

Surgery Newsletter

We hope you had a wonderful Christmas and wish all our patients a Happy and Healthy New Year. Thank you to everyone who brought in gifts and cards, which were much appreciated!

Winter Weather

So far we have been fairly lucky with the weather here in the South, but who knows what the weather holds over the next few months. Please take care when out and about, either in the car or on foot, but especially in icy conditions. Look out for vulnerable neighbours too, who may not be able to get to the shops for provisions.

Friends and Family Test

As part of a national initiative, all NHS organisations are being asked to conduct a patient survey called the Friends and Family Test. This is very short questionnaire which allows you to tell us whether you would recommend our services to your friends and family.

We would really appreciate your help in completing this survey and ask that you fill out a questionnaire at the surgery next time you visit us.



Out Of Hours and Urgent Care— What to know and where to go

NHS 111 is available 24 hours a day every day. Calling 111 is free and staff can advise you on any health concerns. Find out more on www.nhs.uk/111

Pharmacists can give advice on common health issues and minor illnesses such as colds, skin conditions and allergies. Find out local pharmacy opening hours at www.nhs.uk (use the 'Services near you' tab)

Minor Injuries Unit at Gosport War Memorial Hospital, Bury Road, Gosport, PO12 3PW is available for treatment of minor injuries such as deep cuts, sprains or minor burns. You do not need an appointment to attend.

Emergency Departments should only be used in a critical or life threatening situation. They provide care for people with symptoms of serious illness or who are badly injured.

During Surgery opening hours please ring us if you are unsure of where to go.

Useful Information

Surgery Telephone No:

01329 232446

Out of Hours Service Telephone No:

Dial 111 (NHS 111 Service)

Surgery Opening Hours:

8.00am to 6.00pm

Telephones manned until 6.30pm

Surgery Fax No:

01329 282624

Email Address for Prescriptions:

FGCCG.BridgemaryMedicalCentre-Reception@nhs.net

Surgery Website:

www.bridgemarymedicalcentre.co.uk

We close for Staff Training on the 2nd Wednesday every month from 12.30 to 1.30pm



Flu vaccinations

Our Flu Clinics have now finished BUT if you still haven't had your Flu Vaccine it isn't too late! Make an appointment with one of our Nurses if you are aged over 65 years of age or are in an 'At Risk' Group.

All children aged 2 to 3 years of age are being offered flu vaccination through a nasal spray. Please speak to the Practice Nurses for more information.



Is your Blood Pressure Healthy?

It is thought that around 30% of people in England have high blood pressure and may not even know it. High blood pressure is common and often has no symptoms. The only way to know if your blood pressure is high or not is to have your Blood Pressure checked—this is done with a simple test by either a Nurse, GP or a pharmacist. Get yours checked out!

To help maintain a healthy lifestyle and keep your BP at a safe level, follow the following guidelines:

- ◆ Exercise - at least 30 minutes, 5 times a week of walking, dancing, cycling or swimming
- ◆ Eat healthily—a balanced diet with at least 5 portions of fruit and vegetables a day will reduce your blood pressure
- ◆ Lose weight—obesity increases your risk of high blood pressure
- ◆ Limit your alcohol intake—Know your units! 3—4 for men a day and 2 to 3 for women.
- ◆ Get your BP checked every 12/18 months or 6 monthly if on BP medication

For more information on Blood Pressure advice please see the NHS Choices website or speak to our Practice Nurses.



Do you attend the Surgery by car?

Please respect our neighbours and do not obstruct their access when parking. Also be aware of the Double Yellow Lines!

Repeat Prescriptions

Please ensure you allow AT LEAST 3 FULL WORKING DAYS when ordering your repeat prescriptions.

You can arrange for your local chemist to drop and collect your prescription for you, to save you having to visit the surgery. Please allow a few more days when using this service to allow the chemist to collect and make up the prescription



Booked Appointments Not Attended

In December **99 GP** and **65 Nurse appointments** were missed, out of 1324 and 618 respectfully. That is an average of **8.5% of our appointments!**

We all know how frustrating it is if you cannot get an appointment when you want one, so PLEASE, if you cannot attend, or no longer need a booked appointment **let us know** by telephone or email. We can then offer it to another patient.

Appointments

Appointments can now be booked up to 4 weeks in advance. **Evening and Saturday morning clinics** are also available —these can also be booked on-line

On-line Services

Did you know you can book appointments and order your repeat prescriptions on-line via our website? Please email FGCCG.BridgemyMedicalCentre-Reception@nhs.net to request to register for this service. We will then send you login details.