

St Michael's Partnership Autumn Newsletter



*****FLU CAMPAIGN 2017*****

St Michaels Surgery—Thursday 26th October & Thursday 9th November

Beehive Surgery—Friday 3rd November & Friday 10th November .

All those eligible patients are asked to make an appointment in one of these clinics. If you have an appointment already booked with a nurse or GP please ask to have your flu jab during this time.

TEXT Appointment Reminders

In the next couple of months the surgery will be switching on TEXT Reminders for appointments. Please can you ensure that we have your current up to date mobile telephone number. If you wish to opt out of receiving reminders please let reception know and your records will be updated.

This service will not be activated for patients aged 13 to 16 years unless specifically requested.

OUT OF HOURS

Please call 111 when it is not a
999 emergency

Emergencies - Out of hours
6pm—8am

Weekdays, Weekends
and Bank Holidays.



Reception Area

If you feel that you would like to speak to a Receptionist in a more confidential setting than the front desk, please ask and a private room will be made available.

Comings & Goings

Sadly Dr Trudie Withey will be leaving the surgery at the end of September, we wish her well. Dr Irina Bardsley will be joining from 18th September 2017. We also welcome Tracey to our Reception team but will be saying goodbye to Amy as she awaits the arrival of her new baby and goes on maternity leave.

St Michael's Surgery Patient Participation Group

Our next Patient Forum meeting is on Tuesday 14th November at St Michaels at 6pm. .

If you have some spare time on your hands and would like to have your voice heard, please volunteer to join our group by contacting Julie on 01225 428277 or by sending an email to bscsg.stmichaelsurgery@nhs.net.

We would love to hear from you. Our next meeting is on Tuesday 14th November 2017 at St Michael's.

How to treat a common cold

You can manage cold symptoms yourself by following some simple advice. You'll normally start to feel better within 7 to 10 days.

Until you're feeling better, it may help to:

Drink plenty of fluids to replace those lost from sweating and having a runny nose

Get plenty of rest

Eat healthily – a low-fat, high-fibre diet is recommended, including plenty of fresh fruit and vegetables. Over-the-counter cold medications

The main medications used to treat cold symptoms are:

Painkillers – such as paracetamol and ibuprofen, which can help relieve aches and a high temperature (fever).

Decongestants – which may help relieve a blocked nose.

Cold medicines – containing a combination of painkillers and decongestants.

ALL OF WHICH ARE AVAILABLE OVER THE COUNTER AT YOUR LOCAL PHARMACY OR AT THE SUPERMARKET.

