



Elm Hayes Surgery Patient Newsletter Autumn 2015

Opening Hours

Mon – Fri 8am – 6.30pm

Extended Opening Hours

Our extended opening hours are offered on Monday evenings from 6.30pm – 7.30pm and some Saturday morning appointments are available.

With effect from October 2015 we will also be offering appointments on Monday evenings for diabetic checks, copd and asthma checks and annual healthchecks for our patients who cannot get here during the normal working day.

Out of Hours Emergency Telephone Number

111

Surgery Closure

We are closed for staff training from 1pm on the following afternoons:-

Wednesday 9th December 2015

Wednesday 10th February 2016

During these afternoons cover is provided for us by BDUC on 0300 123 1773.



Antibiotic Awareness Day 18th November 2015

Key Messages for the General Public

Antibiotic-resistant bacteria are a danger to us all because they cause infections that are difficult to treat.

Antibiotics do not work like painkillers and cannot relieve headaches, aches, pains or fevers.

Many winter illnesses can cause the same symptoms, but they might not require the same treatment. If you have been prescribed an antibiotic for a previous illness and have recovered well, you should never use left over supplies to treat a new illness or share these with family and friends.

Taking antibiotics against a cold or the flu has no benefit for you: antibiotics simply do not work against viral infections [9-12]. In addition, antibiotics may cause several unpleasant side effects such as diarrhoea, nausea or skin rashes.

Your pharmacist may recommend over-the-counter medicines to help alleviate your symptoms

Most importantly ... take the time to get better

Indicative duration of symptoms - common illnesses

Ear infection	up to 4 days
Sore throat	up to 1 week
Common cold	up to 1 ½ weeks
Flu	up to 2 weeks
Runny or congested nose	up to 1 ½ weeks
Sinus infection	up to 2 ½ weeks
Cough (which often happens after a cold)	up to 3 weeks



Flu Clinic News

We are now taking bookings for flu vaccinations.

Are you eligible for a flu vaccination??

Are you 65 or over??

Are you currently pregnant??

Are you on chemotherapy??

Are you between 6 months and 64 years with a chronic disease (eg severe asthma, copd, heart disease or diabetes)??

Are you a carer??

If so please ask at reception for an appointment



This year we are also offering the Shingles vaccination in our Saturday. If you were born between 02/09/1942 to 01/09/1945 and 02/09/1935 to 01/09/1937, you are eligible for Shingles AND the Flu vaccination.

All children born between 01/09/2008 to 31/08/2013 are eligible for the flu nasal spray; these are also done at our clinics.

Staff News

Sarah Sculz joins us this Autumn as a Practice Nurse. Sarah has lots of experience in working in the community and will be joining the Nursing Team in November.

We have recently appointed a locum GP to work with us over the winter months. Dr Chandana Marigowda is a GP who has recently moved to the area from South Wales. Dr Marigowda will be working with us until January.

Friends and Family Test

Friends and Family Test Please visit the ipad in the waiting room and complete the short survey or whilst visiting the Doctor or Nurse please ask for a paper copy to complete and hand to Reception.