

## BOOKING APPOINTMENTS TO SEE A GP

Appointments to see the GP are released at different times, if it is urgent that you see a doctor the same day we have a system where a dedicated GP will call you back and arrange to see you at a mutually convenient time. They may even be able to help over the phone and save you a trip to the surgery.

If you are planning ahead we have appointments to book up to four weeks ahead, these are usually before 9am and after 5pm to help patients who need to come before or after work.

We also have a prebookable Saturday morning surgery for patients who struggle to get to the practice on a weekday.

The majority of our appointments are released a day ahead for example, first thing Tuesday morning for the next day, Wednesday. Some are released at midnight and can be booked using the internet or the automated telephone system, the remainder are released at 8.30am for patients who prefer to book in person or via the reception team.

## PATIENT PARTICIPATION GROUP

We invite interested patients who are registered with any doctor at Tadcaster Medical Centre to join us as members of the Patients Participation Group (PPG).

This is not an onerous task and requires no particular experience or skills. You need only have the desire to influence the way your medical practice meets the needs of its patients by attending three or four short meetings per year, contributing your ideas and opinions.

Tadcaster PPG is already helping the clinical staff improve their service and we wish to enlarge it and ensure it is a representative cross section of users.

If you would like to have some real influence on your Medical Centre, please contact the surgery.

*Stephen Rogers - member of PPG*



### TIP:

Booking a planned medication review a few weeks in advance helps save immediate appointments for patients who may require one sooner!

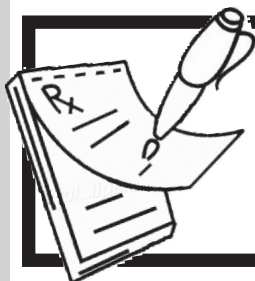
**Please think of others more in need.**

## Pregnant?

Are you currently pregnant?

It is recommended that all ladies who are between 28-32 weeks pregnant have a vaccine to cover them (and their baby) against whooping cough. There has been an increase in the number of cases of whooping cough nationally and this vaccine will protect your baby until they are old enough to have their vaccine at eight weeks.

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/whooping-cough-vaccination-pregnant.aspx>



### TIP:

**PLEASE** remember to leave 48hrs between ordering & collecting prescriptions. Even if your script is now arranged electronically.

**It's a BIG help for GP's & staff.**

## Data Sharing Electronic Records

Today electronic records are kept in all the places where you receive healthcare.

These places can usually only share information from your records by letter, email, phone or fax.

At times this can slow down your treatment and mean information is hard to access.

From November 19<sup>th</sup> our computer system will have the ability to share data with some of the other teams providing your care.

You can choose to share your record or you can choose not to, your doctor will ask you to let them know what you want to do when you next see them.

More information is available on our website or from the surgery.



*Do you want to quit smoking?*

## Smoking Counsellor - Sarah Smith

- from the North Yorkshire Smoking Cessation Team runs a clinic at the Medical Centre every Tuesday morning.

Appointments can be booked at reception or phone: 0845 877 0025 for more details. You don't need to see a GP for a referral.

Both Calcaria and Kirkgate pharmacies offer smoking cessation support. Please contact them to arrange an appointment.

## Useful Contact Numbers:

*Calcaria Pharmacy:*  
01937 832287

*Kirkgate Pharmacy:*  
01937 832276

*York District Hospital:*  
01904 631 313

*Non Urgent Ambulance Transport Bookings*  
0300 330 2000