

# Eastside surgery

CARING IN THE HEART OF EAST BELFAST

April 2016

**Welcome to 2016 Spring edition of the practice newsletter**

## Surgery Telephone numbers

Reception 90451000

Repeat Prescription Line 90451212

If you need to speak to a doctor in an emergency between 1pm and 2pm please call the emergency number:

**07549 634564**

(This mobile number will only be live between 1pm and 2pm)



## **EASTSIDE SURGERY CLOSURES:**

Training - Wed 13th April & Wed 11th May  
from 1 pm

&

Mon 2nd May & Mon 30th May 2016

**FOR THE SPRING BANK HOLIDAYS**

## PRESCRIPTIONS

**PLEASE REMEMBER:**

**YOUR PRESCRIPTION WILL BE READY IN 48 HOURS,  
PLEASE DO NOT PHONE TO SEE IF YOUR PRESCRIPTION IS  
READY UNLESS ASKED TO DO SO BY RECEPTION**

## E-MAIL

Please let us know your email address, if you have one.

Did you know you can order your prescriptions or make an appointment online—please ask at reception for details.

## MOBILE PHONES

Please remember to inform reception if you have a new mobile phone number.

## EMERGENCY CALLS

For emergency calls during surgery hours telephone 02890 451000. Urgent requests will be given prompt attention by the receptionist and the doctor will be informed. It will be necessary for the receptionist to ask some details regarding the condition of the patient in order for the doctor to assess the urgency.

If the call is not deemed urgent your number will be taken and the doctor will call you after surgery or you may be asked to call back after surgery hours.

## APPOINTMENTS

If you no longer need your appointment, please remember to phone the receptionist to cancel it, as another patient may need it.

**PLEASE REMEMBER appointments are for 10 minutes ONLY**

**Reminder**

## MenACWY VACCINE

NEW VACCINE PROGRAMME FOR ALL 18 AND 19 YEAR OLDS

(born between 2nd July 1997 and 1st July 1999)

Plus young people under 25yrs attending university for the 1st time

This vaccine protects against meningitis (inflammation of the brain) and septicaemia (blood poisoning) caused by meningococcal groups A, C, W and Y.

## Eastside Surgery

### For Your Information

#### USEFUL TELEPHONE NUMBERS

Belfast City Hospital

90329241

Royal Victoria Hospital

90240503

Musgrave Park Hospital

90902000

Mater Hospital

90741211

Ulster Independent Clinic  
Appointments

90687444

#### CONTACT NUMBERS

When the Surgery is closed please  
use these numbers for urgent  
medical advice

90796220

(Out of Hours centre)

6pm-8.30am Weekdays/all  
Weekend and during Bank  
Holidays

MINOR AILMENTS



## MINOR AILMENTS



The Minor Ailments scheme is available. This is a service provided by the local Community Pharmacists where they can give advice and treatment to patients without having to see your Doctor. To be eligible for the service you need to be suffering from one of the conditions covered by the service. Conditions currently covered are: Coughs and Colds, Headlice, Threadworms, Diarrhoea, Hayfever, Athlete's Foot, Vaginal Thrush and Dhoobie Itch.

If you are exempt from prescription charges you can use this service without incurring any costs for your medication. If you are not exempt you will be asked to pay only the retail price for the medication you receive. The pharmacist will not charge you for their advice and time. Pharmacies who provide this service will have this sign displayed on their door. The Pharmacist will ask you to give details about the medicines you are currently taking and will also ask questions about your symptoms. Any information you give to the Pharmacist will of course be in confidence. It is important that if your symptoms persist that you seek further advice from your Pharmacist or your Doctor.



This card is designed to help you know and spot the signs and symptoms of brain tumours in children and young people.

Fortunately brain tumours in children and young people are rare, but they happen.

- A quarter of childhood cancers occur in the brain
- Early diagnosis of brain tumours can improve the outcome
- If you are worried you / your child has a brain tumour, SAY this to your doctor
- The website [www.headsmart.org.uk](http://www.headsmart.org.uk) can provide further information, support and reassurance

Any child or young person with symptoms that are unusual for him or her, or are persistent or unexplained, should be seen by a GP. If you are worried make an appointment with your doctor.

Please remember any child or young person needing urgent medical help should be taken to the nearest emergency department or dial 999.



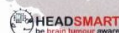
The HeadSmart Campaign is run by a partnership between the Children's Brain Tumour Research Centre (CBTRC) at The University of Nottingham, The Brain Tumour Charity and the Royal College of Paediatrics and Child Health (RCPCH). It is funded and promoted by The Brain Tumour Charity.

If you would like to talk to someone about brain tumours, or the HeadSmart campaign, please contact the Support & Info Line at The Brain Tumour Charity on:

Freephone 0800 800 0004  
Free from landlines and most mobiles  
or email [info@headsmart.org.uk](mailto:info@headsmart.org.uk)

CBTRC Charitable Status Inland Revenue Number: X15294  
The Brain Tumour Charity Registered Charity no: 1150054  
(England and Wales) SC045881 (Scotland)  
RCPCH Registered Charity no: 1027144  
© 2015 CBTRC, The University of Nottingham, The Brain Tumour Charity and RCPCH.

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**HEADSMART**  
be brain tumour aware

This card will give  
you all the information  
you need to be  
brain tumour aware.

Leaflets available at the  
Surgery

[www.headsmart.org.uk](http://www.headsmart.org.uk)

**WHEN  
STROKE STRIKES,  
ACT F.A.S.T.**

[nhs.uk/actfast](http://nhs.uk/actfast)  
[stroke.org.uk](http://stroke.org.uk)



Public Health  
Agency



**FACE.** HAS THEIR FACE FALLEN ON ONE SIDE? CAN THEY SMILE?  
**ARMS.** CAN THEY RAISE BOTH ARMS AND KEEP THEM THERE?  
**SPEECH.** IS THEIR SPEECH SLURRED?  
**TIME.** TIME TO CALL 999 IF YOU SEE ANY SINGLE ONE OF THESE SIGNS

[nhs.uk/actfast](http://nhs.uk/actfast)  
[stroke.org.uk](http://stroke.org.uk)



Public Health  
Agency



W1410



Brain tumours happen...  
Symptoms include:

- Persistent / recurrent vomiting
- Balance / co-ordination / walking problems
- Abnormal eye movements
- Behaviour change, particularly lethargy
- Fits or seizures (not with a fever)
- Abnormal head position such as wry neck, head tilt or stiff neck

If your child has one of these, see your doctor  
If two or more, ask for an "urgent referral"



Brain tumours happen...  
Symptoms include:

- Persistent / recurrent headache
- Persistent / recurrent vomiting
- Balance / co-ordination / walking problems
- Abnormal eye movements
- Blurred or double vision
- Behaviour change
- Fits or seizures
- Abnormal head position such as wry neck, head tilt or stiff neck

If your child has one of these, see your doctor  
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Brain tumours happen...  
Symptoms include:

- Persistent / recurrent headache
- Persistent / recurrent vomiting
- Balance / co-ordination / walking problems
- Abnormal eye movements
- Blurred or double vision
- Behaviour change
- Fits or seizures
- Delayed or arrested puberty, slow growth

If your child has one of these, see your doctor  
If two or more, ask for an "urgent referral"  
Especially if growth or puberty is slow