

Hucclecote Surgery



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Dr Paul Hodges & Partners

Nov 2016– Jan 2017

The sneezing season!

Many of us will have a cold, sore throat or other minor illness at some point during the winter and some of us will have flu. The most common winter illnesses will usually get better without the need to see a doctor.

Here are some tips to help you keep well and self-care through the winter months:

- 1. Treat yourself at home:** Colds, flu and most sore throats do not need antibiotics and you can treat your symptoms at home. Make sure you get lots of rest, drink plenty of water and take pain relief, such as paracetamol or ibuprofen, if you need them. Colds/sore throats etc can last up to 2 weeks!
 - 2. Order repeat prescriptions and book your flu jab in good time:** If you take regular medication make sure you order your repeat prescriptions from your GP surgery in good time. And if you're eligible for a flu jab - it is available free from your GP if you are over 65, pregnant or have a long-term condition such as heart failure, diabetes or respiratory disease.
 - 3. Speak to your pharmacist:** Your local pharmacist can recognise many common health complaints. They can give advice or, where appropriate, medicines to help you manage the symptoms. If your problem is more serious or you need medical advice, your pharmacist will advise you to contact your GP.
- You can also ask your pharmacist what over the counter remedies to keep in your medicine cabinet at home to help get you and your family through the winter months.
- 4. Check online for information and advice:** There is lots of information on the NHS websites about how to keep well, check your symptoms or use self-care to stay healthy and treat common winter illnesses such as colds, sore throats and flu.

Visit NHS England: <http://www.nhs.uk/pages/home.aspx>

You can also get advice on how to self-care, including leaflets to help you manage the most common ailments from the Self Care Forum website: <http://www.selfcareforum.org/>

Thank you

Due to the generosity of the patients and staff the surgery raised £381.64 at their recent flu day - donated to MacMillan Cancer



New Receptionist

We are pleased to introduce Sarah who has recently joined the practice.

Sarah is an experienced receptionist and administrator but is new to the world of General Practice – please be patient whilst Sarah receives the training she needs to become a first class GP receptionist.

New Diabetic Nurse

Nicola is joining our team of Practice Nurses in the middle of November.

Nicola is a very experienced nurse and joins us from the Community Team where she was covering two GP surgeries and three residential homes; she has a wealth of nursing experience.

Test Results

It is the responsibility of the patient to ensure they contact the surgery to obtain test results.

Results are available from
9.00am to 3.00pm daily
by dialling
01452 617295 option 2

Electronic Prescription Service (EPS) - saves time, money, paper & resources!

If you get regular prescriptions the Electronic Prescription Service (EPS) may be able to save you time by saving you unnecessary trips to your GP. Requests still need to be made in your normal way (in writing, on-line or via the chemist).

EPS makes it possible for your prescriptions to be sent electronically to the pharmacy or dispenser of your choice.

Choosing a pharmacy or dispensing appliance contractor to process your EPS prescription is called nomination. This means, you will no longer have to collect a paper repeat prescription from your GP practice and instead you can go straight to the nominated pharmacy or dispensing appliance contractor to pick up your medicines or medical appliances.

Because your pharmacist has already received your electronic prescription, they may be able to prepare your items in advance, so you just have to pick it up with no extra wait. However, this will depend on the capacity of pharmacists on the day and may not be possible all the time.

You don't need a computer to use EPS. You can use the Electronic Prescription Service by nominating your pharmacy with reception.

Do we have your correct contact details?

To help us to get in touch with you please ensure we have your up-to-date personal information, this includes:

- Name
- Address
- Home telephone number
- Mobile telephone number
- Email address



The surgery will be closed for the Christmas holidays:

Saturday 24th

Sunday 25th

Monday 26th

Tuesday 27th

Saturday 31st

Sunday 1st

Monday 2nd

Normal out of hour's service will apply (dial 111).

Normal hours will apply to all other dates in December & January

NB: we are closed for staff training 3rd

Wednesday of every month.

Easy way to order repeat prescriptions & book appointments without leaving the comfort of your home.....

Sign up to our online services by bringing one form of ID into reception, you will then be issued with a unique user name and password, so that the next time you need to order your repeat prescriptions or book appointments it will be as easy as ABC!

Nominate a pharmacy: repeat prescriptions will be sent electronically and direct to the pharmacy of your choice, which means only one journey to collect and normally is more time efficient.

Visit reception and sign up today.

*The Partners & staff at Hucclecote Surgery
would like to wish their patients
a very Merry Christmas and a Happy & Healthy New Year*

