

# NEWSLETTER

## Spring 2018

### Additional appointments available at this practice

We are making even more appointments available for patients at this practice. Additional appointments can be booked between the end of January to the end of March 2018. This is because we know that there are times you want to be able to see a GP at short notice. We also know that over winter lots of people have seasonal illnesses which require more than a pharmacy but don't need emergency treatment.

The extra appointments are bookable by our GP's when they call you back after you have booked a telephone call.

If you haven't yet signed up for GP Online services simply call into the practice and ask about it or go to our online registration page here <https://yaxleygp.secure-gpsite.nhs.uk/online-application> We'll need some proof of ID and we can sign you up there and then. GP Online Services makes it easy to book appointments online and request repeat prescriptions. Find out more about this on [www.nhs.uk/GPonlineservices](http://www.nhs.uk/GPonlineservices)

If you are not able to attend an appointment you have booked, for whatever reason, please let us know. We can then offer that appointment to someone else who needs it.

Alternatively, there are a wide range of other local NHS services available, including:

- **NHS 111**

NHS 111 can help residents if they need medical help or advice urgently but it's not a life-threatening situation. Open 24/7, 365 days a year, NHS 111 connects patients to a team of fully trained call advisers who are supported by experienced nurses, paramedics, and GPs.

They will ask questions to assess the symptoms, and give healthcare advice or direct the caller to a local NHS service. If necessary, they can also call an ambulance or direct people straight to A&E. Calls to NHS 111 are free from a landline or mobile phone.

'A Caring Partnership For Life'

The Health Centre, Landsdowne Road, Yaxley, Peterborough, PE7 3JL – 01733 240478  
[www.yaxleygp.nhs.uk](http://www.yaxleygp.nhs.uk)

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- **GP out-of-hours service (OOH)**

You can access the GP out-of-hours service by calling NHS 111. The NHS 111 team will assess your condition over the phone and if they think you need to be seen by a health professional, they will refer you to the OOH GP service.

- **Self-care**

Many minor illnesses can be treated at home with basic medicines that are available from your local pharmacy. Stocking up on essential medicines can help you avoid a trip to the GP or even A&E. Medicine cabinet essentials include:

- painkillers such as aspirin, paracetamol, and ibuprofen
- anti-diarrhoea tablets and rehydration powders
- indigestion treatment
- bandages and plasters
- antiseptic cream or spray
- first aid kit

- **Pharmacies**

Local pharmacies can offer expert advice and treatment for a wide range of common conditions and minor injuries. Pharmacies can help with a range of things including aches and pains, hangovers, colds, emergency contraception, and non-prescription medication. General opening times for pharmacies can be found at [www.nhs.uk](http://www.nhs.uk)

- **Minor Illness and Injury Units**

There are a number of Minor Illness and Injury Units (MIIU) across the county that can treat a range of minor illnesses and injuries such as sprains and strains, broken bones, minor burns and scalds, minor head and eye injuries, bites and stings. No appointment is needed.

**Peterborough MIIU**

Monday – Sunday: 8am-8pm

Bank holidays: open 8am-8pm

## Travel Vaccinations

Our travel clinics have now restarted, although there is still a national and global shortage of the Hepatitis B vaccine.

Please ask at reception for a Travel Health questionnaire; one has to be completed for each person who is traveling. Once completed please return to reception and they will give you an

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appointment with one of our nurses to discuss and give you the vaccinations required for your destination.

If you are planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. Vaccinations are available to protect you against many travel related infections, such as Yellow Fever, Typhoid and Hepatitis A. You don't always need vaccinations to travel abroad. If you do, the type of travel jabs you need depends on which country you are visiting and what you are doing.

***If travelling to Europe please look on the Fit for Travel Website where you will find all the information you need <http://www.fitfortravel.nhs.uk/home> if vaccinations are required then please contact Reception who will make you an appointment to attend one of our clinics***

*Please allow at least **4 weeks** before you are due to travel, because some vaccinations need to be given well in advance to allow your body to develop immunity and some involve multiple doses spread over several weeks.*

**PLEASE DO NOT LEAVE IT UNTIL THE LAST MINUTE**

**NO SMOKING DAY  
WEDNESDAY 14<sup>TH</sup> MARCH 2018  
Do you need help to stop smoking?**

Our smoking cessation advisor provides one to one support and encouragement to people who wish to stop smoking. There are regular clinics on Thursday afternoons which can be booked directly via Reception. You do not need to see a Doctor first.

***You are four times more likely to quit with help from the NHS.  
If you have tried already to quit but been unsuccessful please try again as help is available.***

**Appointments are available on Thursdays**

<http://smokefree.nhs.uk>

Help to stop smoking is available from CAMQUIT the Cambridgeshire stop smoking service. For help and advice: Ring 0800 018 4304 or visit

[www.camquit.nhs.uk](http://www.camquit.nhs.uk)

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**Dr. Stephanie Betts-Masters**

We send belated but heartfelt congratulations to Dr. Betts-Masters and her husband on the birth of their daughter, Florence Margaret who was born on the 10<sup>th</sup> December 2017.

All are doing well

**Staff**

Debbie Milner, Finance and Facilities Manager, Sue Watson, Practice Nurse and Sharon Godfrey, Clinical Administrator have left us for pastures new. We wish them all the very best for the future.

We would like to welcome Jonathan Pudney, Emergency Care Practitioner who joined us in January

**Registrar**

Dr. Kehinde Adams joined us in December and will be with us for 14 months. We hope she enjoys her time with us.

**Monthly Closures Date**

The Practice will be closed on Wednesday 21<sup>st</sup> March 2018  
Between 12.30pm and 4pm

Emergency Telephone 01733 240478

**Easter Holidays**

The surgery will be **closed** on Good Friday, 30<sup>th</sup> March 2018 and  
Easter Monday 2<sup>nd</sup> April 2018  
We will be open Saturday morning 31<sup>st</sup> March 2018

**Please ensure you have sufficient medication for that period and orders for necessary repeat prescriptions should be made as early as possible in advance.**

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