

## ROWHEDGE PRACTICE NEWSLETTER

### Enhanced Access



**Need to see a GP or nurse in the evening or at the weekend?**

Appointments are now available - ask our reception team for more details.

**APPOINTMENT INFORMATION**

- SAME DAY AND NEXT DAY APPOINTMENTS
- EVENING AND WEEKEND APPOINTMENTS
- YOU MAY BE SEEN AT A DIFFERENT SURGERY AND NOT BY YOUR OWN GP
- FULL ACCESS TO YOUR GP MEDICAL RECORDS

#IMPROVINGCAREFORYOU

Enhanced Access is a service to provide appointments outside of core hours. The aim of Enhanced Access is to meet the needs of the local population and provide greater access to healthcare for our 80,000 patients and ease some of the workload pressures experienced in our branches.

Working collectively to deliver Enhanced Access for our patients means we can share workforce needs and safely deliver high quality, care efficiently.

We offer appointments between the hours of 18:30 - 20:00 Monday to Friday and 09:00 - 17:00 on Saturdays.

We offer appointments for a range of clinicians such as GP's, Advanced Nurse Practitioners, Practice Nurses, Healthcare Assistants and Physiotherapists.

Our service is offered from 6 hub locations:

#### Colne Medical Practice

40 Station Road  
Colchester  
CO7 0DT

#### Walton Medical Centre

Vicarage Lane  
Walton-on-the-Naze  
CO14 8PA

#### Rowhedge Medical Practice

7 Rectory Road  
Rowhedge Colchester  
CO5 7HP

#### Riverside Health Centre

Station Road  
Manningtree  
CO11 1AA

#### Tiptree Medical Centre

Church Road  
Tiptree  
Colchester  
CO5 0HB

#### Wivenhoe Medical Centre

Philip Road  
Wivenhoe  
Colchester  
CO7 9BA

Please contact your registered branch for more information and arrange an appointment.

### PLEASE REMEMBER TO CANCEL ANY UNWANTED APPOINTMENTS

### Patient Participation Group

This newsletter is published quarterly and the next issue will feature an ANIMA update from Louise Greenwold as well as highlighting her extraordinary career with the practice spanning some 35 years.

### PRACTICE NEWS

From April 1<sup>st</sup> Dr Speers becomes Senior Partner. Dr Richardson has passed over the role to concentrate on patient care.

Sister Louise Greenwold will be retiring this June but will remain with the practice concentrating on ANIMA TRIAGE and working with the Dispensary.



The NHS APP is available on the Google Play Store and the Apple App Store. It is a useful tool for your phone or tablet and amongst other things it allows you to:

- View your Medical History including test results
- Make or cancel appointments
- Order Prescriptions on line
- View and manage hospital and other healthcare provider appointments



Similar to the NHS App – Airmid offers the advantage that you can view graphs showing test results over a period of time

## **Men's Health**

There are lots of important reasons for men to make their health a priority

### **1. Prevention is the best medicine**

Stay on top of your health by getting the necessary check-ups with your doctor. Whether it's for skin, heart, diabetes or prostate.

Talk with family members to find out your family history of medical conditions and what to look out for.

Ask your mates how they are doing. Often these casual conversations about health and any experiences they have had can be the reason for a friend getting an overdue check-up.

### **2. Get active**

Being active and moving more are key to having a healthy heart. A great goal is aiming to be active in as many ways as possible throughout the day and reduce the amount of time you spend sitting down.

Remember that mowing the lawns, getting out and about with the kids, or catching up with friends to kick the ball around all count as exercise.

Doing just 30 minutes of moderate physical activity a day, can help to reduce your risk of heart disease.

### **3. Cut back on the booze**

If you drink alcohol then you can reduce your long-term health risks by:

Drinking no more than three standard drinks a day. Have at least two alcohol-free days every week. Take advantage of the many lower alcohol or non-alcoholic drinks available.

Alcohol is also high in calories and if you are trying to lose weight, reducing your alcohol intake along with eating healthily and regular physical activity, could help you reach your goal.

### **4. Power up on plants**

Eat more fruits, vegetables, whole grains and plant proteins.

### **5. Get enough sleep**

Many people don't get the recommended 7–9 hours of sleep each night. Sleep helps to support healthy brain function and maintain your physical health. Insufficient or poor-quality sleep can affect how you think, react, work and learn.

### **6. Quit smoking**

Smoking causes damage throughout the body and is the biggest risk for heart disease, heart attack or stroke. If you do smoke, there are a range of support services available to help you to quit smoking.

### **7. Mental health**

Whether it's feelings of being stressed, anxious or feeling down men don't tend to talk about their mental health and can be slow to get help.

Stress or anxiety can be caused by a range of things from relationship difficulties, to major life changes, or problems at work. When we are stressed our body's release chemicals into our bloodstream which can be linked to a wide range of harmful health effects.

**Be proactive and take some realistic first steps**

**Prepared by Dr Alan Speers**

**THE NEXT ISSUE FOR THIS NEWSLETTER WILL BE JULY 2025**

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