

Ansdell Medical Centre

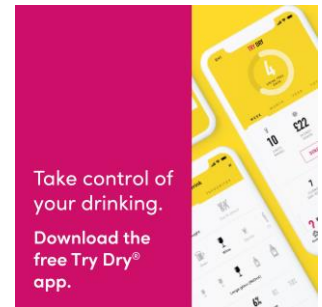
PATIENT NEWSLETTER JULY 2024



Stay safe this summer. Hot weather can pose health risks so protect yourself from too much sun, carry water when out and think of those, such as young children or older people, who may feel the heat more than others. Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Alcohol Awareness Week

Alcohol Awareness Week is a week of awareness-raising, campaigning for change, and more. Alcohol Awareness Week 2024 will take place from 1 to 7 July. Drinking too much alcohol can leave us with low energy, poor sleep, headaches, and hangovers. But cutting back can help us feel better. Find useful tips by visiting www.alcoholchange.org.uk/help-and-support/ or download the free TRY DRY app to help you meet your goals, cut down on your drinking, or go totally alcohol-free.



Business News

We have recently hired several new staff and while they undergo training, we ask that our patients show our new staff members patience and understanding. We have already received some great feedback and we all appreciate your kind words.

Waiting Room Health Monitor

We have a new health monitor machine that can record your height, weight, BMI and blood pressure. You can use this machine at any time. The machine will guide you through the process and once finished, it will give you a slip with your info on which we can use to update your health record.

Blood Pressure Monitors

If you have borrowed one of our Blood Pressure machines from us for over a week, we kindly ask you to return them as soon as possible as we have a limited amount.

A registered charity

Whatever you're facing
We're here to listen

Call free day or night on **116 123**

Email jo@samaritans.org

SAMARITANS

samaritans.org

New Prescription Desk

The prescription queries desk is open for any questions you might have regarding your medication. You can also order your prescriptions from the desk which is something we can't do by telephone. Find opening times on the reverse side.

Lytham St Annes Together

Lytham St Annes Together is a Facebook page from the Wellbeing Team at Lytham St Annes Primary Care Network. Their social prescribers are bringing together groups and services, helping people to connect to their community and improve their wellbeing. They post about services, advice and events in the local area including fitness and sports events for all ages! For more info visit: www.facebook.com/LythamStAnnesTogether



Practice Information

We now have over 12,200 patients registered with us. Our list size has increased by approximately 2,400 patients in the last 18 months, partly due to the closure of the Old Links Surgery in March 2023.

In May the surgery handled 9714 inbound calls as well as 6410 calls dialed out. In working days for the month, that is an average of 768 calls a day (there were two bank holidays in May).

Contact us

Ansdell Medical Centre
Albany Road, Lytham St. Annes
Lancashire, FY8 4GW

Tel: 01253 229520
E: lscicb-fw.ansdell@nhs.net

Let's Talk Menopause

Come and join Lytham St Annes PCN for an informative, informal, monthly Q&A session on all things menopause related. Their new location is Community Room 4 at Church Road Methodist Church in St Annes, FY8 3NQ. Their July session will especially focus on physical activity and fitness during perimenopause and menopause. There will also be an opportunity to chat to other ladies to share experiences. Doors open at 5.00 with Q&A from 5.30 pm.

Our reception desk and phone lines will be closed on the following days/times:

- Wednesday 10th July from 1pm (Mandatory staff Training)
- Monday 26th August (Bank holiday)
- Wednesday 12th September from 1pm (Mandatory staff Training)

Out of hours and urgent advice: www.nhs.uk/111

For more information visit our website: www.ansdellmedicalcentre.co.uk or Facebook: www.facebook.com/AnsdellMedicalCentre

Thank you for reading.