

Carepoint Practice

"Lead by Example"

WELCOME TO CAREPOINT'S SPRING/SUMMER NEWS LETTER 2019

Online Access – Carepoint Practice is encouraging all patients above the age of 18 to sign up for Online Access. Please do make use of Online Access for making and keeping track of appointments, up-dating contact details, ordering repeat medications and viewing your medication summaries, online. In the future we may be able to provide patients with access to even more information regarding their health such as access to their medical records and allow patients to securely message the practice for minor queries. You are able to access Patient Access on your computer, smartphone or tablet. For further information and to view our terms and conditions please visit <http://www.carepointpractice.nhs.uk/patient-access> and see the Online Access tab. Information is also available on our posters and noticeboards at the surgery.

Our e-mail accounts are:

hillccg.carepoint@nhs.net (for general enquiries),

hillccg.carepointprescriptions@nhs.net (for medication requests or medication enquiries)

hillccg.carepoint-IT@nhs.net (for online access requests and general outgoing communications).

EASTER CLOSURE

Our surgery will be closed from Friday 19th April until Monday 22nd April.
If you are unfortunately taken ill during the holiday period, please contact :

NHS 111 for non-emergency illnesses and minor queries

999 for an emergency

There is a walk in centre at the Pinn Medical Centre, 37 Love Lane which is open daily from 8am-8pm.

There is much more information available on our Out of Hours section on the Carepoint web site.

CROHN'S DISEASE

Crohns Disease and Ulcerative colitis are the two main forms of inflammatory Bowel Disease.

Crohns Disease is a chronic condition by nature and may affect any part/parts of the digestive system. It causes patchy areas of inflammation that can be small or more extensive. It is not always easy to diagnose and requires specialist hospital tests. Once diagnosed and early treatments offered, people will be given a management plan that may include medication. In more severe cases, however, surgery may be the way forward at that stage.

Dietary advice will also be given as it is a very important feature of the management of the condition, in particular, when the Crohns is active, i.e. the digestive system inflamed, this may often be referred to as a 'flare up'.

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Ongoing regular reviews with hospital specialist and clinicians as well as effective shared care with the GP will be crucial as long term management will be required. Some people find that they go into remission and have periods of stability. Monitoring and review of the person enables more effective treatments and promotes the chances for a better quality of life.

Crohns Disease can be stressful and sometimes isolating. For more information about this condition and a broader perspective of living with Crohns Disease contact the Crohns and Colitis UK at www.crohnsandcolitis.org.uk. This charity aims to help support sufferers and their families at an emotional and practical level, work to inform health professionals and generally raise funds for research into these diseases in order to effect better outcomes.

USEFUL WEBSITES

Self Harm
Drug/alcohol addiction
NHS Donor Card
Independent Age
Hillingdon Carers
Lullaby Trust

selfharm.co.uk
<https://www.nhs.uk>
<https://acit.org>
www.independentage.org
www.hillingdoncarers.org.uk
www.lullabytrust.org.uk

This newsletter is compiled by the members of the Patients' Participation Group. There is a dedicated noticeboard by the blood monitoring screen with information of activities within the area. These notices are kept up to date by the PPG. The PPG also maintain the children's books and the magazines.

PRACTICE OPENING HOURS

Monday to Friday 7.30am - 18.30pm

Saturday and Sunday closed

Appointment lines are open at 08.30am and 14.00pm Monday to Friday

