

## Medicines Waste

It is estimated that up to £1.5million could be saved across North Durham on wasted medicines every year. The key messages are:

- ☑ Check which items you already have before ordering your repeat prescription and only order what you need. If you need items at a later date you can request them
- ☑ Let your GP, nurse or pharmacist know if you have stopped taking any medicines on your repeat prescription
- ☑ Did you know that medicines cannot be recycled, whether they have been opened or not?
- ☑ Return unwanted medicines to your pharmacy for safe disposal. *Don't throw them away*
- ☑ If you need to go into hospital, please take your medicines with you. This will enable hospital staff to effectively assess your care.

## Repeat prescriptions

You can order your repeat prescription by post, fax, handing your prescription counterfoil in at the Dispensary or by leaving it in one of the boxes at the main entrance. Repeat prescriptions can also be ordered online at [www.oakfieldshhealthcentre.co.uk](http://www.oakfieldshhealthcentre.co.uk) please contact a member of the Dispensary team to register for this service.

Please ensure that you allow a minimum of 72 hours (3 Working Days) notice for repeat prescriptions.

Autumn/Winter 2015

*Welcome to*

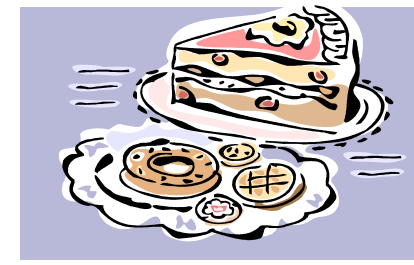


Visit our website at [www.oakfieldshhealthcentre.co.uk](http://www.oakfieldshhealthcentre.co.uk)



A **BIG** thank you once again to **everyone** who supported the coffee morning held at Oakfields Health Centre on Friday the 25<sup>th</sup> September, in aid of Macmillan cancer support. Particular thanks go to members of our wonderful patient reference group who helped serve the teas, coffees and cakes.

We raised the **AMAZING** sum of **£330.00**.

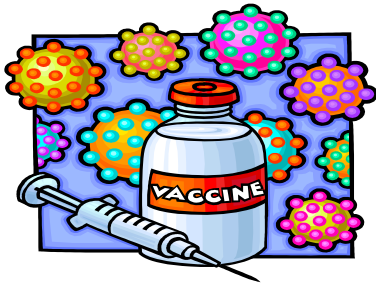


## Flu Clinics

### **Don't forget your Flu Injection!**

Flu clinics are being held at the practice from October onwards  
Keep an eye out for posters in the practice and on our website....

Please call at reception to book an appointment.



## Friends and Family Test

### **Think your views are important.... so do we**

You can let us know what you think about the practice, and any ways you feel we could improve, by completing our Friends and Family survey.

All you need to do is:

Use the Elephant Kiosk in reception and answer a few simple questions including "Would you recommend us". Ask a member of staff if you need any help, or....

Complete the questionnaire in reception and post in the box provided, or....

Visit our website and complete the survey on-line

Thank you for your help.

## Keep calm this winter



North Durham Clinical Commissioning Group is urging local people to 'Keep calm and look after yourself' this winter, reminding us that many of the common winter ailments and illnesses are easily treated at home, or with advice from a pharmacist – with no need to see a doctor or nurse.

Colds, sore throats, headaches, hangovers, upset stomachs, coughs, aches, pains, and winter vomiting should all be treated at home or with the advice of your local pharmacist, with pain killers, rest and plenty of fluids.

By doing this not only are you helping to reduce the spread of winter viruses to other vulnerable patients in NHS waiting rooms – you are also keeping appointments available for people who have serious health conditions that must see a doctor or nurse.

## Minor Ailments

**Save your own and your GP's time! .... go straight to your local community pharmacy for the following ailments:**

Headaches

Fever

Nasal congestion

Earache

Sore throat

Diarrhoea

Constipation

Indigestion & Heartburn

Infant teething

Threadworms

Thrush

Athletes foot

Head lice

Rash

**Please refer to the list of local community pharmacies in reception.**