

Woodstock Medical Centre Practice Newsletter

Issue 1 – April 2023

Welcome to issue one of Woodstock Medical Centre's practice newsletter. Every month we will be providing the patients of Lanark and surrounding areas with information including practice updates, local services and helpful contacts. If any you have any suggestions or something you would like included in future issues, please email Woodstock.mc@lanarkshire.scot.nhs.uk and mark for the attention Clare Baxter, Assistant Practice Manager.

New staff members

We would like to welcome Lesley Barrie, Nurse Consultant, Jacqueline Templeton, ANP and Sadia Jami, Clinical Pharmacist who have recently joined the practice clinical team. Also joining us is Olivia Giles who is working as part of our practice domestic team. A full list of all practice staff can be found on our website www.woodstockmc.co.uk > about us > meet the team.



Public holidays 2023/2024

The practice will be closed on the following dates:

Monday 1st May
Monday 8th May
Monday 29th May
Monday 17th July
Monday 25th September
Monday 25th and Tuesday 26th December
Monday 1st and Tuesday 2nd January 2024

Please ensure you have sufficient medication and only order what is required to cover you over the closure.

In the event of a medical emergency or to seek further medical advice please contact NHS24 on 111. Our community pharmacies may be able to help with minor ailments. A full self help guide can be found at nhsinform.scot.

Useful telephone numbers

Woodstock Medical Centre
01555 665522

District Nurses
0300 303 2445 – option 2

Lanark Health Centre
01555 667150

Midwives
01555 667155

Health Visitors
01555 754430

Early Pregnancy Unit
01698 366 210

Referral Management
0300 303 0249

Local pharmacies

Lloyds WMC
01555 663157

Lloyds 78
01555 662264

Boots
01555 663176

Rx Carstairs
01555 870 948

Cairns Carluke
01555 771046

Boots Carluke
01555 771350

PATIENT DETAILS

We would like to remind all patients to inform the practice of any changes to their address or contact details to ensure we have the most up to date information on record. This can be processed via email (Woodstock.mc@lanarkshire.scot.nhs.uk), at reception or calling in to speak to a member of the administration team on option 5 between 10am-6pm.



Practice update



We are always looking for ways to improve our services and would like to hear from our patients on how we can achieve this. Our suggestion box is located in our patient waiting area along with slips to be filled out. If you have any questions regarding this, please speak to a member of staff who will be happy to assist.



The Patient Participation Group (PPG) notice board is also located within the waiting area which provides updates from recent meetings alongside other information to communicate to our patients. An electronic copy of the meeting minutes can also be found on the practice website.

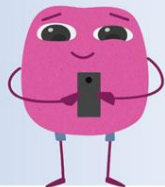


Our online repeat prescription service allows patients to order their medications 24 hours a day 7 days a week. The benefits of this service include easy access, greener for the environment and assists with infection control. **Prescriptions will be ready for collection from your chosen pharmacy within 2 working days of being ordered (not including weekends or public holidays).** To register for our patient services, please visit our practice website and select clinics and services > repeat prescriptions. For any prescription queries, call us on 01555 665522 and select option 1. Please note we do not take repeat requests over the phone.

How to register

Our practice boundary covers the following postcode areas: ML8, ML11 and ML12. Once you have been accepted as a patient your medical records will be transferred to the practice – please note these may take a few days to arrive. You can either complete a registration from online or pick up a copy at reception. We will require two forms of I.D. when registering – one must contain a photo of yourself and the other must provide evidence of your current address. It is important to note that you can only permanently register with the practice if you are staying in the area for more than 3 months.

We'll Keep You Right



	NHS 24's health information service includes self-help guides for a range of common conditions. www.nhsinform.scot/self-help-guides When your GP and local pharmacy are closed, and you are too ill to wait, call 111.	NHS 24		
	<ul style="list-style-type: none"> Coughs and colds Sore throat Diarrhoea or constipation Indigestion Aches and pains Help if you run out of your repeat prescription 	Pharmacist		
	<table border="0"> <tr> <td>Breathing space 0800 83 85 87 www.breathingspace.scot</td> <td>Samaritans 116 123 www.samaritans.org</td> </tr> </table>	Breathing space 0800 83 85 87 www.breathingspace.scot	Samaritans 116 123 www.samaritans.org	Mental Well-being
Breathing space 0800 83 85 87 www.breathingspace.scot	Samaritans 116 123 www.samaritans.org			
	<ul style="list-style-type: none"> Tooth pain Swelling to your mouth Painful or bleeding gums Injury to your mouth Advice on oral hygiene 	Dentist		
	<ul style="list-style-type: none"> Red or sticky eye Pain in or around your eye Blurred or reduced vision Flashes and floaters 	Optometrist		
	A range of clinicians, including doctors and nurses to help you with both physical and mental health issues.	GP Surgery		
	<ul style="list-style-type: none"> Cuts and minor burns Sprains and strains Suspected broken bones and fractures 	Minor Injuries Unit		
	<ul style="list-style-type: none"> Suspected heart attack or stroke Breathing difficulties Severe bleeding 	999 or A&E		

If you're not sure where to go or who to see visit:

NHSinform.scot

Our GP Reception team are your

Care Navigators

Specially trained to help you get the right care from the right healthcare professional

When booking your appointment, we'll:

- ✓ Ask discreet questions about your needs in strict confidence
- ✓ Book you an appointment with the right member of our team
- ✓ Make sure you get the appropriate medical care
- ✓ Help you to be seen more quickly

HELP US HELP YOU

WHEN YOU NEED IT



Abusive behaviour causes mental and physical harm to our staff, leading to time off work and less time with patients.

Help us keep going, please be considerate to our staff.



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Woodstock Medical Centre
Woodstock Road
Lanark
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