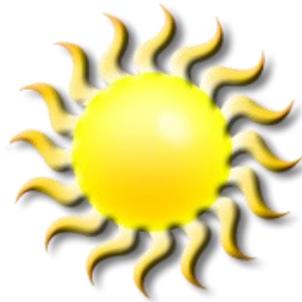


Surgery Newsletter

'It's gonna be a long hot Summer.....'

Please take care in the heat—here are a few tips to help you enjoy the warmer weather and keep you safe:

- ◆ Try to keep out of the sun between 11am and 3pm
- ◆ Wear sunscreen
- ◆ Wear loose cotton clothing
- ◆ Drink lots of cool drinks
- ◆ Seek shade
- ◆ Wear sunglasses and a hat
- ◆ Look out for others, especially vulnerable people such as the elderly, young children and babies and those with serious illnesses
- ◆ Never leave anyone in a closed, parked vehicle, especially infants, young children or animals



Open Day

Please come along to our Open Day to see what services are available at the practice and in the local Community—we look forward to seeing you there! Refreshments and children's activities available.

Useful Information

Surgery Telephone No:

01329 232446

Out of Hours Service Telephone No:

Dial 111 (NHS 111 Service)

Surgery Opening Hours:

Mon—Fri 8.00am to 6.00pm

Telephones manned until 6.30pm

Surgery Fax No:

01329 282624

Email Address to register for On-Line Services:

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



The Bridgemary Medical Centre

Dr Asbridge, Dr Yeandle, Dr Mutch Dr Sathyanath & Dr Clarke

OPEN DAY

Saturday 8th September 10am-2pm

Come along and see what services we, as a practice, can offer and what services are available in our community

Refreshments available!

for support and advice.

T: 01329 232446 F: 01329 282624 Email: FGCCG.BridgemaryMedicalCentre-Admin@nhs.net Address: 2-4 Gregson Avenue Gosport Hampshire PO13 0HR





Please note that the practice will be closed on the afternoon of Tuesday 11th September from 1.00pm for Staff Training

Flu Clinics From September you will be able to book your Flu Vaccinations with our Nurses. Clinics will be available on Saturday mornings from the beginning of October until late November. The peak time for Flu is December therefore we will be holding our clinics slightly later this year as the vaccinations will be more effective. There are two types of vaccines this year, one for 65 year olds and over (FLUAD) and one for patients at risk aged 18 to 64 (Quadrivalent). More information will be available soon. Please support your GP Practice and have your vaccination at the Surgery.



GP Extended Access Service.....
Making Appointments: giving you more choice

What to know..... And where to go

If you've had an accident or illness, it can sometimes be difficult to know which NHS service to use and when.

Though A&E might seem the easiest choice, choosing a more appropriate service can often be more convenient, and save you time. Pharmacies, GPs and minor injury units can all help you instead. A&E should only be used in an emergency.

Call 111 if you're unsure of the best place to go, and fully trained advisers can help you make the right decision.

Your guide to everyday health services you may need in a hurry can be download from the Fareham and Gosport CCG Website: www.farehamandgosportccg.nhs.uk or from the link below -

<https://www.farehamandgosportccg.nhs.uk/Downloads/CS37419%20SCSU%20What%20to%20know%20booklet%20web.pdf>

Please use the

NHS wisely !



Would you like to be able to make appointments for the evenings or at weekends?

You can now book appointments in the new 'Extended Access' service located at a local NHS site.

Appointments are available up to **8pm on weekdays**, from **8am to 4.30pm on Saturdays** and on **Sunday mornings**.

To book a routine appointment during these times please ask our Receptionists. More information is available on our website:

www.bridgemarymedicalcentre.co.uk

Patient Participation Group

Would you like to be able to give your views on how the practice is doing?



We would like to find out the opinions of as many patients as possible by sending out occasional questionnaires by email.

If you are interested and happy to give your email details please complete the form at Reception to join our **Patient Participation Group**