

# 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.

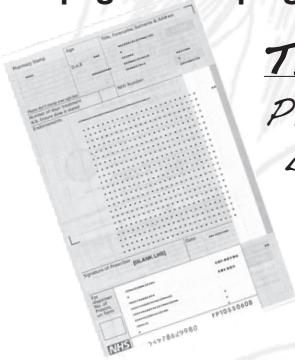
Doctors: Wendy Reeves, Andrew Inglis, Katy Turton, Alison Pitt & Kate Langridge

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

## 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>



### **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.*

## Travel Advice

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



Please contact the surgery for a 'Travel Health Assessment' Reception staff will make you an appointment Mon-Thurs with a nurse.

Ideally this should be 4-6 weeks before departure.

Some vaccines are available free on the NHS but others can only be offered privately and have cost implications.

**We wish to advise all travellers that there is a national shortage of typhoid vaccine at this time.**

**Please take this into account when considering your holiday destination.**

## 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.

If you need emergency treatment when we are closed please call the

**Out of Hours Doctor:**

**0845 056 8060** or

NHS Direct: **0845 46 47**

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

Please do not call at other times.

## 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.

### **Smoking Councillor - Jill Ross**

from the North Yorkshire Smoking Cessation Team runs a clinic at the Medical Centre every Tuesday morning. Appointments can be booked at reception. You don't need to see a GP for a referral.



**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.