

Summer 2021

# EASTSIDE SURGERY



July Holidays: Monday 12th July + Tuesday 13th July

## COVID 19

### Appointments

Due to the COVID 19 pandemic we suspended our appointments and at present we will not be able to offer routine appointments with a GP. This is to reduce chance of transmission of COVID 19 to other patients and staff.

Whilst we are unable to offer routine appointments we have remained open throughout the pandemic and are

using telephone consultations instead. We have the technology to provide video consultations. If you feel you need to see or speak to a doctor please phone the surgery between 8.30 am—10.30 am , on the usual number 02890451000. A member of our reception team will take your details and the member of our practice team who is best placed to help you will phone you back. You will be allocated an appointment at the surgery if required. If given an appointment you will have your temperature checked on arrival at the side window and asked to wear a mask and to sanitise your hands on entering the surgery. We have extra staff to answer phone calls to try and make this transition as smooth as possible and to reduce any disruption. We will continue to up date you on changes .

Thank you for your patience.

## COVID 19 Symptoms

**DO NOT** Come to the surgery if you or a member of your family have symptoms of COVID 19 or have been asked to isolate , as this puts other patient and our staff at risk. Phone the surgery, let the GP know your symptoms and you may be referred to the COVID centre.

## Covid Vaccination - Update 24/6/21

The Department of Health announced that Northern Ireland 's Covid vaccination centres are now offering 1st dose appointments to everyone aged 18yrs and over, as part of the drive to get as many people vaccinated as quickly as possible . Community pharmacies continue to be available to book a vaccination for those over 40yrs and over.

To book online go to <https://covid-19.hscni.net/get-vaccinated>

For those who cannot book online , appointments can also be made by phoning 0300 200 7813

You should not book if you have already have a vaccination appointment with your GP surgery or Community Pharmacy

## Remember

For safety - we are trying to reduce the number of people who attend the surgery. Nominate a pharmacy to collect your prescription. Prescriptions will only be given to pharmacies and ensure ensure your medication is ordered in time. Your prescription will be ready in **48 working hours**



Get active for better blood pressure. Exercise programmes such as walking, jogging or gym sessions are effective at lowering blood pressure. If you have high blood pressure, always talk to your GP before taking on any new exercise regime.

## 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

## Phoning to speak to a Doctor

If you need to speak to a doctor, please phone the surgery between 8.30—10.30 am.

No **routine** call back request will be taken after

## 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

## Update on clinics

Our childhood vaccination clinic and CBT clinic are running as usual.

To ensure appropriate social distancing our treatment room capacity has dropped.

We continue to perform essential services (for example INR, Amber drug, Diabetic blood level monitoring, as well as many others). We plan to have our Asthma monitoring reviews carried out via video consultations.

Antenatal clinics for Eastside mums to be are being held at The Arches Centre.

## STAY SAFE IN THE SUN



We all love a sunny day, but it is important to protect yourself and be mindful of how long you have been outside. Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. Even the sun in the UK can be strong enough to cause damage to your skin. Sunburn



can easily catch you out especially if you have fair skin, moles or freckles, red or fair hair or light coloured eyes. It is important to protect yourself when the sun is strong.