



Dr Dan and Dr Jones smashed it.....
 “2 weeks after the event and still basking in the achievement I would like to thank all of you that have sponsored my efforts. I have smashed my initial target of £800 with the current total being £1440 with this just giving page and two sponsors forms at my two work places! I am very pleased with my time as this photo shows. Thank you all again for such wonderful support”

Dr Dan’s chosen charity was the wonderful Macmillan Cancer Care Support.

Dr Sue Jones also completed the marathon raising money for her charity, MIND another great cause.

DID NOT ATTEND FIGURES

Over the last 6 months **374** appointments were missed. That’s **13 days** of GP appointments! This significantly affects access to GP appointments for other patients.

If you have booked an appointment that you no longer require please remember to cancel it in good time so that your appointment can be given to another patient.

This can now be done **24 hours a day** via our automated phone service or online.

Remember the value of appointments for all.



NORMAL SURGERY OPENING HOURS

8:00 A.M. - 6:00 P.M. MONDAY TO FRIDAY

LATE EVENING SURGERY
Is for PRE-BOOKED appointments ONLY
EVERY THURSDAY
LAST APPOINTMENT IS 7:20 P.M.

SATURDAY MORNING
9.00 A.M. - 10.30 A.M.
FOR BOOKED APPOINTMENTS ONLY
AND THE COLLECTION OF
PRE-ORDERED PRESCRIPTIONS

IF THE SURGERY IS CLOSED

6:00 P.M. - 6:30 P.M. Call 0330 123 0938
6:30 P.M. - 8:00 A.M. Call NHS 111

WINTER 2019

- Online Services
- Text Messaging Service
- Social Prescribing
- Winter Advice/Self Help
- Practice News
- DNAs
- Opening Hours

Bank Holiday Closure
Dates:
Wed/Thurs 25th/26th Dec 2019
Wed 1st Jan 2020



Tel: 01977 682208

Website: www.sherburnsurgery.org.uk

GO ONLINE TO :- Patient Access or the NHS App

- 1. BOOK APPOINTMENTS**
- 2. ORDER REPEAT MEDICATIONS**
- 3. VIEW RESULTS**

If not registered yet, please supply reception with: -

ONE FORM OF PHOTOGRAPHIC ID

TWO FORMS OF ADDRESS CONFIRMATION ID



Try the new NHS App Online Service

The surgery is online as you may be aware already. This service allows patients more convenience to online services 24 hours a day. This can be much more accommodating when you lead a very busy lifestyle like many of us do....

If you’re a patient at our practice you can now use the new NHS App, a simple and secure way to access a range of NHS services on your smartphone or tablet.

You can use the NHS App to check your symptoms and get instant advice, book appointments, order repeat prescriptions, view your GP medical record and more.

If you already use Patient Access for your online requirements you can continue to use it. You can use the NHS App as well.

For more information go to www.nhs.uk/nhsapp

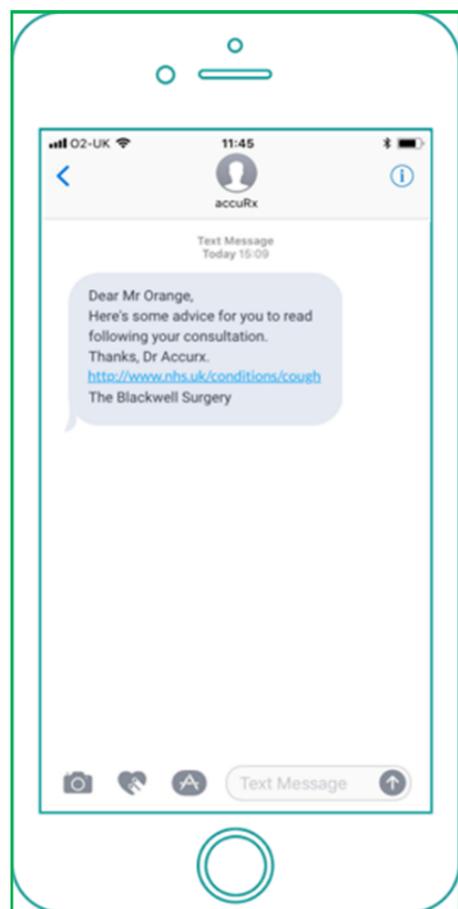
We are now using Chain SMS to message patients!

Chain SMS is...

A system which allows us to easily send text messages to patients. It means we can be much more proactive about some communications, messaging you quickly and securely, so you are not waiting around to hear from us!

Some examples of how we might use it...

- ⇒ Reminders or notifications (e.g. prescription ready)
- ⇒ Responding to simple queries (e.g. if you had a quick question about your medication)
- ⇒ Letting you know we tried to call
- ⇒ Sending you advice at the end of a consultation



The practice name will always be at the bottom of the message.

You won't be able to reply them.

Please help us to help you by keeping your number up to date.

If you don't want us to contact you in this way please let us know.

Ask for the flu jab at your GP surgery or at a local pharmacy. Some children and some carers can also get a free flu jab. Find out more about the flu vaccine including who should have it.

If you're 65 or over, you are also eligible for the pneumococcal vaccine, which will help protect you from pneumonia.

Keep your home warm

Follow these tips to keep you and your family warm and well at home:

- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- keep your bedroom at 18C all night if you can – and keep the bedroom window closed
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
- use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
- have at least 1 hot meal a day – eating regularly helps keep you warm
- have hot drinks regularly
- to reduce the risk of [sudden infant death syndrome \(SIDS\)](#), babies should sleep in rooms heated to between 16C and 20C
- draw curtains at dusk and keep doors closed to block out draughts
get your heating system checked regularly by a qualified professional

Self Help

Please think twice before going to your GP or A&E

Before booking an appointment with a GP 'think';

- Can I do this myself?
- Do I need some online help?
- Could a pharmacist help me?
- For more information on self-care, please visit: <http://www.selfcareforum.org>





Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- disabled people
- pregnant women
- people who have a mental health condition

Get advice if you feel unwell

If you are 65 or over, or in one of the other at-risk groups, see a pharmacist as soon as you feel unwell, even if it's just a cough or a cold. Pharmacists can give you treatment advice for a range of minor illnesses. They will also tell you if you need to see a doctor.

The sooner you get advice, the sooner you are likely to get better.

NHS 111

If you need medical advice when a pharmacy is closed, call: 111 or go to 111.nhs.uk

Get a flu jab

Flu can lead to serious illnesses, such as pneumonia and bronchitis, and even death in vulnerable people. You are more at risk if you are older, have a long-term condition, or are pregnant.

We now have a Social Prescribing Link Worker

Karen Griffiths

The term 'social prescribing' is used to describe a service which supports people to access a range of non-medical services and activities in their area.

Social prescribing can help people with different social, emotional or practical needs to find local support and improve their health and wellbeing. This support is normally for a short period only and can act as a 'stepping stone'.

Karen could offer support for you to look together at Possible concerns: Accessing ways to improve your physical health

- ⇒ Finding support to cope with a particular condition or difficulty.
- ⇒ Discovering ways of improving your emotional wellbeing such as befriending schemes, peer support or social activities/groups
- ⇒ Seeking volunteering opportunities or learning new skills.
- ⇒ Tackle money, housing or benefits issues. Or possible other concerns not included in the above

A GP, other health professional, family, friend or neighbour can refer you to Karen Griffiths our Social Prescribing Link Worker with your consent – so please ask them if you are interested or if you prefer you can refer yourself. If you feel you would like to have a chat about any of the above I am happy for you to ring me to arrange to meet up (either in the surgery or at your home or a local facility)

Please contact me on:

Tel: 07931 762 560



Email: Karen.griffiths4@nhs.net Or speak to your GP or other health professional who with your consent will ask me to contact you