

Sherdley Medical Centre Autumn / Winter Newsletter

*****CQC Inspection result we got GOOD!!****

Please find our Doctors / Nurse's / HCA working hours

Dr N Jabeen	Monday 8.00am – 4.00pm & Thursday 11.00am – 6.00pm
Dr J White	Monday 11.00am – 6.00pm
Dr M Budhathoki	Tuesday 10.00am – 6.00pm
Dr N Razzak	Thursday 08.00am – 4.00pm
Dr P Rose	Friday 10.00am – 6.00pm
Nurse Lisa Heyes: Tuesday, Wednesday & Friday 9.00am – 3.00pm / Thursday late night 1.00pm 6.30pm	
Nurse Carole Green: Wednesday late night 9.00am – 6.00pm	
Health Care Assistant Danielle Stott: Tuesdays and Fridays time alternates each week	
<p><u>***We are closed for protected learning time (PLT) on the following dates from 12.30 these are mandatory training sessions***</u> <u>20th October 2016 & 23rd November 2016</u></p>	

Flu Clinics have now started, if you are eligible please either book an appointment with the Nurse / HCA or call the surgery after 11.30am – the clinics are drop in sessions.

Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about a week.
 You can catch flu – short for influenza – all year round, but it's especially common in winter, which is why it's also known as "seasonal flu".
 It's not the same as the common cold. Flu is caused by a different group of viruses and the symptoms tend to start more suddenly, be more severe and last longer.

Some of the main symptoms of flu include:

- a high temperature (fever) of 38C (100.4F) or above
- tiredness and weakness
- a headache
- general aches and pains
- a dry, chesty cough

Cold-like symptoms – such as a blocked or runny nose, sneezing, and a sore throat – can also be caused by flu, but they tend to be less severe than the other symptoms you have.

Flu can make you feel so exhausted and unwell that you have to stay in bed and rest until you feel

For further information please visit: www.nhs.uk/conditions/Flu





NHS Care At The Chemist Scheme

Your local chemist is able to give advise and prescribe a medicine from an agreed list to ensure the most appropriate treatment for your condition. You can always ask your pharmacist for advise about any ailment, the following conditons can currently be treated by the NHS Care at the Chemist scheme:

- Coughs, colds and sore throats
- Pain or temperature
- Nasal congestion
- Diarrhoea
- Headache
- Cold sores
- Cystitis
- Allergies
- Athletes foot
- Haemorroids
- Head Lice
- Indigestion
- Mouth ulcers
- Thrush (genital)
- Warts and verruca's
- Minor skin conditions
- Teething
- Colic
- Ear wax
- Nappy rash

PPG – 'Patient Participation group'

The group is now growing in numbers and we have very interesting topics of conversations, please feel free to join! The group is for patients who are interested in their own healthcare and GP surgery. The aim of the group is to share information and ideas about the practice and wider local health services, to make our surgery work for you the Patients.

If you are interested in joining our group please ask to speak to Katie Etheridge – Office Supervisor
Call 01744 621862 email: Katie.etheridge@sthelensccg.nhs.uk

We welcome to the Practice Luke Beesley and Lauren Llewelyn they are our two modern apprentices, please be patient whilst training is taking place!

We also welcome to the Practice our two new 'Patient Care Advisors' Hannah Molyneux & Lauren Woods