

THE ARLINGTON ROAD MEDICAL PRACTICE NEWSLETTER



December 2018



Surgery Christmas Opening Hours

Tuesday 25th & Wednesday 26th - Closed
Tuesday 1st January - Closed.

We will be open at our usual times on all other **weekdays** over the Christmas period.

To contact the Out of Hours GP Service, for urgent problems that will not wait until we are next open, please call NHS 111 by dialling 111 on your telephone keypad.

Please remember to order your prescriptions in plenty of time before we close for Christmas

We take this opportunity to wish all of our patients a Merry Christmas and a Happy & Healthy New Year!

Pharmacy Christmas Opening Hours

Arlington Road Pharmacy will be closed on the following dates over the Christmas and New Year period...

Tuesday 25th December
Wednesday 26th December
Tuesday 1st January

On all other days they will be open at their usual opening hours which are...

Mon - Fri: 8.30am–8.00pm
Saturday: 09.00am-1.00pm
Sunday: Closed



Non-Seasonal Closures

We will be closed for Staff Training...

Between 12.50 - 2.10pm
on Thursday 13th December

Should you require urgent treatment or advice during the Staff Training Event, please telephone **0300 55 55 252**.

Prescription Requests

Please remember to order your prescriptions that will be due around Christmas in plenty of time. Also ensure you have enough of all of your medications to cover the Christmas Period.

1 in 4 calls to the GP Out of Hours Service is for medication – please save this service for genuine urgent treatment and advice that you cannot plan for.



Registrar Comings and Goings

Dr Grace Costronovo and Dr Fritha Price have now finished their current training with us, we thank them for their input into the team and wish them well in their future training and careers.

Dr Hafiz Ahmed (ST1 Doctor) and Dr Emma Pickering (FY2 Doctor) have now joined the Practice team for the next four months.

Had your Flu Vaccination yet?

If you are eligible for a Flu Vaccination and have not yet made an appointment, there is still time. You can either make an appointment with the Practice Nurse specifically for the vaccination or if you have an appointment booked for something else with either a Doctor or Practice Nurse, please ask during your consultation.



Emergency food for local people in crisis.

A project seeded by the Trussell Trust. Registered Charity No. 1149902.

Arlington Road has now been a collection point for the Eastbourne Foodbank for over a year. We first did a collection Christmas 2016 and decided last Christmas to make this an ongoing collection. If you would like to make a donation, please hand any items in at reception. To check which items are most needed by the Foodbank at the current time visit eastbourne.foodbank.org.uk/give-help/donate-



Alone at Christmas—Rotary Club of Eastbourne

For 40 years the Rotary Club of Eastbourne have been providing a free of charge Christmas meal, company and entertainment to those who would otherwise be alone on Christmas Day.

They provide transport to and from the venue in Eastbourne, Christmas Dinner and entertainment. The only requirement to qualify is that you are going to be alone on Christmas Day. They are unfortunately unable to accommodate wheelchairs or fixed frame walkers but fold up walkers are acceptable.

If you would like to know more or would like to put your name down as a guest then please contact Dennis Thompson on 07808 731166 or 01323 749329 or e mail dennisthompson618@gmail.com.

