

# Tadcaster Medical Centre Update

We have created this newsletter at the request of our **Patient Participation Group**. We hope you find it interesting and informative.

Doctors: Wendy Reeves, Andrew Inglis, Katy Turton, Alison Pitt, Kate Langridge & James Reynolds



## EARLY WARNING! COUGHS 'N' SNEEZES!...

As the cooler days and darker nights arrive, our thoughts turn towards Winter. As a nation the UK is prone to winter coughs and colds -some from infections and some from virus spread, some respond to treatments -others just need time!

We can all do 'our bit' to help reduce the spread of infections by keeping our usual daily routines: eating sensibly, taking daily exercise and drinking plenty of warm liquids, plus taking extra care with hand washing and the careful disposal of used tissues if you do become unwell.

Some patients need more support, once again we will be holding our **FLU JAB SESSIONS IN OCTOBER/NOV**, prior to the wintry weather.

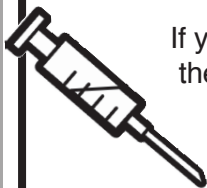
See posters and notice board for flu clinic dates and times.

Everyone entitled to a free vaccination will be contacted by the surgery.

If you think you are 'at risk' please call into the surgery and ask at reception whether you fall within the NHS categories.

We look forward to seeing as many patients as possible during these sessions please make every effort to attend as we are not able to obtain extra stock in the New Year!

N.B. Parents of children will be contacted separately with alternative arrangements



## Surgery Opening Hours:

Mon - Fri 8:30am - 6:00pm  
Sat morning 8:00am - 12:15pm

The **Dispensary** for patients living outside Tadcaster closes from **12:30 - 1:30pm** each day but

Reception remains open for all other queries.



Saturday morning surgery is pre-booked, routine appointments only.

Reception staff will not be able to tell you which GP the appointment is with, only that it will be one of the partners.

## IMPORTANT INFORMATION:

**IF YOU NEED EMERGENCY TREATMENT WHEN THE SURGERY IS CLOSED BETWEEN:**

**8:00am - 8:30am**

**& 6:00pm - 6:30pm**

**PHONE: 0030 123 0938**

**BETWEEN THE HOURS OF:**

**6:30pm - 8:00 am**

**PHONE: NHS 111**

For the results of blood tests or scans please call between **2:00 - 4:00pm**

Please do not call at other times.



## Travel Advice UPDATE!

**Whether travelling for business or pleasure Tadcaster Medical Centre can offer tailor made advice for all your overseas health needs!....**



If you intend to travel overseas (for holidays or work) you should be aware that we now need a completed travel risk assessment form completing before a consultation takes place. We will review your destination, plans and previous vaccine history and advise you of what you need -**ideally 4-6 weeks before departure**.

Some vaccines are free under the NHS, others for more exotic climates are not and will have a cost implication which **MUST** be paid in advance of the consultation.

Please note we can only accept cheques or cash at this time.

## Measles & Mumps

**If you are under 25 and aren't sure if you have had two doses of the MMR vaccine, please ask at reception. There are an increasing number of cases of mumps and measles in the UK so it is particularly important to ensure that you're protected.**

**Visit website for more info:**

**<http://www.nhs.uk/conditions/vaccinations/pages/mmr-vaccine.aspx>**

## Other Services

Phlebotomist on site every morning Mon - Fri (booked appointments only). Blood samples are sent to York District Hospital for analysis at the end of the morning so blood tests cannot be taken in the afternoons.

## Midwife - Andrea Huby

from York District Hospital on site Tuesday and Friday mornings each week. She will see all our expectant mums wherever they want to give birth.

**Physiotherapy Team** - is based next door at the Health Centre.

**Tel: 01904 724900**

There is no need to see a GP to be referred for routine physio.

Just ask at reception for a physio self referral form.

2014

AUTUMN NEWSLETTER