

WINTER 2017

EASTSIDE SURGERY

STAYWELL
THISWINTER

www.nidirect.gov.uk/stay-well

Staff training afternoon: Wednesday January 17th 2018

CHRISTMAS & NEW YEAR CLOSURES

Friday 22nd Dec—Normal Surgery hours .

Closed Mon 25th & Tues 26th December
Phone OOH service 02890796220.

Wednesday 27th—Fri 29th Dec - Normal
surgery hours.

Closed Mon 1st Jan 2018
Phone OOH service 02890796220.

Please remember to check that you have
enough medication for over the holiday
period. If medication is due, please order in
time so that it is ready for collection.
(PLEASE NOTE: ONLY IF YOUR MEDICATION
IS DUE)

PROTECTING YOUR CHILD AGAINST FLU

The annual vaccination programme includes all
children aged 2–11 yrs. A nasal vaccine will be
offered.

- All pre school children born between 2/7/13
and 1/9/2015 will be offered the vaccine at
the surgery .

PHONING TO SPEAK GP

If you need to speak to a doctor,
please phone

Before 12 noon

**ONLY EMERGENCY calls will
be taken after
12 noon**

FLU VACCINATIONS 2017

The flu vaccination programme
began on

1st October 2017

All patients over 65years and
those “at risk” patients (including
pregnant women at any stage of
pregnancy) should be vaccinated
against flu. It is important that you
get your flu vaccination to fight
off infection. You can get your flu
vaccination Monday—Friday
9am—11am

PLEASE REMEMBER

Your prescription will be ready
in 48 hours

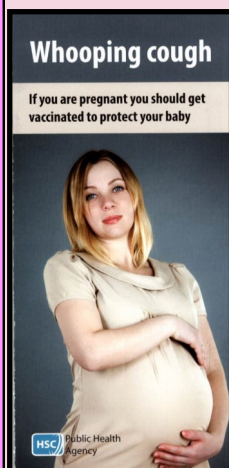
You do not need to phone to check.

Dental Problems

If you have a dental problem i.e a toothache with or without an abscess. Please contact your Dentist. It is not necessary to make an appointment with your GP. The GP will not issue Antibiotics for dental issues.

Whooping cough vaccination

The best time to be vaccinated to protect your baby is from 16 weeks of your pregnancy.



If you are 16 weeks + you can receive your vaccination from your GP. If you are in the later stages it is still beneficial to get the vaccine.

Shingles vaccination

The shingles vaccine is being phased in over the next few years. All people aged 70yrs on 1/9/17 will be offered the vaccine as well as those aged 78yrs on 1/9/17. People who are now aged 71,72,73,74, or 79 yrs of age who have not already received the vaccine remain eligible to receive the vaccine during 2017/18.



The vaccine will then be rolled out to other people in the seventies age group in future

USEFUL TELEPHONE NUMBERS

The Arches Centre	90563303
Ulster Hospital	90484511
Belfast City Hospital	90329241
Royal Victoria Hospital	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

MEN ACWY vaccination

If you were born between 2/7/1996 & 1/7/2001 and you have not received the MenACWY vaccine. You are still eligible to receive the vaccine up until the age of 25yrs.

Learn how to take control of your pain

Living with long term pain can make you feel anxious, frustrated and angry, which lead to tense muscles, adding to your pain. You might have difficulty sleeping and conducting day to day activities that you previously enjoyed, which can leave you feeling even more frustrated and anxious.

Arthritis Care NI 's workshops will help you break this cycle they will help you manage the physical and emotional impact of living with pain.

E-mail: nireland@arthritiscare.org.uk

www.arthritiscare.org.uk

Pick up a leaflet from reception area.

Living with chronic pain?

Struggling to cope?

Don't know what to do?

LEARN HOW TO
TAKE CONTROL