



NEW SOUTHGATE SURGERY PATIENT PARTICIPATION GROUP

Newsletter Spring 2019

TRAVEL VACCINATION CLINICS

The Practice Nurses run a travel clinic on Tuesday and Thursday in the surgery to provide travellers with information, advice and vaccinations for their travel plans. It is important that patients consider booking for travel health advice at the earliest opportunity when planning travel, as our clinics do get booked up very quickly and if vaccinations are required then, often, we are working to a tight time frame so that patients are fully covered before travel. Most vaccinations need to be given by 2 weeks before travel and some vaccinations require multiple injections over a month or more.

Vaccines that are free on the NHS, such as tetanus, Hepatitis A and Typhoid, are kept in stock at the surgery, but if you need additional vaccinations there is often a need to order these or issue a private prescription and there would be a cost associated with this.

During the travel health consultation, we also discuss malaria risk and advice about other diseases spread by mosquitoes, as well as discussing risks that cannot be prevented by vaccines.

When booking your appointment, you will be asked to complete a short questionnaire – it is important to give us as much information as possible before your appointment so that we can research your destination and the relevant advice before you attend.

If we have no clinic appointments available before you travel, you may be advised to seek advice at a private travel clinic. There is a MASTA Travel Clinic at the Lloyds Pharmacy in

Pinderfields Hospital and both Boots and Superdrug in Leeds run private clinics.

Useful websites for travel advice are: www.fitfortravel.nhs.uk; www.travelhealthpro.org.uk; and www.gov.uk/foreign-travel-advice

SYSTMONLINE PROMOTIONS

On three separate occasions in January, February and March members of the PPG and Practice Admin staff were on hand to advise patients about access to online services.

Once registered for Systmonline, patients can book GP appointments, order repeat prescriptions and access a summary medical record. This is a very useful resource and is patient friendly.

For further information please see the Practice website at:

www.newsouthgatesurgery.co.uk

or request further details at reception.

IMPORTANT CLOSURE DATES

The Practice will be closed on the following dates:

May Day	6 th May 2019
Spring Bank	27 th May 2019

If you need urgent medical advice or care on those dates there are a number of options, as detailed at the back of this newsletter.

INs AND OUTs

There have been some changes at the surgery, as follows;

Jack Wright (admin) and Emilie Stewart (receptionist) have left us.

Chloe Horner and Dr K Heels are currently on maternity leave and Becky Wheatley is due to go on Maternity leave at the end of April.

Joining the Practice are Sasha Richardson (receptionist), Laura Eccles and Sarah Philpott (both admin) Shaein Rehman (HCA/Phlebotomist) and Dr E Umoh.

CHANGING YOUR DETAILS?

If you are moving home, or have a new contact telephone number, please inform the surgery as soon as you can. It is vitally important that we are able to contact you by telephone or email.

Sometimes test results require a change of treatment, or for you to see a doctor, and the surgery needs to contact you urgently. Your correct address will ensure that any communications do not go to the wrong address.

Despite moving house being a stressful time please remember to add the surgery to the list of organisations you need to inform of your new contact details.

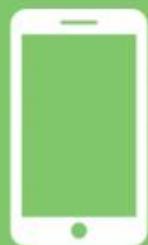
Don't forget to tell us how we are doing when you next visit the surgery. Forms can be found in the waiting room or on our website at www.newsouthgatesurgery.co.uk. For more information, please see the link below;

The NHS Friends and Family Test
www.nhs.uk/friendsandfamily



Self care

Hangover.
Sore throat.
Coughs.
Colds.
Small cuts.



NHS 111

Not sure?
Confused?
Need help?
Overnight.
Early hours.



Pharmacy

Diarrhoea.
Runny nose.
Painful cough.
Headache.
Skin irritation.



GP practice

Unwell.
Vomiting.
Ear pain.
Not getting better.



Urgent care

Minor injury.
Minor illness.
Not life-threatening.



A&E or 999

Choking.
Chest pain.
Blacking out.
Blood loss.
Unconscious.

Many minor illnesses and injuries can be treated in your home by using a well stocked medicine cabinet and plenty of rest.

Some self care essentials include:

- Ibuprofen
- Paracetamol
- Anti-diarrhoea & indigestion tablets
- Plasters
- Thermometer.

If you're feeling unwell and not sure which health service can help you right now, call 111.

NHS 111 is available 24/7. They provide health advice for non life-threatening emergencies.

They can also book you an appointment with a healthcare professional if you need one.

Pharmacists are highly trained healthcare professionals who can advise and treat a range of minor illnesses, **without the need to visit your GP.**

No appointment is needed and most pharmacies now have private consulting areas.

Many pharmacies are open during evenings and weekends too.

Make an appointment at your GP practice if you are feeling unwell physically or mentally.

GPs and nurses deal with a whole range of health problems by appointment or sometimes over the phone.

For urgent appointments when your practice is closed, just ring your GP's normal number.

King Street Walk-in Centre and the **Urgent Treatment Centre at Pontefract Hospital** provide urgent care for **non-life threatening** minor illnesses and minor injuries. See the back of this leaflet for more details.

An appointment is not necessary but you may have to wait as people are seen in order of clinical need.

If someone is very seriously ill with a life-threatening condition, call 999.

A&E is located at Pinderfields Hospital and provides immediate emergency care for people who are seriously ill or are badly injured.

Emergency services are very busy. They should only be used in very serious or life-threatening situations.

