

Fountains Medical Practice

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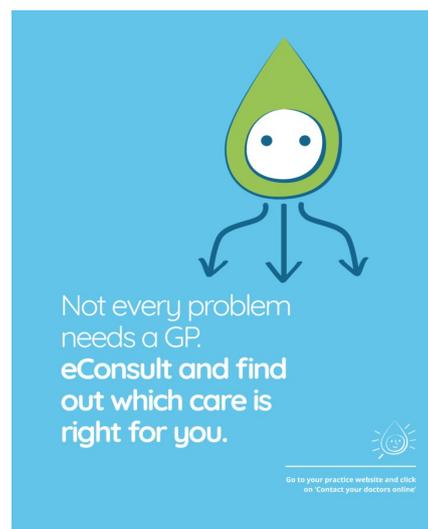


Practice News

Welcome to the latest edition of the practice newsletter, to keep you up to date with all the practice news! The past few months have seen a number of changes with how we are operating during the Covid19 outbreak.

Appointments—For the safety of everyone, we are continuing with a telephone triage system for the time being. Therefore, should you have an **acute problem**, please call as normal for an on the day appointment and a clinician will call you back to discuss your problem. This may be via telephone or video consultation as required. If the clinician feels you need a face to face appointment, this will be discussed with you during your triage appointment.

If your problem is not acute, we advise you to use our **eConsult service** via the website is also a fast way to request advice/administration requests from the GP, without having to call the practice. This is accessed via the website at www.fountainsmedicalpractice.co.uk to get started.



NHS

e consult

‘JUST THE FLU?’



The flu virus kills thousands every year. The flu vaccine is the best protection for you and those around you.

JUST GET YOUR FREE FLU JAB
Ask your pharmacist or GP if you're eligible.



Flu Clinics

Clinics for people over 65 have now been completed. If you haven't had a vaccine and would like one, please contact the practice as soon as possible.

Pre bookable flu clinics for patients under 65 as follows:

Saturday 7th November
Saturday 14th November

All eligible patients have been written to and invited to make an appointment in advance of these dates.

If either of these dates are not suitable, please contact the practice.

Children's Nasal Flu Vaccines

If your child was aged 2 or 3 on 31st August, they will be eligible for a free flu vaccine.

These are done with the Nurse in the practice. Please call 01244 325721 to make an appointment.



First Contact Physiotherapy Service

Lindsay is our new Advanced Practice Physiotherapist who has extensive expertise in assessing, diagnosing and managing musculoskeletal pain (MSK). MSK pain is a common presentation in primary care; roughly 3 in 10 appointments are currently due to pain problems. A GP will commonly refer to specialist hospital physiotherapy services for support and advice.

Lindsay works within the practice team to ensure you can be seen quickly and locally and saves you time in accessing specialist care - she can then refer you on if further care is required. Her service is available to manage both short and long term conditions and promote good health and well-being, whatever your health condition.

Lindsay is able to see patients without needing to see a GP—just ask Reception on 01244 325721.



Mental Health First Service

The practice has a new service called “Mental Health First”, which is a counselling service. The Reception Team may also mention this service as appropriate upon calling the practice.

To take advantage of this service, you are required to complete an assessment form to ensure your eligibility return it completed to the practice and a member of the Counselling Team will contact you within 72 hours. You can find the assessment form on the website at www.fountainsmedicalpractice.co.uk or via our Reception team.

If you are not eligible for the service, an appointment will be booked with the GP.

Cervical Screening

Cervical screening is available to women aged 25 to 64. All eligible people who are registered with a GP will automatically receive an invitation by mail.

Cervical screening checks the health of your cervix. It's not a test for cancer, it's a test to help prevent cancer.

If you have received your invite letter, or you are overdue a smear, please contact the practice to make an appointment.



Coronavirus (Covid-19) Update

The main symptoms of Covid-19 are a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste.

If you have symptoms, you must book a test at www.gov.uk/get-coronavirus-test or call 119.

When to Self Isolate and how long for?

- If you have any symptoms of Covid-19 and are awaiting results of a test.
- If you have tested positive for Covid-19—**10 days**
- If someone you live with or in your support bubble has symptoms or tested positive—**14 days**
- If you have been told to self-isolate by NHS Test and Trace—**14 days**

Please visit www.gov.uk/coronavirus for further advice.

**Alcohol
Awareness
Week**

Alcohol awareness week—16-22 November

Alcohol awareness week is coordinated by Alcohol Change UK. And it is a change for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change and more. The theme for Alcohol Awareness Week 2020 is “Alcohol & Mental Health”

If you are struggling with your alcohol intake, help is available and many people seek it every day. Find support that works for you!
www.alcoholchange.org.uk

**STAY
ALERT**

**CONTROL
THE VIRUS**

**SAVE
LIVES**

Useful Telephone Numbers

When the surgery is closed, the following services are available:

NHS 111—This service is for non-emergency medical advice and is available 24 hours a day., 365 days a year.

In a life threatening emergency, ring **999**. This service is for emergencies only



available