

SPRING 2017

EASTSIDE SURGERY

Easter Holidays: Mon and Tue 17th & 18th April 2017

Bank Holidays in May - Mon 1st & 29th May 2017

Staff Training - Tue 16th May 2017

52 Patients
Did Not Attend
their GP
appointment in
Feb 2017. These
appointments
could have been
offered to a
patient who
needed it.
We will be contact-
ing ALL patients
who DNA .

DID YOU KNOW?

From February 2017
there has been a
practice pharmacist
working in the surgery.
The pharmacist will be
reviewing patient
medication and
holding Hypertension
and Asthma clinics .

****IMPORTANT ****

PHONE NUMBERS

Very often when we try to contact a patient we find they have changed their phone number. It is important that we have a correct phone number for all of our patients. Please remember to inform reception if you have a new landline or mobile number.



USEFUL TELEPHONE NUMBERS

The Arches Centre	90563303
Ulster Hospital	90484511
Belfast City Hospital	90329241
Royal Victoria Hospi- tal	90240503
Musgrave Park	90902000
Mater Hospital	90902000
Ulster Ind Clinic	90741211
Out of Hours	90796220
Reception	90451000
Repeat Prescription Line	90451212
Emergency lunchtime number	0743 5760079

PHONING TO SPEAK TO A DOCTOR

If you need to speak to a
doctor, please phone
Before 12 noon

From 3rd April 2017 **Phoning to speak to a nurse**

Test results will be given by
the nursing team. If you need
to speak to a nurse, your
name and details will be
added to the nurse telephone
list, the nurse or HCA will
phone you back
after 11.30 am

Belfast City Marathon 2017

This year, staff
from Eastside
surgery are
taking part in
the Belfast City
Marathon to raise funds
for the -



CHEST, HEART & STROKE
Association.

*If you would like to donate
there will be collection
bucket in reception .*

PLEASE REMEMBER

Your prescription will be
ready **in 48 hours .**

REMINDER :

Change to GP sessions:

Dr Thompson:	Mon am & pm Tues am & pm Wed am Thur am
Dr Stevens:	Wed am Fri am & pm
Dr Kennedy:	Mon am & pm Thur am & pm
Dr Mc Kee: (GP Trainee)	Mon am & pm Tues am & pm Wed am

Worried about your memory ?

If memory loss is beginning to affect your everyday life, please seek advice from your GP



WHY SHOULD I BE ACTIVE?

Being physically active helps the risk of some types of cancer. These include bowel and breast cancer, which are 2 of the most common types of cancer.



What is self care?

Self care is about health decisions that people make for them selves and their families to get and stay well, both physically and mentally .

Who else can help me?

Pharmacists are an excellent resource to help with self care. They can advise on simple remedies and medicines to help ease symptoms. They can also advise how long symptoms should last before feeling better.

Why wait? —you don't need an appointment to see a pharmacist. This can also free up more time for your GP. It might make it easier to get a convenient appointment the next time you need one.

Go Ahead treat yourself!

Sometimes it's better to do it yourself

Most common illnesses can be treated by you. By making positive choices and taking control of minor illnesses, you will increase your confidence which is good for your health and wellbeing. Your local pharmacist can provide advice and help you manage minor illnesses.

Think before you order a prescription!

Medicines are available in your local pharmacy to treat:

- Minor aches and pains
- Coughs, colds and sore throats
- Hayfever
- Indigestion
- Nappy rash
- Colic
- Cold sores
- Head lice
- Vaginal thrush

We need your help

Our Health Service has a limited budget. Spending money on treatments for minor illnesses reduces the money available to treat more serious conditions such as heart disease and cancer. Self managing minor illnesses will also help free up GP appointments.

HSC Health and Social Care Board

Choose well

The chance of survival is better when cancer is diagnosed at an early stage.

Keeping active can help prevent thousands of cancers.

Being active keeps a healthy weight, which is another important way to lower the chances of developing cancer

Todaymore people than ever are surviving cancer

10mins exercise at a time or 30mins 5 times a week

If you notice any new or unusual changes to your breasts, see your Doctor