

May 2018 Newsletter



Telephone: 01446 722792

Fax: 01446 733555

Website:

www.westquaymedicalcentre.co.uk



@westquaymedicalcentre



@WestQuayMC

Mental Health Awareness Week 14-20th May

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.



Good mental health for all.
mentalhealth.org.uk

For help and support relating to mental health, you can also visit www.mind.org.uk which has a range of support and resources.

Congratulations to our senior Partner Dr S Jones who recently completed a 110 mile bike ride "CARTEN" from Cardiff to Tenby!



May Bank Holiday

The surgery will be closed on Monday 28th May, please plan ahead.

Please note: The surgery will be closed on Wednesday 23/05/2018 from 13:00 for essential staff training.

Our phone lines will be open as normal the following day (Thursday 24/04/2018) 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.

Making Prudent Healthcare Happen - This Month's Focus: Co-Production

Do you know that we are listening to your views & feedback? We have now established a Patient Participation Group that is chaired & run by our patients. The group held their first meeting in April.

We are currently considering your views on access to our services.

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.



Dewis doeth
Choose well