

Newsletter December 2017



Christmas and New Year Surgery Opening Times:

Monday 18 th December, 2017	Surgery opens at 8.00am and closes at 8.00pm*
Tuesday 19 th December, 2017	Surgery opens at 8.00am and closes at 8.00pm*
Wednesday 20 th December, 2017	Surgery opens at 8.00am and closes at 6.30pm
Thursday 21 st December, 2017	Surgery opens at 8.00am and closes at 6.30pm
Friday 22 nd December, 2017	Surgery opens at 7.00am** and closes at 6.30pm
Monday 25 th December, 2017	Surgery closed (Bank Holiday)
Tuesday 26 th December, 2017	Surgery closed (Bank holiday)
Wednesday 27 th December, 2017	Surgery opens at 8.00am and closes at 6.30pm
Thursday 28 th December, 2017	Surgery opens at 8.00am and closes at 6.30pm
Friday 29 th December, 2017	Surgery opens at 7.00am** and closes at 6.30pm
Monday 1 st January, 2018	Surgery closed (Bank Holiday)
Tuesday 2 nd January, 2018	Surgery opens at 8.00am and closes at 8.00pm*
* Open from 6.30pm to 8.00pm for pre-arranged appointments only. ** Open from 7am to 8am for pre-arranged appointments only. The surgery is closed on Saturdays and Sundays. The surgery will open as usual from Wednesday 3 rd January, 2018.	

If you require urgent medical care during the bank holiday period, please telephone the NHS Out of Hours Services on 111. Alternatively, you can contact i-HEART Barnsley 365 (see below for details).

Please ensure that you order your repeat prescriptions (to pick up or via Electronic Prescription Service - EPS) and have sufficient medication for the holiday period.

See posters displayed in local pharmacies for details of their Christmas and Bank Holiday opening hours. Alternatively, for further information, visit the pharmacy website or Barnsley CCG NHS website www.barnsleyccg.nhs.uk.

i-HEART Barnsley 365:

This service is available 365 days of the year, which includes the Christmas and New Year holiday period. It is designed to help patients access same day appointments during the evening and weekends.



The service has created additional ways for patients to receive medical advice outside of standard GP surgery opening times. The service is open for appointment booking and advice between 8am - 6:30pm, Monday to Friday and 9am – 1pm Saturday, Sunday and Bank Holidays.

Appointments are available 6:00pm – 10pm Monday to Friday and 10am to 1pm Saturday, Sunday and Bank Holidays.

Face to face GP and nurse appointments operate from two locations:

- Woodland Drive Medical Centre, Woodland Drive, Barnsley, S70 6QW.
- Chapelfield Medical Centre, Mayflower Way, Wombwell, Barnsley, S73 0AJ.

Contact i-HEART Barnsley 365 on **01226 242419** or www.iheartbarnsley.org.uk

Antibiotic Awareness Campaign:

Taking antibiotics encourages harmful bacteria that live inside you to become resistant. This means that antibiotics may not work when you really need them. This puts you and your family at risk of a more severe or longer illness.

Take your doctor or nurse's advice when it comes to antibiotics.

Antibiotics are needed for serious bacterial infections including:

- Sepsis
- Pneumonia
- Urinary tract infections
- Meningococcal meningitis
- Sexually transmitted infection like gonorrhoea



If you are worried, speak to a doctor who will be able to advise you on the best treatment for your symptoms. Remember never share antibiotics or keep for later use (unless instructed to do so). For more information visit www.nhs.uk/keepantibioticsworking or see the display in the surgery.

Most Common Illnesses Don't Need Antibiotics:

An ear infection may last for 4 days, a sore throat for 1 week, a common cold for 1½ weeks, sinusitis for 2½ weeks and a cough or bronchitis 3 weeks. Your pharmacist can recommend medication to help ease symptoms.

Measles; Don't Let Your Child Catch It – Get Them Vaccinated:

The number of young people catching measles has risen.

It is never too late to be vaccinated. You need two doses of MMR vaccine one month apart to be fully protected against measles, mumps and rubella.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. STAY AWAY from GP surgeries and A&E departments – you could spread the illness to other:



Measles symptoms include: high fever: sore, red, watery eyes: coughing: aching and generally feeling unwell: a blotchy red brown rash, which usually appears after the initial symptoms.

For more information contact the surgery or visit www.nhs.uk/mmr

Patients Who Did Not Attend Their Appointment:

Please try and cancel your booked appointment as soon as possible if you know you don't need it or can't make it to the surgery.

During November **168** patients booked and then didn't turn up for their appointment. Unfortunately they didn't let us know.

We wish you a Merry Christmas and Happy New Year