

Bridge Street



Autumn 2018

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# Surgery News

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**CLOSED**  
GPs will be absent 12<sup>th</sup>  
September PM

Staff Training 1<sup>st</sup>  
November 12.00 – 15.00

## Specimen samples

Need your name and date of birth in one of  
our yellow topped containers.  
Unlabelled specimens will NOT be tested  
Please hand in before 3.00pm

## Repeat prescriptions

Repeat prescriptions can be  
collected **THREE** days after  
request.

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### ***FLU VACCINE EXPLAINED***

For 2018, there are 3 types of flu vaccine:

- a live quadrivalent vaccine (which protects against 4 strains of flu), given as a nasal spray. This is for children and young people aged 2 to 17 years eligible for the flu vaccine
- a quadrivalent injected vaccine. This is for adults aged 18 and over but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine
- an adjuvanted injected vaccine. This is for people aged 65 and over.

Those who are eligible for a free flu vaccine is anyone aged 65 and over, pregnant women, children and adults with an underlying health condition (such as long-term heart or respiratory disease) and children and adults with weakened immune systems.

The Surgery provides vaccine for all adults who are eligible and children aged two and three, children outside of this range will be vaccinated at school.

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## ***How much do you know about Flu?***

### NURSES

Child Flu Clinics will be  
texted to parents of  
eligible children (those  
aged 2 or 3 years)

Please make sure we have  
up to date contact  
information so your child  
doesn't miss out.

Have you checked out our  
display boards these hold  
great information and are  
updated regularly?

### DISPENSARY

Dispensary call times are  
exclusively:

9.00am – 10.00am  
2.00pm – 3.00pm

### RECEPTION

Bridge Street Surgery  
Health Roadshow 2018  
Friday 19<sup>th</sup> October  
9.00am – 13.00pm  
Downham Market Town  
Hall

### ADULT FLU CLINICS

**Sunday 7<sup>th</sup> October 8.30 – 12.00**  
**All Eligible Adults**

**Friday 19<sup>th</sup> October 9.30-12.30**  
**65 and Over ONLY at Town Hall**

**Sunday 4<sup>th</sup> November 8.30 – 12.00**  
**All Eligible Adults**

# GENERAL INFORMATION

## Surgery Insights

"Hi I really need to be seen today and it's urgent but I'm at work and won't be home until 5.00pm can you give me an appointment after that?" this is an example of how most calls after 3.00pm start.

Usually by this time our clinic appointments are full and we only have urgent appointments left. Our Receptionist will ask what the appointment may be regarding and assess the most appropriate avenue for care; this may be the Pharmacy, Minor Injuries, A&E or a GP appointment.

If a GP appointment is recommended the Receptionist will offer an Urgent appointment, which will be our next available appointment with any GP. Flexibility by patients is key, we will always see patients when needed, but when it's urgent we would hope patients would be able to attend the appointment offered.

## WHEN CAN I TALK TO MY DOCTOR?

Your Doctor takes calls for advice and results as follows:

Dr Scott	1.30 – 2.00
Dr Holmes	2.00 – 2.30 (on working days)
Dr Hambling	12.00 – 12.30
Dr Wroblewska	11.30 – 12.00
Dr Purbey	11.30 – 12.00
Dr Lockrane	11.30 -12.00
Dr Malik	1.00 -1.30

Dr Holmes takes phone calls during the time specified. All other Doctors calls can be booked that same day before the call time.

## Charity of the month

September – FLU  
October – Health Roadshow Promotion  
November – Age UK

Do you know of a charity or organisation you think may benefit from being a charity of the month or do you know of an organisation you want to know more about please contact our reception team to put an organisation forward

## Antibiotics

Antibiotics DON'T work for everything, like a cold or flu. If you take antibiotics for the wrong thing they may not work when you really need them to.

All of the below symptoms can be aided by seeing your local Pharmacist and don't require a GP appointment unless the problem persists: Cold, Flu, Norovirus, Sore throat, Cold Sores, Dry Skin.

## WHEN IS MY DOCTOR AVAILABLE?

The Doctors are available morning and evening with the following exceptions:

Days off -

Dr Scott: Thursday (afternoon only)

Dr Malik: Tuesday

Dr Wroblewska: Friday

Dr Holmes is part times and is available Tuesdays, Thursdays and Fridays

Dr Hambling is part time and is available Wednesday afternoon and Friday all day

Dr Lockrane is part time and is available Monday all day and Thursday all day and every Tuesday morning.

Dr Purbey is part time and is available Monday and Friday all day and Tuesday, Wednesday and Thursday mornings.

These days may change if Doctors are on annual leave.

## Health Monitor

Have you seen our new Health monitor in the waiting room, this can check your height, weight, BMI and blood pressure. Pick up a token from Reception and then take instructions from the machine. If you would like your results added to your record please hand the printed results slip into reception to be scanned.

