

# Practice Newsletter

Summer 2015

**Dr Julian Mahadana**  
**Riverside Centre For Health**  
**Park Street, Liverpool, L8 6QP**

Tel : 0151 295 9239

Fax: 0151 709 0348



Surgery opening times: 8:30am to 6:30pm Monday to Friday

Contactable by telephone: 8:00am to 6:30pm Monday to Friday

**OUT OF HOURS...** If you require medical intervention when the surgery is closed please call the Practice number 0151 295 9239 where you will be diverted straight through to Out of Hours.

## Practice News!...

We are very excited to announce that we have Dr Jude Mahadanaarachchi joining our Practice as a partner. Dr Jude has a wealth of knowledge and special Interests in Minor Surgery, Dermatology, Joint Injections, Palliative Care , Education, General Health & Wellbeing.

This move will be of great support for the Practice and will allow the high standards of care to remain in place.

Should you have any questions or concerns please contact the Practice Manager Lisa Williams, who will be happy to help.

## Need help to change your life-style?...

Do you want to change to a healthier diet and lose weight, become fitter and more active, stop smoking, drink sensibly or reduce stress and anxiety?

If you answered 'yes' to any of those questions, contact Reception to arrange an appointment for you to see the Health Trainer. The Health Trainer clinic is held at the practice on a Friday morning.



**CONTACT** Please ensure we have your current mobile number and email address. This will help us to communicate effectively on any free health campaign and other health information for you.

## Patient Participation Group...

If you are interested in being part of the group and want to get involved in shaping the future of your practice please let reception know. We are very interested in our younger patients joining this group as we are very passionate about representing all patients. It would be great to have a wide diverse group of patients representing Dr J Mahadana's Practice.



## Examine your options...

To help ease the pressures of A&E please look below to see which services are available for you when you're feeling ill and require medical intervention.

Can I treat myself at home?

Could my Pharmacist help?

Have I considered going to my GP?

Could I call NHS direct 0845 4647?

Could I go to my Out of Hours?

Have I considered going to the Walk in Centre?

Do I need to visit a Minor Injuries Clinic?

Is it an emergency, do I need to go to A&E?



### Citizens Advice Bureau...

Did you know you can now be referred to see a CAB representative here at Riverside Centre for Health?...

GPs will be able to refer vulnerable clients for help with the following...

- Fuel Disconnection
- Evictions
- Benefit Suspension or Cut off
- Job Loss
- High Interest Lending (loan sharks and pay day loan providers)
- Bailiff Action
- Complex Debt Issues
- Budgeting and managing a household budget
- Understanding Credit and Financial Services
- Domestic Abuse

Please speak to the GP or other staff for further details...



### NHS health check...

The NHS Health Check is for adults in England between the ages of 40 and 74. If you have received an invitation letter but have not yet responded please contact Reception to arrange an appointment. To find out more about the NHS Health check visit the NHS website: <http://www.nhs.uk/Planners/NHSHealthCheck/Pages/NHSHealthCheck.aspx> or contact Reception.

### Patient on line access...

We are now adding to our current on line access for patients to include viewing part of your medical record along with the current facility of ordering your prescriptions or booking your appointment. If you are interested in this service please speak to the Doctor or reception staff and we will print your password out which allows you to log on and sign up for the service.

If you have any comments/ suggestions about our newsletter please do not hesitate to contact Lisa Williams Practice Manager on [Lisa.Williams2@livgp.nhs.uk](mailto:Lisa.Williams2@livgp.nhs.uk)