

Park House Medical Centre PPG NEWSLETTER - AUTUMN/WINTER 2018

Extra evening and weekend appointments available in the local area

You can now book **routine non-urgent** GP and Nurse appointments in the evening, at weekends and over bank holidays in your local area. (Excluding for any tests including bloods)

Appointments can be pre-booked and are available Monday-Friday, 6.30pm-8pm, plus weekends and bank holidays and you can be seen by a GP, Nurse or Healthcare Assistant. All you need to do is contact the surgery during normal opening hours. Please be aware that the appointment may take place here or at another GP Practice in the area.

If you need urgent medical advice when the surgery is closed call NHS 111.



Flu Clinics are still available - please contact reception to book your appointment



This year there are two different types of flu vaccine:

Trivalent for those aged 65 years and over

Quadravalent for those aged 18 to 64 years.

Do not delay book your appointment today.

Please contact reception to make your appointment as soon as possible. Evening and weekend appointments are available. Also if you are coming to the surgery for another appointment and are eligible, please ask your clinician.

Communication

Do not forget to notify the surgery for any personal information changes eg. home address, phone number, email address, etc. This is important in case we need to contact you.

The practice are trying to send out as many reminders and information for patients via the text messaging service so it is vitally important that we have your up to date mobile telephone number.

Information concerning the comprehensive services provided by the surgery at Park House can be obtained Via the internet by logging on to:

www.parkhousemedicalcentre.com.



Use of services - minor ailments:

Always ask yourself first - **could the Pharmacist help me with my symptoms?** Many minor ailments can properly be dealt with by a pharmacist who will offer professional advice and provide remedies for: coughs and colds, headaches and migraines, constipation, heartburn, lower back pain, sprains, sore throat, and many more ailments. You can always speak to your pharmacist for advice on what is best for you, including referral to a G.P.

SELF CARE WEEK - 12TH NOVEMBER TO THE 16TH NOVEMBER 2018

The NHS wants to promote more self-care by encouraging patients to take more responsibility for themselves.

During **Self Care Week** members of the Patients Participation Group attended the surgery talked to patients about how they manage their own self-care, as well as giving out information about the following:

- The importance of knowing how to choose the right services for you and your family when you are not feeling well
- Minor illnesses that you can treat at home, making sure you have a well-stocked home first-aid kit or,
- Should you need rapid health advice and treatment knowing that a good starting place is the pharmacy. Pharmacists have over-the-counter medication for everyday ailments which means you can be seen immediately for treatment without having to wait to see a Doctor.
- To remember to call 111 when you need rapid help but it is not an emergency, and you are unsure where to go or what to do.
- To use the NHS Urgent Care Centre in Nottingham tel. 0115 883 8500 where you will be provided with treatment or help with a health problem **that is urgent but not life-threatening** for example, minor burns or scalds, minor head injury with no loss of consciousness, skin infections or animal bites, eye infections or minor eye injuries, suspected broken bones, sprains & strains (X-ray service available).
- However, call your GP if your health need is urgent. You will generally be offered a same day appointment.



PATIENTS PARTICIPATION GROUP (PPG)

This is a group of patients from this surgery who meet every 2 months to help support this surgery. Meetings generally last about 90mins and include discussing patients' needs, contributing to the newsletter etc. If you are interested in joining then please either contact reception or go to the Park House web site and complete the form under the Have Your Say link