**Port Glasgow Medical Centre **

**Newsletter Winter 2020C:\Users\86336sanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WCW6EF0H\snow-flake-8[1].png**

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| **C:\Users\86336sanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WCW6EF0H\snow-flake-8[1].png**  **HAPPY NEW YEAR TO EVERYONE.**  **New year resolution..I’d like to take this opportunity to start the newsletter again; sorry it has been a while since the last one.**  **Staff at the medical centre would also like to thank you for the lovely gifts and chocolates given at Christmas time. Hope you all had a wonderful time.**  **Care for the elderly**  Please help take care of our elderly friends and relatives during these cold winter months. If there is anyone you have concerns about, you can call social services on their Inverclyde Advice line 01475 715299  **Patient AccessC:\Users\86336sanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WCW6EF0H\snow-flake-8[1].png**  Have you registered for patient access online service?  Please speak to reception to register for this service. This service allows you to book and cancel appointments and order your repeat prescriptions online.  Visit our website for more information  [www.portglasgowmedicalcentre.org.uk](http://www.portglasgowmedicalcentre.org.uk)  **TOP TIPS FOR WINTER**  **Get a flu jab if eligible.**  You’re eligible if you are over 65 or have heart, lung liver or kidney problems, stroke diabetes or are pregnant.  **We don’t need to see you with a cold.**  The best thing for cold and flu is to go home, rest, take Paracetamol and plenty of fluids.  **Winter vomiting bug**  Prevent spread by not coming to the doctors, avoid school or work for 72 hours after getting better.  **Stock up medicine cabinet**  Get cold remedies, painkillers, antiseptic cream, plasters – every home should have a medicine cabinet to turn to.  **Get your meds on time**  Make sure your order early, don’t order more than you need, and use our online service.  C:\Users\86336sanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WCW6EF0H\snow-flake-8[1].png | **Community Link worker**  Brenda Cox our Link worker is available to speak to if you have any difficulties with everyday life.  **C:\Users\86336sanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WCW6EF0H\snow-flake-8[1].png**  **House Calls**  Moira Bradley is our nurse practitioner. She is on call to help the GPs with any house visits needed.  **Pharmacy Team**  Lorna and Gary are here to help with any medication enquiry you may have.  **Child vaccines**  Please note that the practice no longer give child immunisations. These are now given at Port Glasgow Health Centre  **CHOOSE THE RIGHT SERVICE**  **C:\Users\86336sanderson1\Desktop\rightservicebanner1-crop-u58415.jpg**  First port of call for any eye complaints would be to your local optician and for any Oral complaints please seek advice from your dentist.  C:\Users\86336sanderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ZW9SG3ME\o_croque_01[1].jpg  **New Registrations**  The practice is happy to take new registrations within the postcodes PA13, PA14 and PA15. When collecting the registration form from the practice please bring a form of ID. Failure to bring ID will result in the delay of your registration.  **Contact details**  Please remember to update the practice with any changes to your contact details. This is important as the practice may need to contact you urgently.  All changes can be made with reception staff.  **Zero abuse tolerance**  Violence and aggression against NHS staff is completely unacceptable in a modern Scotland. Please help keep The Medical centre a nice friendly approachable environment for 2020. |