

Newsletter May 2016

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Bank Holiday Closures:

Walderslade Surgery will be closed on

Monday 2nd May, 2016

and

Monday 30th May, 2016.

The surgery will be open as usual on the Tuesday following these dates.

GP Routine Working Days:

These are our GP routine working days; however these are subject to change on occasion due to holidays etc.

Doctor	Mon	Tue	Wed	Thu	Fri
Dr Rebecca J Wastling (female)	✓	✓	-	-	✓
Dr Andrea S Ward (female)	-	✓	-	✓(am)	✓
Dr Roisin Cartwright-Terry (female)	On Maternity leave until July 16				
Dr Wilkinson (female) Maternity cover	✓	-	-	✓	-
Dr Rachel Scott (female)	✓	-	✓	✓	-
Dr Georgina Taylor (female)	-	-	✓	-	✓
Dr Ness (female)	-	✓	-	✓	✓
Dr Robert T Farmer (male)	✓	✓	✓	-	✓
Dr Peter F Lane (male)	✓	✓	-	-	✓
Dr Zia Ibrahim (male)	✓	✓	-	✓	✓
Dr George van der Riet (male)	✓	-	✓	-	-
Dr Olasimbo (male)	✓	✓	✓	-	✓
Dr Naomi Sen (Registrar)	✓	✓	✓(am)	✓(am)	✓
Dr Lauren Vout (Registrar)	✓	✓	✓(am)	✓(am)	✓

Nurse and HCA Routine Working Days:

These are our Nurse and Health Care Assistant (HCA) routine working days; however these are subject to change on occasion due to holidays etc.

Nurse or HCA	Mon	Tue	Wed	Thu	Fri
Sister Julie Daughtry	✓	-	✓(am)	✓	-
Sister Claire Caine	✓	✓	✓(am)	✓	-
Sister Julie Moran-Healey	✓(pm)	✓	✓	-	✓
Sister Kay Sidebottom	✓(am)	-	✓(am)	✓	-
Sister Rebecca Oliver	✓(pm)	✓	✓(pm)	-	✓
Debbie Ryan (HCA)	-	✓	✓	✓	✓(am)
Susan Brook (HCA)	✓	✓	✓(am)	✓	✓
Catherine Lowe (HCA)	✓	✓(am)	✓	✓	✓

Missed Appointments:

Please can you help us and other patients by letting us know as soon as possible if you are unable to attend an appointment. We can then offer the appointment to someone else.

During April 222 patients did not attend their booked appointment and did not contact us to tell us.

Walderslade Surgery

www.waldersladesurgery.co.uk

Managing Your Care:

Walderslade surgery offers pre-bookable, book on the day and emergency appointments each day and provides telephone consultations. If there are no routine appointments available we provide a triage telephone system where you can have a telephone consultation with a GP to discuss a problem and whether an appointment is required or whether advice can be given over the telephone.

If you call the surgery out of hours you will hear a message which directs you to call **NHS 111**. This is a confidential nurse led 24 hour telephone service for health advice and reassurance if you are unwell and you are not sure what to do. The service will triage your call and decide on the most appropriate management process i.e. telephone advice, a face to face consultation or paramedic assessment.

I-HEART Barnsley is a service which provides NHS care services to the people of Barnsley. The services they provide include assessment and advice by a clinician over the telephone, flexible appointment times at evenings and weekends, consultations through email, telephone, virtual video and face to face. Telephone 01226 242429.

There are **NHS Walk in Centres** located in Rotherham (telephone 0333 321 0914) and Sheffield (telephone 0114 241 2700) where you will be seen and assessed by an experienced nurse or GP. These are open 7 days a week from 8am to 9pm in Rotherham and 8am to 10pm in Sheffield. You can walk-in as an unregistered patient without an appointment.

Pharmacy pharmacists are experts in the use of medicines and can offer free professional health advice on the treatment of most common health problems. You can visit your local pharmacist any time; just walk in. If your problem is more serious and needs the attention of a GP, your pharmacist will recognise this and advise you to see your GP instead. Many pharmacies are open in the evenings and on the weekends.

Emergency Departments (A&E) provides 24 hour emergency care for people with life-threatening symptoms or critical conditions. This includes head injuries, loss of consciousness, suturing (stitches), foreign bodies, suspected broken bones, heavy blood loss, persistent chest pain, difficulty breathing, overdose or poisoning.

Medicines:

Medicines have expiry dates so you know when to use them by. After the expiry date medicines might not be safe or may lose some of their effectiveness. You should not take medicines after the expiry date. If you have had a medicine for a while, check the expiry date before using it. You should also make sure that you have stored it properly. If your medicine looks, tastes or smells different to when you first got it, even if it is within the expiry date, take it to your pharmacist for advice.

Never throw unused or expired medicines in the rubbish bin or flush them down the toilet. Children could take the medicine from the bin, and medicines that have been flushed down a toilet could end up in the drinking water system or harm the environment. Take unwanted medicines to a pharmacy, where they can be disposed of safely.

Some types of packaging can be difficult to open. Your pharmacist may be able to dispense your medicines in different containers. Ask them what they can offer. Child safety is the biggest concern, so always store medicines in a place where children cannot see them or get at them.