

Newsletter May 2017

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'Meningitis now':

The surgery is helping to raise awareness of the organisation 'Meningitis now' and their range of campaigns. Meningitis can affect anyone; babies, toddlers, children and adults.

Meningitis is the inflammation of the membranes that surround and protect the brain and spinal cord and can be caused by different organisms, including bacteria and viruses.

Remaining vigilant of the signs and symptoms of meningitis and knowing what to do next can be the difference between life and death. Carrying a 'signs and symptoms' card could save your life – please pick one up from the surgery reception desk or entrance lobby.

For further information and details of their support services please contact Meningitis now on 0808 80 10 388 or see their website www.meningitisnow.org

Bank Holiday Closure:

Walderslade Surgery will be closed on **Monday 29th May, 2017**. The surgery will be open as usual on the Tuesday 30th May, 2017. For the Out of Hours Service call NHS 111

EMIS Online Patient Access - Repeat Prescriptions:

If you are registered to use the EMIS Online Patient Access service and you use it to request repeat prescriptions, the practice will require **48 working hours' notice** to process it from receipt of your online request. This does not include weekends.

You can view, book and cancel appointments using online patient access as well as view your medical records.

Please ask a member of the reception team at the surgery or go to the surgery website for information on how to register for online access. www.waldersladesurgery.co.uk.

Patient Blood Sample Only Clinics:

The surgery is now holding dedicated clinics throughout the week for the taking of blood samples.

If you are told that you need **only** a blood test then please ask a receptionist to book you in for a 5 minute clinic appointment with one of our Health Care Assistants (HCA's).

Please note that the clinics are for taking blood samples only; no other tests or procedures such as blood pressure or weight will be carried out.

Stop Smoking Sessions:

From 2nd May, 2017, all 'Stop Smoking' sessions will be held at Hoyland Library in the Hoyland Centre, between 9.30am and 4.30pm. An appointment is required. Patients wishing to attend should call **0800 612 0011** or **0330 660 1166** to make an appointment.

Having Trouble Remembering Your Booked Appointment?

Our MJOG text & email messaging service will remind you that you have a booked appointment. This service will send you either a text, telephone or email message approximately 24 hours before your appointment to confirm the time and date.

The automated message will also give you the option to cancel the appointment if you no longer need it or cannot attend. The service will automatically cancel your appointment if you reply by entering the word **CANCEL**.

Patient replies to this service are not monitored by staff so please use the word **CANCEL** only, as any other word or words will not be recognised and your appointment will not be cancelled on our booking system.

Please ask a member of our reception team for details on how to sign up for our MJOG messaging service. Alternatively see our poster in the surgery or on our website www.waldersladesurgery.co.uk

Keep Antibiotics working:

Antibiotics don't work for colds or flu because they are viral infections, so ask your pharmacist for the best treatment for you.

Taking antibiotics when you don't need them encourages dangerous bacteria that live inside you to become resistant. That means that antibiotics may not work when you next need them most. This puts you and your family at serious risk.

 ANTIBIOTICS DON'T WORK FOR	 ANTIBIOTICS ARE NEEDED FOR
<ul style="list-style-type: none">❖ Colds❖ Flu❖ Vomiting❖ Most coughs❖ Most ear infections❖ Most sore throats❖ Most diarrhoea❖ Most cystitis <p>Ask your pharmacist for advice</p>	<p>Serious bacterial infections including:</p> <ul style="list-style-type: none">❖ Pneumonia❖ Urinary tract infections❖ Sexually transmitted infections like gonorrhoea❖ Sepsis❖ Meningococcal meningitis <p>Take your doctor's advice</p>

Mobility Assessment Clinic:

Is your mobility & balance deteriorating? Do you need a walking stick or elbow crutch? Then visit the mobility assessment clinic where you will be assessed and, if appropriate, equipment will be issued and advice given. A falls screening will also be completed.

The clinic is held every Wednesday between 9.30am and 12 noon at New Street Health Centre, Upper New Street, Barnsley. Telephone 01226 644559.