

GREAT STAUGHTON SURGERY

57 The Highway, Great Staughton, Cambridgeshire, PE19 5DA

NEWSLETTER May and June 2017



surgery tel: 01480 860770 / fax: 01480 862893

email: greatstaughton@nhs.net

website: www.great-staughton-surgery.co.uk

	MORNING Appointments 8:30 – 12:00	AFTERNOON Appointments 2:30 – 5:30
MONDAY	Dr Shields & Dr Johnson	Dr Shields
TUESDAY	Dr Johnson & Dr Shields	Dr Johnson
WEDNESDAY	Dr Johnson	DOCTOR ON CALL
THURSDAY	Dr Johnson or Dr Shields	Dr Johnson or Dr Shields
FRIDAY	Dr Shields	Dr Shields

Note: Each Thursday, Dr Johnson and Dr Shields will be working alternate weeks.

If you use the **non-emergency patient transport**, the telephone number has changed:
It is now a local code tel no: **0345 603 8117** (Lines are open: Monday-Sunday, 8am-6.30pm)

Just a friendly reminder!

If asking the Duty Doctor to call, please wait by your phone until they ring you. The Doctors have increasingly made calls and patients are not answering their telephones. This causes delays to the next patient, who may have a medical emergency.

Hayfever Season is here!

Some helpful tips:

- wear wraparound sunglasses to stop pollen getting in your eyes when you're outdoors
- staying indoors when the pollen count is high (the weather report usually will let you know)
- applying a small amount of Vaseline to the nasal openings to trap pollen grains



Are your cupboards stocked with all the hay fever essentials? If not our dispensary can help, we stock:

- **Hc45 (Hydrocortisone 1%) cream**: £3.56 ~ good for mild allergy rashes
- **Pollensheid (certirizine 10mg) tablets**: £2.30 ~ a common antihistamine to help reduce your symptoms

Double Appointments

If you have **more than one health condition you would like to discuss** with the doctor, please let our receptionists know and they can book you a double appointment to ensure you have enough time.

Need some advice?

If you are not in an emergency but want some advice and we are closed? **Call 111**, the NHS 111 phone line is available 24 hours a day every day of the year. A trained advisor will be on the other end of the phone who will be able to direct you to the best medical care.

Fancy joining our Patient Group?

We currently meet four times a year and host the Flu Clinic at the Village Hall. We have interesting groups outlining their services at the meetings. Please feel free to see what we get up to at our next meeting on **12:30, Wednesday 31st May.**

Dr Johnson will be giving an Surgery update, and the Group will be chatting through plans to use the Surgery walled garden to benefit our patients by launching a patient gardening group.

We'd love to see you!



A New App!

- A new App has been launched in the Cambridgeshire and Peterborough area to download onto your smartphone.
- It includes details on your nearest NHS services - including pharmacies or dentists.
- It also has all of their opening times on too!

Download free MyHealth app

NHS Cambridgeshire and Peterborough Clinical Commissioning Group

The MyHealth app that will direct you to your nearest appropriate NHS service in Cambridgeshire and Peterborough, such as GPs, pharmacies and dentists, based on your location or postcode.

Download by searching for "MyHealth C&P CCG" on:

Download on the App Store

GET IT ON Google Play

Get it from Microsoft

The app is also available in:
Polish
Hungarian
Slovak
Lithuanian
Latvian

myHealth
Cambridgeshire & Peterborough

How can we help you today?

GP practice Pharmacy
Mental health Urgent treatment
Dentist Optician

CALL 111 Unwell and unsure?

The Food Bank at the Surgery

You may have noticed we collect foodbank donation box in Reception, for the local St. Neets Foodbank. The foodbank provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. In the last year, **973** emergency food supply packs were given out.

The Foodbank urgently needs: longlife milk, longlife fruit juice, sweet snacks, jam, sponge puddings, rice pudding, tinned custard, small jars of coffee, pasta sauce, tinned meat, Instant Noodles. They also need toiletries such as toothpaste, tampons, toothbrushes, shampoo, soap, and 'Bags for Life'.

Please be aware the prescription tariff for each item has gone up from £8.40 to **£8.60** from 1st April 2017. Prescription Prepayment Certificate remain the same price, which is £104,00 a year or 3 monthly Certificates at £29.10.