**The Medical Centre Port Glasgow**

**Newsletter Autumn/Winter 2014**

**Christmas Holidays C:\Users\86336lthompson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UDSZW1WL\MC900092679[1].wmf**

**The surgery will be closed for the Christmas and New Year holidays on the following dates: 25th and 26th of December, 1st and 2nd January so please make sure you have ordered your prescriptions in plenty of time allowing 48hours. If you need medical advice at this time, please call the new NHS24 free phone number 111**

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| **FLU**  Have you had your flu vaccination? If you have an underlying health problem or if your child is between 2-5 years old then please make an appointment with our practice nurse.  **Prescriptions**  Please allow 24 hours for your prescriptions to be ready for collection from the surgery, however if you prefer the pharmacy to collect for you then you must allow at least 48 hours. You can also order your repeat prescriptions by e-mailing [**prescriptions.gp86336@nhs.net**](mailto:prescriptions.gp86336@nhs.net)  **Surgery Website**  We are really excited to welcome our new upgraded website for the practice. **www.portglasgowmedicalcentre.org.uk Baby Weight Clinic**  You can now have your baby weighed at the Boglestone clinic every Friday between 1.30pm and 2.30pm. Just call 01475 701058 to book an appointment.  **Missed Appointments**  Can we please ask that you call to cancel your appointment if you cannot attend, this appointment can be given to someone else.  **Why does reception staff ask questions about your illness?**  It is not a case of being nosey.  Reception staff are trained to ask certain questions in order to ensure you receive   * The most appropriate medical care * From the most appropriate health professional * At the most appropriate time   Receptionists are asked to collect brief information from patients to help prioritise house calls and phone calls  **Reception staff, like all members of the team, is bound by confidentiality rules**  Merry-Christmas-6.jpg | | **Contact details**  It is really important that we have your correct details. So we would appreciate if you can update the practice with any new telephone numbers or change of address. You can do this on the website  **Staff**  I would like to take this opportunity to welcome Dr Waqar Cheema as a permanent GP to our Practice. I am sure that this comes as great news to our patients as it is to us.  You can make a routine appointment with Dr Cheema at these times  **Thursday 9.00 – 10.30, 2.30 – 4.30**  **Friday 11.00 -12.30, 2.30 – 4.30**  **Antenatal booking**  If you have just found out that you are pregnant, please call **0141 2324005** to arrange your first initial booking appointment  **Early Morning Surgery**  On a Thursday and Friday Morning we run a surgery starting at 7.30am. These appointments can be made 2 weeks prior.  **Keeping warm this winter**  The time has come round again to dig out our scarf and gloves as the temperature drops. Cold weather can lead to serious health problems such as heart attacks, strokes, pneumonia and depression; so let’s not forget the best way to keep warm this winter:  • Keep your home warm.  •Wrap up warm, inside and out.  • Keep active. Move around at least once an hour and don’t sit down for long periods of time. Even light exercise will keep you warm.  • Look out for elderly friends and neighbours. If you are worried about  an elderly friend or relative contact  your local council or ring the UK age |
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