

## Woodstock Medical Centre Practice Newsletter

Issue 5 – August 2023



Over the past 3 months, the practice has been raising money for Cancer Research UK and have raised a fantastic total of £150. A big thank you to both the staff and patients of Woodstock Medical Centre for all the donations which is going to a great cause. Pictured is Janice Coulter from Cancer Research UK along with Clare Baxter and Tracey Forrest from the Practice.



### SMS messaging

The practice is continuing to gather patient information for those who wish to opt in to our SMS text messaging service.

Consent forms can be found on our website, at reception or an electronic copy can be emailed. Please ensure all of your details are up to date to allow the practice to reach you.

### 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

Join your local weigh to go class

Weigh to go is NHS Lanarkshire's free 15-week weight management group, followed by 15 weeks of weigh to go maintenance held within various North and South Lanarkshire leisure venues.

The programme is co-ordinated in partnership with North Lanarkshire Council and South Lanarkshire Leisure and Culture and can be attended by all residents aged 16+ who want to lead a healthier lifestyle. You can book in the following block of weigh to go starting on:

- **Monday 7<sup>th</sup> August**
- **Monday 11<sup>th</sup> September**
- **Monday 16<sup>th</sup> October**

Healthy Valleys Lanarkshire Community Food and Health Partnership and Getting Better Together Shotts are now holding Weigh to Go within the community giving residents even more classes and venues to pick from. Each Weigh to Go class is led by a qualified instructor and consists of a 45-minute healthy eating and lifestyle interactive chat followed by 45 minutes' low impact exercise class. Every week covers a different health and wellbeing topic and helps you understand how to implement these into your current lifestyle. To register your place, please email [scott.crone@southlanarkshireleisure.co.uk](mailto:scott.crone@southlanarkshireleisure.co.uk) who will provide full information and answer any other questions you may have.

**Lanark Lifestyles – every Tuesday 11:00-12:30**

**Lanark Lifestyles – every Wednesday 18:30-20:00**

## Prescription reminder

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 processed within 2 working days of being ordered (not including weekends or public holidays) and sent to your chosen pharmacy.** 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



## DAY OUT TO FALLS OF CLYDE

Join the Scottish Wildlife Trust Ranger at 11am on 11 August on an autism friendly scenic walk through the Falls of Clyde Wildlife reserve. Visit Corra Linn waterfall and explore the reserve looking for flowers, insects, tracks and trails. Use your senses to tune in, connect and notice nature. In the afternoon we will do a Scavenger Hunt and Wildlife themed arts and crafts.

Spaces Limited: Book Today- <https://www.eventbrite.co.uk/e/falls-of-clyde-nature-walk-tickets-643239605977>

