

### Surgery Opening Hours

Monday:	7am-6.30pm
Tuesday:	8am-7.30pm
Wednesday:	8am-6.30pm
Thursday:	8am-6.30pm
Friday:	8am-6.30pm
Saturday:	Closed
Sunday:	Closed

## Thursby Surgery Newsletter Winter 2011



Tel: 01282 422447

Fax: 01282 832575

Website Address: [www.thursbysurgery.co.uk](http://www.thursbysurgery.co.uk)

### Christmas and New Year

#### Opening Times

Friday 23rd	8am-6.30pm
Christmas Eve	Closed
Christmas Day	Closed
Boxing Day	Closed
Tuesday 27th	Closed
Wednesday 28th	8am-7.30pm
Thursday 29th	7am-6.30pm
Friday 30th	8am-6.30pm
New Years Eve	Closed
New Years Day	Closed
Monday 2nd	Closed
Tuesday 3rd	8am-7.30pm
Wednesday 4th	8am-6.30pm
Thursday 5th	7am-6.30pm
Friday 6th	8am-6.30pm



### EMERGENCY/URGENT APPOINTMENTS

Please DO NOT request an Emergency/Urgent appointment with the Doctor unless you have a **MEDICAL EMERGENCY**.

If you need an Emergency/Urgent appointment you will be fit in with a Doctor. **This may not be the Doctor of your choice!**

If you require an appointment with a specific Doctor please make a routine appointment with that Doctor.

Please can we ask patients that if they need to see a Doctor of a particular sex that they make this clear to the Receptionist when booking a routine appointment.

If the appointment is an emergency then only the Doctor on call will be available who could be male or female.

Our Male Doctors are: Dr Narayana, Dr Bailey and Dr Anwar

Our Female Doctors are: Dr Rajan and Dr Naheed

### Babies and Baby Clinic

Please make sure you register your new baby as soon as possible. You will need to call into the surgery with your red book to do this. Your baby's first check and immunisations will be due when your baby is 8 weeks old, and you will be sent an appointment to attend the Baby Clinic at Thursby Surgery on a Tuesday afternoon.



**Always** bring your red book with you to Baby Clinic.

Only "well" babies should be brought to Baby Clinic. If your baby is unwell please make an appointment to see one of the Doctors during normal surgery hours.

### Self Management of coughs, colds and flu

If a cough, cold or flu is making you feel under the weather then antibiotics WILL NOT help.

Antibiotics DO NOT help viral infections. Colds can last anything up to about 2 weeks and may end in a cough.

Your body's own defences will fight against coughs, colds and flu viruses. You can also help your symptoms by:

- \* Resting if you can
- \* Drinking plenty of non-alcoholic fluids
- \* Stop smoking
- \* Keep your room well ventilated
- \* Taking Paracetamol for a fever, following the dosage instructions and asking the pharmacist for advice
- \* If you have a runny nose, tickly throat, dry cough or aches and pains there are plenty of over the counter remedies. Speak to your pharmacist for advice



**Pharmacy First cards are available from reception and can be used to get over-the-counter remedies for viral illnesses**



#### Text Message Reminders

If we have your up to date mobile number we will send you a text reminder when you have an appointment coming up at the surgery. Please make sure the details we hold are correct so you can take advantage of this service

#### GP/Patient Support

If you need information and advice regarding benefits and being unable to work, or any other non-medical problem which may arise due to being unable to work, you can make an appointment on a Wednesday 9 am-12 noon to speak to Pauline Stuttard who is experienced at advising on these matters.



During the month of November

**218** people

Failed to attend their appointment here at Thursday Surgery

#### Ordering Repeat Medication

**Just a reminder!** We DO NOT take prescription requests over the telephone.

Telephone appointments should not be used to order repeat medication.

**Please make sure you order your medication in time for Christmas so you don't run out over the holiday period.**

#### Patient Participation Group

We are setting up a group for patients who are interested in working with us towards improving and enhancing our services and communication. We had our first meeting on 5th December and our next is scheduled for 9th January 2012 at 6.30pm here at the surgery. If you are interested in taking an active part in this group please contact Phillipa Hill our Practice Manager. There will also be opportunities for patients to answer questions about our services and what you may require in the future. If you would like to be part of this "virtual" group please pick up a contact form from reception. Further details available on the website or from reception.