

# February 2018 Newsletter



**WQ**  
WEST QUAY  
MEDICAL CENTRE

Telephone: 01446 722792

Fax: 01446 733555

Website:

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



@westquaymedicalcentre



@WestQuayMC

## Choose Pharmacy Do you need to see a doctor today?

If you think it's...

indigestion, constipation, diarrhoea, piles, hay fever, head lice, teething, nappy rash, colic, chicken pox, threadworms, sore throat, athlete's foot, conjunctivitis, mouth ulcers, cold sores, acne, dermatitis, verruca, back pain, ingrowing toenails, vaginal thrush, oral thrush, scabies.

Your Pharmacist can provide free confidential advice and treatment without you having to make an appointment to see your GP.



Do you know about the common ailments scheme, which is currently available at participating pharmacies in the area?

You can now get FREE Advice & FREE Treatment from a Pharmacist for the above conditions. Please help release the pressure on your overloaded GP's where possible.



You can pop in at any time to the surgery in Barry or Rhoose to self-monitor your blood pressure on our machines in the waiting area. Please give your result to the receptionist.

## February is Heart Month!



Every February the British Heart Foundation celebrates Heart Month where they encourage everyone to make small changes towards a healthier lifestyle such as quitting smoking, cutting down on alcohol intake, staying active and healthy eating.

For further tips/advice, please visit:

<https://www.bhf.org.uk/heart-health/preventing-heart-disease/heart-month>

## Staff update

We are welcoming our new Prescribing Pharmacist to the team this month - Carl Barrett.

Carl will be supporting the Practice to help with all issues relating to medication including medication reviews.

Please keep an eye out for further information on Carl on our website and in our next newsletter!

Don't forget you can see Rachel, Our New Minor Illness Nurse for:

Minor illness (over 5 year olds only) such as chest/urine infections

Ear pain, sore throats, skin issues, diabetes, asthma, contraception advice, and blood pressure advice.

Please note: The surgery will be closed on Wednesday 14/02/2018 from 13:00 for essential staff training.

Our phone lines will be open as normal the following day (Thursday 15/02/2018) from 08:00 with the surgery opening at 08:20.

Please contact the Out of Hours Team on 01446 729562 should you require urgent medical advice whilst we are closed.

We apologise for any inconvenience caused.

## Shingles Vaccination

Are you aged between 70-74 or 77-79?

If so, you may be eligible for a Shingles vaccination. Please contact our reception team who will check your eligibility & make you an appointment.

## Local Physiotherapy Service

Did you know that you don't have to see a GP for acute musculoskeletal problems such as:

*Acute Back Pain, Acute Neck pain, Whiplash, Any Joint pain, Muscle injuries, Ankle/Knee Sprain, Sports injuries*

The acute physiotherapy service can see and treat these conditions locally. If you encounter any of the above symptoms, our reception team can assess your suitability and make you an appointment.