor their blood pressure, patients are welcome to use the blood pressure machine in the reception area (this is free of charge), once you have your result you can hand this in to Patient Services who will add this to your medical record, this will then be reviewed by a member of our clinical team who will advise if any action is needed.

Patients who monitor their blood pressure at home are also welcome to ring in their results and these will also be actioned as above.

For further information regarding high blood pressure click [here](#)



**You can now book an  
appointment from 6.30pm -  
8.00pm Monday - Friday\* and  
Saturdays 9.00am - 5.00pm**



# Enhanced Access

**Call your practice during their usual  
opening hours to book.**

Please note that you may be  
required to attend an alternative  
practice for your appointment

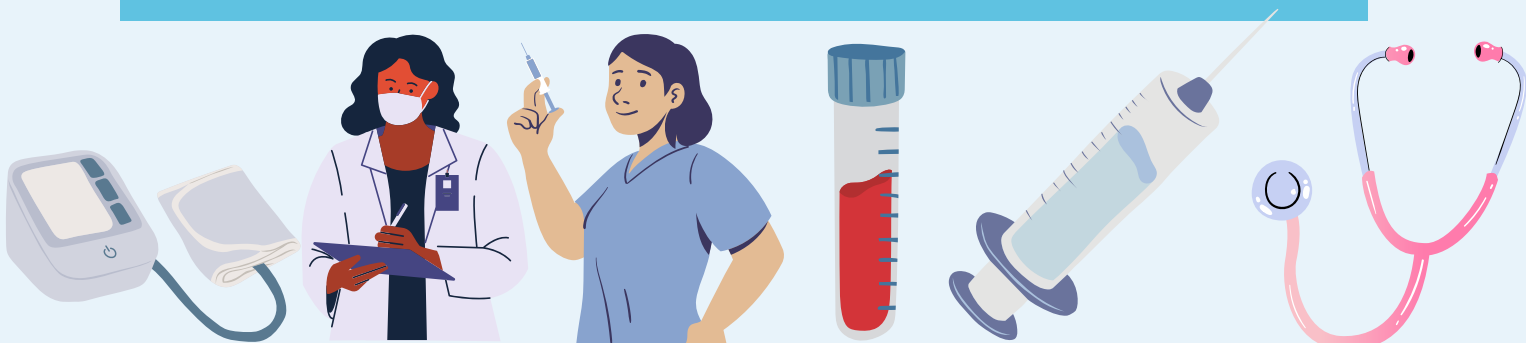
\*some morning appointments may  
be available



The Enhanced Access Hours Service is designed to make it easier for our patients to get an appointment that suits them including early mornings, evenings and weekends.

The service offers pre-bookable, routine primary care appointments with a range of clinicians including GPs, nurses and healthcare assistants.

To book an appointment contact the practice in the usual way by calling Patient Services on 01244 563105. Some appointments will be available to book up to 2 weeks in advance and some will be available on the day.





# Patient Participation Group

Dear fellow patient,

the PPG is a group of patients who work on a voluntary basis in partnership with practice staff and GP's'

The PPG helps the practice to focus on its aim of enabling patients to live a healthy life, let the practice staff and doctors know what patients would like or expect from them, implement and review the results of patient satisfaction surveys and to generally help the practice decide on their priorities for the year ahead and beyond.

While we are keen to expand our PPG, we recognise that we all lead busy lives and it is often difficult to come along to meetings (about 4 times per year at the medical centre). We have therefore extended our activities to 'go online' by creating a 'virtual' PPG group. Members can raise issues, discuss, and share ideas, learn about new initiatives and take part in our patient surveys that help to shape the future of your practice, just as if you were attending a conventional meeting.

So why not join to discuss your ideas, express opinions, and hear about planned changes not just in your medical centre but the NHS in general. Minutes from the quarterly PPG meetings will be forwarded to members who are also most welcome to attend meetings.

If you are interested in joining our virtual PPG group, you will need to supply us (the PPG) your e-mail address. By supplying your email address, you are confirming that you are happy to receive and post e-mails to the Heath Lane PPG via [heathlaneppg@googlegroups.com](mailto:heathlaneppg@googlegroups.com). You can unsubscribe at any time and your details are confined only to the group and shared only within the group.

Your e-mail address.....

Your full name.....

Signature.....

Date.....

You can e-mail the PPG at: [managerhlmcppg@gmail.com](mailto:managerhlmcppg@gmail.com) for further details or to raise an issue outside of the group (this e-mail goes to the chairman of the PPG).

Please return completed form to the receptionist or post to: The Secretary, Heath Lane PPG, Heath lane Medical Centre, Heath lane, Chester, CH3 5UJ