

Flu Clinics at Staithe Surgery

We are pleased to advise that this year at Staithe Surgery we will be getting our flu jab stocks in mid-September. As such, it is planned to have our flu clinics earlier than in previous years and as part of the patient feedback from last year we will also put on more clinics giving more availability to our patients. Further details will be available at the Surgery, on our website, NHS Choices or as we now have our own page via Facebook.

Wednesday Evening Clinics

As well as a GP, we also have appointments available with our Practice Nurse on Wednesday evenings. If you find it difficult to attend during working hours these appointments can be used for routine nurse appointments including diabetes, asthma, COPD or CHD reviews, cervical smears, travel vaccinations and NHS Health Checks.

Please contact the receptionist to book an appointment.

Repeat Prescriptions

3 working days notice is required when ordering repeat prescriptions.

This does not include weekend days or bank holidays.

Please remember to take your medication with you on holiday. In case you forget, please carry an up to date list of your medications with you, which you can then take to a local GP surgery in order to obtain your medication.

Useful Contact Numbers

Emergencies/Life threatening conditions – 999

Out of Hours – 111 (the new NHS number)

Norfolk & Norwich University Hospital – 01603 286286

James Paget University Hospital – 01493 452452

Cromer Hospital – 01263 513571

Norfolk First Response Service - 0344 800 8020

Carers Agency Partnership - Free local helpline 0808 808 9876

Children & Young People's Health Services – Health Visitor/School Nurse or health advice – 0300 300 0123



STAITHE SURGERY

Newsletter – Summer 2017



For general information about the surgery visit www.staithesurgery.co.uk

Summer Health Advice

There is some useful summer health advice available on the NHS UK website. Advice includes sun safety, hayfever, BBQ food safety, insect and bug stings and bites, and summer safety for young children.

<http://www.nhs.uk/livewell/summerhealth/Pages/Summerhealthhome.aspx>



Congratulations!

Congratulations to **Holly Bethell** who has successfully passed her dispenser qualification with distinction! We are delighted to announce that Holly has also taken on a new role at the practice as our Dispensary Finance Lead and we wish her all the best with her future career. Well done Holly.



Practice Team Update

We were sorry to say goodbye to **Dr Carolyn Scott** who left the practice in May following a move out of the area.

We currently have **Dr Hans Dethmers** and **Dr Shaikat Dhas** providing locum cover and we hope to have a replacement for Dr Scott towards the end of summer.

We have also said goodbye to our Dispensary Finance Lead **Lyndsay Stanforth**. Lyndsay will be missed and we wish her all the best for her future career.

STAITHE SURGERY *in collaboration with* Ludham & Stalham Green Surgeries

Invite you to their

HEALTH AWARENESS EVENT

(Raising awareness of symptoms and promoting local support groups and service)

Friday 22nd September 2017

2.00-4.00 pm

at

Stalham Town Hall

All welcome, refreshments available. We hope to see you there.

C-Card

We will shortly become a registration point for our patients to register for a C-card. The scheme entitles young people to FREE condoms. Please enquire at reception for further details or visit <http://c-card.areyougettingit.com/Default.aspx>



Get it on

Wearing condoms can help prevent pregnancy and the spread of STIs.

If you're 13-24 use a C-Card to get free condoms and lube.

www.areyougettingit.com



No names... no judgements... no worries...



Find us on:
facebook

We now have a practice facebook page **@staithesurgery**. Please like our page to stay up to date with information about the practice.