



MILL STREET MEDICAL CENTRE

2 Mill Street Medical Centre, St Helens WA10 2BD
Tel: 01744 624810 www.millstreetmedicalcentre.co.uk

Volume 2, Issue 2

December 2010

We wish you a Hairy Christmas!

We wish you a hairy Christmas, we wish you a hairy Christmas.....

Not according to Mrs. Hargreaves and Mrs. Wright, who were both delighted to see their husbands support The Month of 'Movember', but were glad to see clean shaven faces return at the beginning of December! The Mo, slang for mous-



tache, and November come together each year for *Movember*, a charity event which encourages

men to grow moustaches to raise awareness of Prostate Cancer.

Congratulations to Dr Hargreaves and Dr Wright who spent the whole of November growing a couple of very respectable 'Mo's' and whiskers raising over £100 for the charity in the process.

For further information visit : <http://uk.movember.com>
Why not join in next year!



All the Doctors and Staff at Mill Street Medical Centre

wish all our

Patients and their Families

a Very Merry Christmas

and a

Happy , Healthy and Peaceful

New Year!



STOP PRESS!

LADIES TAKING CERAZETTE CONTRACEPTIVE PILL. There is a national supply problem currently. Please continue to take your current supply as usual but contact us about 3 weeks before you are due to run out for further information.



Christmas Opening Hours



Please note the following opening hours over the Christmas Period. Please also note that on Wednesday 29th to Friday 31st December, we will be offering book on the day appointments ONLY. Routine appointments are available as usual on either side of the festive period and pre-bookable by phone, in person or online. If you need medical assistance when the surgery is closed, please ring 01744 624810 and follow the instructions given. Please remember the Walk in Centre and your local Pharmacy can also provide help with minor ailments over the holiday period. Opening times are available as usual in the local press.

Thursday 23rd December	Normal Opening - 8am -6.30pm
Christmas Eve (Fri 24th)	8 am-12.30 pm
Christmas Day (Sat 25th)	Closed
Sunday 26th December	Closed
Bank Holiday Monday (27th)	Closed
Bank Holiday Tuesday (28th)	Closed
Wednesday 29th December	Normal Opening
Thursday 30th December	Normal Opening
New Years Eve (Fri 31st)	8am-12.30 pm
New Years Day (1st January 2011)	Closed
Sunday 2nd January	Closed
Bank Holiday Monday (3rd January)	Closed
Tuesday 4th January	Normal Opening





CHRISTMAS DRUGS AMNESTY

Help Mill Street Medical Centre Help Others



PLEASE DO NOT ORDER DRUGS THAT YOU DO NOT WANT OR NEED.

The NHS spends over £1.6 BILLION on drugs alone each year. It is estimated that £200 million of that is wasted. The doctors would rather know that you're not taking a prescribed medicine than it being stashed away in a cupboard at home. It can be dangerous not to take prescribed medicines and if you have doubts about the medication that you are meant to take, please clear up those worries by either talking to one of the doctors or nurses at Mill Street or the Practice Pharmacist. Your local pharmacist can also provide a wealth of information about the drugs you are taking, so please ask if you are not sure!

If however, there are medicines that you don't want, please let the practice know and also let your local pharmacist know, so that it will not be dispensed and given to you. Once a medicine has been given to a patient it cannot be recycled and given to anyone else in this country. Waste medicines in the UK are either incinerated or go to landfill. IT IS YOUR MONEY THAT IS BEING THROWN AWAY.

DON'T WASTE IT!



If the chemist arranges for delivery and collection of your repeat prescription **PLEASE TELL THE CHEMIST ABOUT ANY ITEMS YOU DO NOT WANT.**

Christmas Drugs Amnesty

If you do have any unwanted, unused packets of drugs or inhalers at home, please bring them into the practice and put them into the box provided at reception. The

medicines will be forwarded to **Intercare**, which provides Medical Aid for Africa. More information about the work they do can be found at www.intercare.org.uk. The Charity is particularly in need of antibiotics, painkillers, inhalers, blood pressure tablets, diabetic tablets, antidepressants and antipsychotic drugs. We will ensure that they are forwarded to third world countries where our waste can be put to good use.

Merry Christmas Everyone!

