



Practice Newsletter

Winter 2016



Christmas opening times

Fri 23 Dec -	08:00 - 18:30
Sat 24 Dec -	Closed
Sun 25 Dec -	Closed
Mon 26 Dec -	Closed
Tues 27 Dec -	Closed
Weds 28 Dec -	08:00 - 18:30
Thurs 29 Dec -	08:00 - 18:30
Fri 30 Dec -	08:00 - 18:30
Sat 31 Dec -	Closed
Sun 1 Jan -	Closed
Mon 2 Jan -	Closed
Tues 3 Jan -	08:00 - 18:30
Weds 4 Jan -	08:00 - 18:30
Thurs 5 Jan -	08:00 - 18:30
Fri 6 Jan -	08:00 - 18:30

**Last day for ordering medication before
Christmas - Wednesday 21 December**
**Last day for ordering medication before
New Year - Wednesday 28 December**

DO YOU KNOW WHICH SERVICE TO USE WHEN YOU ARE UNWELL?

When the GP surgery is closed please redial the
freephone number 111



You should use the NHS
111 service if you
urgently need medical
help or advice but it's not
a life-threatening
situation.

Call 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or
- need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

It is estimated that every year, 50 million visits to the GP are made for minor ailments such as coughs and colds, mild eczema and athlete's foot.

Instead of booking and waiting for a GP appointment, you can visit your local pharmacist any time – just walk in.

All pharmacists can recognize many common health complaints. They can give advice or, where appropriate, medicines that will help clear up the problem.

If your problem is more serious and needs the attention of a GP, your pharmacist will recognize this and advise you to see your GP instead.

Your pharmacist may be able to help with:

- skin conditions, such as mild acne and mild eczema
- coughs and colds, including nasal congestion and sore throat
- minor cuts and bruises
- constipation and haemorrhoids (piles)
- hay fever and allergies
- aches and pains, such as headaches, earache and back pain
- indigestion, diarrhoea and threadworms
- period pain and thrush
- warts and verrucas, mouth ulcers and cold sores
- athlete's foot
- nappy rash and teething

Go to your GP or a walk-in centre for:

- suturing or wound and dressing care
- muscle and joint injuries, including strains and sprains
- lacerations, cuts, fractures, severe strains and sprains
- infected wounds and foreign bodies

Go to accident and emergency (A&E) for:

- head injuries or loss of consciousness
- suspected broken bones or heavy blood loss
- persistent chest pain or difficulty breathing
- overdose or poisoning

You can also find lots of helpful advice online at www.nhs.uk.

Have you had your flu vaccination?

We would like to thank our patient group for helping out at our Saturday morning flu clinics this autumn. We held four dedicated sessions and managed to vaccinate approximately 1000 adults and children during these sessions. We also made these events more sociable by having the patient group serve refreshments and we held a community event inviting visitors from Age UK, Diabetes UK, The Carers Support Centre and Wellaware to come and introduce themselves to our patients. Members of our patient group also ran a tombola and cake sale which has raised a healthy donation for local charities. More news on that in the Spring newsletter.

More than 3000 of our patients are eligible for the seasonal influenza vaccination and to date we have vaccinated about 2000. This means there are still lots of patients who could benefit from the increased protection offered by having a seasonal flu vaccination.

If you are eligible, ie you are over 65, under 5 or in an 'at risk', group please book an appointment now. If you are eligible but don't wish to have a vaccine this year please let us know so that we do not waste resources by continuing to invite you this year. Children aged 5,6 or 7 will be offered the flu nasal spray via their school nurses.

We also use the flu sessions as an opportunity to offer pneumococcal and shingles vaccination. Again if you are eligible please ask at reception and we will be happy to book you an appointment. If you are not sure ask as the receptionists can quickly check to see if you are due a vaccination. As a general guide:

A **pneumococcal infection** can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS. These include:

- babies
- adults aged 65 or over
- children and adults with certain long-term health conditions, such as a serious heart or kidney condition

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it.

From 1st September 2016 the shingles vaccine is routinely available to people aged 70 and 78. You become eligible for the vaccine on the first day of September 2016 *after* you've turned 70 or 78 and remain so until the last day of August 2017.

In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. This includes:

- people aged 71, 72 and 73 on 1 September 2016
- people aged 79 on 1 September 2016

The shingles vaccine is not available on the NHS if you are aged 80 or over. For more information visit: www.nhs.uk.

Happy Retirement Janet!

We will be very sorry to say goodbye to Janet Steer, one of our longest serving receptionists, when she retires at the end of January. Janet joined the practice in July 2002 and originally worked at our Eastville Branch surgery. Janet moved to the Fishponds site when the new premises were finished in 2006 and soon settled in as one of our Fishponds Reception Team. She has made many friendships over the years with colleagues and patients alike and we will all miss having her around. We would like to take this opportunity to publically thank her for all her hard work, loyalty and flexibility over the years and to wish her a very happy healthy and lengthy retirement.



Receptionist Janet, retiring in January 2017

If you would like to submit an article for inclusion in the newsletter please contact the practice manager. Our practice details are: Beechwood Medical Practice, Fishponds Primary Care Centre, Beechwood Road, Fishponds, Bristol, BS16 3TD. Tel 0117 9082360, fax 0117 9082354, website: www.beechwoodmedicalpractice.co.uk