

WINTER 2016/2017

EASTSIDE SURGERY

**60 Patients
Did Not Attend
their GP
appointment in
December 2016**

Staff training : Thurs 26th Jan , Wed 8th Feb and Wed 8th March 2017
The surgery will be closed from 1pm.

PLEASE REMEMBER

**YOUR
PRESCRIPTIONS
WILL BE READY IN
48 HOURS**

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

FLU VACCINATIONS

The flu vaccination programme began on **1st October 2016**
All patients aged 65+ and "at risk" patients (including pregnant women at any stage of pregnancy) should be vaccinated against flu.



DID YOU KNOW

We now have a practice pharmacist working in the surgery . From Feb 2017 he will be reviewing patient medication and running Hypertension and Asthma clinics .

**You can still get
your Flu vaccination
from the
Nurse or HCA**

**Monday—
Friday
9am—11am**



GIVE BLOOD, SAVE LIVES

**1300 UNITS
USED EACH WEEK**



**TRANSFUSED WITHIN
3 TO 4 DAYS**

94%

OF ELIGIBLE
POPULATION
**DON'T
DONATE**

**150
NEW DONORS**

**NEEDED
EACH
WEEK**

500 patients in Northern Ireland need blood or blood products every week. This could be a child with leukaemia, a mother during childbirth, a person undergoing surgery, a person with cancer, or someone involved in an accident.

The complete blood donation process only takes about 45 minutes. We hold almost 1000 sessions at 240 locations and the procedure is completely safe, as all equipment is sterile and only used once.

You can become a donor:

- If you are between 17 and 65 years of age.
- If you weigh at least 50kg (just under 8 stone).
- If you are in good health.

**GIVE BLOOD
Save Lives**



Northern Ireland
Blood Transfusion Service

Text BLOOD to 60081 - Visit www.nibts.org - Call 0500 534 666

SHINGLES VACCINATION

The new shingles vaccine is being phased in over the next few years. This is the 4th year the vaccine has been offered in the UK.

All people aged 70yrs -born between 2/9/45 - 1/9/46).

All people 78yrs born between 2/9/37- 1/9/38 will be offered the vaccine .

Change to GP sessions from October 2016

Dr Thompson: **Mon am & pm**
 Tues am & pm
 Wed am
 Thur am

Dr Stevens: **Wed am**
 Fri am & pm

Dr Kennedy: **Mon am & pm**
 Thurs am & pm

Dr Mc Kee: (GP Trainee)
 Mon am & pm
 Tues am & pm
 Wed am
 Fri am & pm

PHONING TO SPEAK TO A DOCTOR

If you need to speak to a doctor,
please phone

Before 12 noon

reception staff will ask for
the following information:

- ◆ Your name
- ◆ Telephone number
- ◆ Brief reason for your call
 - ◆ Is it urgent
- ◆ How long have you had the symptoms

Doctors will assess and triage all
calls received and contact
patients at an appropriate time.

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 pharma-
cist. This can
also free up
more time for
your GP. It might
make it easier
to get a conven-
ient appoint-
ment 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.

Choose well



Does my child need an antibiotic?



Patient information leaflet on common
infections in children: Coughs, Colds
& Sore Throats, Runny/Blocked Nose

HSC Health and
Social Care

Treatment options to ease my child's symptoms

Rest	To help your child's own immune system fight the infection.
Pain & fever relief	Treat with paracetamol or ibuprofen. Do not give more than the recommended doses.
Fluids	Give your child plenty of fluids to avoid dehydration. Avoid food and drinks that may irritate a sore throat.
No smoking	Make sure no-one smokes around your child.
Over-the-counter medicines (OTC)	Ask your community pharmacist for advice. <i>Cough and cold medicines bought OTC are not recommended for children under 6 years of age.</i>