

Occupational health vaccinations are not available on the NHS.

Prescriptions Direct to Your Pharmacy

The practice uses a system called the **Electronic Prescription Service**. This system allows prescriptions to be sent electronically from the practice to a nominated pharmacy. **The practice would strongly encourage you to use this service.** Please ask at Reception today.

Citizens Advice Bureau (CAB)

The CAB offer appointments to Rainbow Medical Centre patients to provide debt and benefits advice. The service is free, staffed by experienced/fully trained CAB people and patients who have attended have found the service helpful and beneficial. Why not book your appointment today?

New Doctor

Dr Lauren Emmett joined us as a Trainee GP on 07.02.18. Dr Emmett will be working with us until August 2018.

Patient Group

The practice patient group is actively looking for new members. The group is chaired by a patient and discussing issues being faced by patients and the practice. The group has had a positive impact on the way the practice operates. The group meet approximately 10 times a year, at the Sutton site but have representatives from both Thatto and Sutton surgeries. If you are interested in joining, please pass your details to a member of the Reception team.

Sutton Surgery
333 Robins Lane
Sutton
St Helens
WA9 3PN
Telephone: 01744 811211
Fax: 01744 850025

Thatto Heath Surgery
99 Elephant Lane
Thatto Heath
St Helens
WA9 5QL
Telephone: 01744 811736
Fax: 01744 850985

Website address: www.rainbowmedicalcentres.co.uk (which can be used to book appointments, order prescriptions and view your medical records on line)



RAINBOW MEDICAL CENTRES NEWSLETTER

CQC Rated 'Good' in all areas

Practice Newsletter April/May 18

Practice Closures

Please note that the practice will be closed as follows in **2018**:
For Training in the afternoons of: Wed 25 April & Wed 23 May
All day on Monday 07 May & Monday 28 May – For Bank holidays

Dr Thomas

Dr Thomas retired from the practice on 31 March 2018 after over 30 years. We wish Dr Thomas all the best with his retirement and we know he will be missed.

Practice Opening Hours

The practice has changed its opening hours.

Phones 8am until 6.30pm for both sites Monday - Friday.

Both sites open from 8am every week day.

Sutton site open until :

Monday, Wednesday & Friday 6.30pm,

Tuesday 6pm & Thursday 1pm

Thatto site open until:

Tuesday, Thursday and Friday 6.30pm

Monday 6pm and Wednesday 1pm

The practice is no longer able to provide extended hours due to the difficulties we have faced trying to recruit/appoint new doctors.

Telephones

The phones are now answered by a telephone team and both surgery numbers ring into the room the team is based.

Do You Want Help To Get Fitter And Feel Healthier?

A Better Life (ABL) Health helps children and families lose weight and lead healthier lives. Our Choose to Change Families **FREE weight management** programme encourages lifelong changes to eating habits - helping people overcome barriers to weight loss, make sensible food choices and become more active.

What you can expect from the programme:

- Fun, free and friendly sessions for children and young people aged 4+ and their families.
- Tailored support for up to 12 months.
- Close working with our partners Healthy Living Team and Sports Development to support you in accessing community activities.
- A friendly and welcoming team including doctors, psychologists and healthy eating specialists.
- Home and clinic visits to suit your family, including after school appointments.

To find out if you are eligible and for more information, please contact us today:

Tel: 01744 778 359.

Mobile: 07976 864 682.

Email: sthelens@ablhealth.co.uk.

Twitter: @ABLHealth.

www.ablhealth.co.uk

Travel Health and Vaccinations Information sheet

If you require any vaccinations relating to foreign travel you need to **have a telephone appointment with the practice nurse** to discuss your travel requirements. The discussion will cover:

- a. Countries being visited & areas within those countries
- b. The order in which you are visiting the countries

It is important to make this initial telephone appointment as early as possible - **at least 8 weeks before you travel** (longer if possible). **A second face to face appointment** will be required with the practice nurse to actually receive the vaccinations. This second appointment needs to be at least 2 weeks before you travel to allow the vaccinations to work.

We may be unable to offer a face to face appointment without the initial telephone assessment.

PLEASE NOTE:

We will direct you to appropriate private travel health clinics for assessments and vaccinations (for which they will charge) in any of the following circumstances:-

- We provide **basic travel health advice/vaccinations only** and your needs are more complex.
- If you are travelling at short notice and we are unable to accommodate you in time.
- On rare occasions when no appointments are available.

It is important to stress that not all travel vaccinations are included in the services provided by the NHS.

If you wish you can obtain some information on the website below. <http://www.fitfortravel.nhs.uk> (website only)

We have also provided links to local private Travel Health Clinics and Travel advice websites (other clinics are also available)

www.welltravelledclinics.co.uk (clinic - part of School of Tropical medicine in Liverpool)

www.pallmallmedical.co.uk (Clinic - based in Newton Le willows)

www.ormskirktravelclinic.com (Clinic - based in Ormskirk)

These clinics can also offer occupational health vaccinations.

