

Welcome to the Summer issue of our Practice Newsletter. The newsletter is to provide patients with any news, information or forthcoming events. If you have any suggestions as to what you would like to see in your newsletter please inform a member of staff.

Medication no longer available on prescription

Wakefield Clinical Commissioning Group have decided to stop providing some products on prescription because they offer limited health benefits, are a low clinical priority, or can be bought at a relatively low cost in supermarkets and pharmacies.

- ◆ Sunscreen
- ◆ Cream for unwanted facial hair
- ◆ Moisturisers for minor skin conditions
- ◆ Camouflage products (eg make up for port wine stains birthmarks)
- ◆ Multivitamins (where no specific deficiency has been identified)
- ◆ Soya & thickened infant formula & formula for lactose intolerance

Walk in clinics

Our Walk in Sessions are now provided each weekday morning, meaning that we are able to provide access within 48 hours.

If you do not need to be seen in person, don't forget that you can book a telephone appointment with a GP to discuss any health concerns you have.

This can be a more efficient use of yours and the GP's time



Low Level Mental Health Support

On Monday 5th June, Turning Point opens a new Talking Shop in Castleford, extending its offering of mental health support to people in Wakefield and surrounding areas.

Turning Point's Talking Shops allow people to access talking therapies services away from a traditional GP or medical setting, giving them easy access to support through self-referrals. As well as one-to-one therapy sessions, the Talking Shop will offer facilities such as PC and internet access, and a library of self-help material.

Gareth Griffiths, Operations Manager at Turning Point in Wakefield, said: 'We're very excited to extend our Talking Shops to Castleford, as this means more people will have access to talking therapies to overcome common mental health issues such as depression and anxiety.'

'The Castleford Talking Shop is located on the high street and very easy to find – hopefully this will get more people through the door.'

To find out more about Turning Point's Talking Therapies services, visit: <https://talking.turning-point.co.uk/>

Staff Training Days

Please make a note of the dates below when the surgery will close. Wednesdays

21st June

19th July

20th September

We will close at 12noon on the day of training and re-open the following day at 8.00am.

If you need a Doctor in an emergency please telephone **NHS111**.



Staff news

We said a very sad farewell to Sue Longfield our Practice Nurse Manager who retired at the end of May— Sue has worked at the Practice since 1985 and worked her way up to managing the Nursing Team for the past 16 years, during which time she has overseen the development of Team including the introduction of our Health Care Assistants who now carry out much of the work previously done by Practice Nurses. We all wish her many years of good health and happiness in her retirements and thanks for the contribution she has made to the Riverside Team.

Mobile Phones

Polite Reminder - Please can you switch off your mobile phone whilst on the premises and the GPs and nurses will provide you with the same courtesy.



Patient Representation Group



If you would like to become a member of the PPG please contact the surgery either by asking at reception or sending an email to:

riverside.mc@nhs.net

All patients over the age of 18 are welcome to become a member.

Please check our website for details of the next meeting

Make use of our On-line Services

On-Line appointments

Selected appointments are now available for booking over the internet, and patients need to request a username and password from reception. This is a simple and easy process and reduces the time spent trying to contact the practice by telephone.

Electronic prescriptions are now available at the surgery. Once we have received your repeat prescription at Reception (or you can request it electronically – please ask at Reception for details), it is then signed by your GP (please allow 2 days), and then sent electronically to your chosen pharmacy for collection or home delivery.

Patients do not need a computer to benefit from electronic prescriptions.

Name	<input type="text"/>
Address	<input type="text"/>
Age	<input type="text"/>
Phone	<input type="text"/>

Please ensure we have your up to date details. It is important that we are able to contact you in case of emergencies. It is also useful for us to hold details of your Next of Kin and their contact details too.

Bank Holidays

Please make a note of the dates below of our opening times over the Bank Holidays. If you need a doctor in an emergency please telephone NHS 111.

Monday 28th August 2016 Closed



Summer's coming!!



Don't let sunburn catch you or your family out this year.

Sunburn doesn't have to be raw, peeling or blistering. If your skin has gone red or pink in the sun, it is sunburnt and this is a clear sign that the DNA in your skin cells have been damaged by too much UV radiation. Over time this damage can build up and lead to skin cancer.

- * Spend time in the shade
- * Cover up with a T-Shirt, hat & sunglasses
- * Use sunscreen with at least SPF 15 and 4 stars on the parts you can't cover up

Visit Cancer Research UK at 222.cruk.org

Private letters and Certificates

The NHS provides healthcare to most people free of charge, but some fees have been in place since the early days of the NHS, such as prescription charges.

GP's are self-employed and are contracted by the NHS to provide medical care and this is free from the point of contact.

However, work not part of this NHS contract is not covered and this includes insurance reports, medicals, fitness for work or travel and holiday cancellation reports.

With certain exceptions, GP's are not legally obliged to carry out non-NHS work for patients, but are frequently asked to complete these types of reports. We may agree to carry out such work but we will charge a fee.

You can ask at Reception for our current charges before any work is carried out.

You may feel that GP's should not charge you for completing your form, especially if it only needs a signature. Our private fees reflect not only the complexity of the form or work required but also on the degree of responsibility and accountability we accept upon signing it.



MEDICATION

Please remember to order your repeat medication in good time.

The Doctors needs 48 hours notice to process your prescriptions.

You can order in person at the surgery, by email (riverside.mc@nhs.net) or preferably by using our On Line service which you need to register for at reception.

