

DR LYON & PARTNERS

Tel: 01204 462630 Email: drlyonreception@nhs.net

Website: www.boltondoctors.co.uk



PRACTICE NEWS FEBRUARY 2018



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.



Managing money the sensible way



Bolton's Money Skills Service
Ground Floor, Bolton Town Hall
Victoria Square, Bolton, BL1 1RU

Bolton Money Skills offers support to families and individuals who may be struggling to make ends meet. We offer FREE confidential and impartial advice for residents of Bolton.

One-to-one money advice is available with our Money Advisors who provide an in-depth, free, unbiased confidential debt advice. We can help anyone who lives in Bolton who is at risk of repossession, eviction or is unable to pay housing costs. If you feel that you are at risk of losing your home a budgeting session may help you to get your finances under control.

How we can help?

If you are struggling to balance your income and expenditure and you are falling behind with payments such as: rent, council tax, gas and electricity, store cards and credit cards etc, we can work with you on a one to one basis to help you regain control of your finances through understanding how to:

- Plan and budget.
- Reduce expenditure.
- Work out the best ways to pay bills.
- Access other agencies for more help with maximising income, dealing with debts etc.
- Fuel billing enquires.
- Metering enquires.
- Advice on payment methods.
- Tariff comparisons.
- Advice on the vulnerable customer service.
- Complaints advice.
- Energy efficiency advice.

For all confidential one to one appointments, we will ask you to bring relevant documents with you so we can provide accurate advice, information and support and prepare a financial statement for you. Your appointment will last between 60 to 90 minutes. For further information visit our website at:

www.boltonsmoneyskills.org.uk

How can I make an appointment?

Simply call us on 01204 331968/01204 331969 or email us at moneyskills@bolton.gov.uk

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