

DR LYON & PARTNERS

Tel: 01204 462630 Email: drlyonreception@nhs.net

Website: www.boltondoctors.co.uk



PRACTICE NEWS MARCH/APRIL 2018



SURGERIES OVER THE EASTER HOLIDAYS

MONDAY 26 th March 2018	OPEN AS USUAL 8:00AM TILL 6:30PM
TUESDAY 27 th March 2018	OPEN AS USUAL 8:00AM TILL 6:30PM
WEDNESDAY 28 th March 2018	OPEN AS USUAL 8:00AM TILL 6:30PM
THURSDAY 29 th March 2018	OPEN AS USUAL 8:00AM TILL 6:30PM
FRIDAY 30 th March 2018	CLOSED – GOOD FRIDAY
SATURDAY 31 st March 2018	CLOSED
SUNDAY 1 st April 2018	CLOSED
MONDAY 2 nd April 2018	CLOSED – EASTER MONDAY
TUESDAY 3 rd April 2018	OPEN AS USUAL 8:00AM TILL 6:30PM

PLEASE NOTE:-

Repeat Prescriptions ordered on: WEDNESDAY 28th March 201

PLEASE COLLECT ON: TUESDAY 3rd APRIL 2018 AFTER 2:00PM

Repeat Prescriptions ordered on: THURSDAY 29th March 2018

PLEASE COLLECT ON: WEDNESDAY 4th April 2018 AFTER 2:00PM

**PLEASE BE AWARE OF WHEN YOUR MEDICINES ARE DUE TO RUN OUT AS
IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE YOUR
MEDICATION**

HAVE WE GOT YOUR CORRECT CONTACT DETAILS?

We are currently updating our records. We may need to contact you in an emergency regarding test results, cancellation of an appointment, or about your medication. To ensure we have the correct contact details for you, we would be grateful if you could inform reception of any changes to your address, home telephone number or mobile number. This will ensure that your records are up to date.

BiDAS

Bolton integrated Drug & Alcohol Service

Would you like to know how much you are drinking?

Are you using illegal drugs or over the counter medication a little too often?

Is this affecting your work, your family or your health and well-being?

Did you know you could get free, confidential information and advice about alcohol and drug use?

You can talk to someone over the phone, via email or face to face.

Please contact:

Telephone: 01204 557977

Email: reach@boltondrinkanddrugs.org

Website: www.boltondrinkanddrugs.org

Or you can drop in to the above address Monday - Friday between 9am and 4pm to speak to a member of the BiDAS team about what the service we offer and how you can access them. However, please be aware there may be a wait for any one of our services.



Dr Lyon & Partners is open.....

MONDAY 8:00AM TILL 6:30PM
TUESDAY 8:00AM TILL 6:30PM
WEDNESDAY 8:00AM TILL 6:30PM
THURSDAY 8:00AM TILL 6:30PM
FRIDAY 8:00AM TILL 6:30PM



Did you know Dr Lyon & Partners has an Advanced Nurse Practitioner?

Nicola Grundy is our Advanced Nurse Practitioner. As a nurse practitioner she is qualified to assess, diagnose and treat patients with a range of acute, non-acute and chronic medical conditions, initiating referrals to secondary care as appropriate but is unable to issue sick notes or see children under 1 year old. You can book an appointment to see Nicola please ask at reception.



**Feel sad all the time? Feeling stressed?
Can't stop crying? Feel tired all the time?
Can't switch off? Want to stop panicking?
Want to enjoy things again?
Can't be bothered doing anything?**

Think Positive is an emotional wellbeing service in Bolton that you can access in your local community. 1 in 4 adults at some point in their life have difficulties in managing their feelings and thoughts, and this can impact on the things they are doing (or not doing!). If you are aged 16 or over, are a Bolton resident and want to begin to make changes for better emotional health and wellbeing....Think Positive is the service for you.

What to expect?

Think Positive has a team of Psychological Wellbeing Practitioners (PWP's) that are trained to work with you to understand and overcome your difficulties.

Think Positive PWP's:

Offer up to 6 - 8 sessions of one to one working.

- Provide guided self-help.
- Use Cognitive Behavioural Therapy techniques which are proven to be successful.
- Develop your problem solving skills.
- Signpost for additional support.
- Provide a confidential service.

How to I access Think Positive?

The first step is to phone Think Positive on 01204 462153