

Going Abroad on Holiday?

If you are planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. Vaccinations are available to protect you against many travel-related infections, such as yellow fever, typhoid and hepatitis A.

Not all vaccinations are available free on the NHS.

You can find out which vaccinations are necessary or recommended for the areas you will be visiting on these two websites:

NHS Fit for Travel <http://www.fitfortravel.nhs.uk/home.aspx>

National Travel Health Network and Centre (NaTHNaC) <http://nathnac.net/>

Please allow sufficient time to get vaccinated, complete a travel form available from reception and book your appointment with the practice nurse **at least 8 weeks before you are due travel.**

Repeat Prescriptions

3 working days notice is required when ordering repeat prescriptions.

This does not include weekend days or bank holidays.

Please remember to take your medication with you on holiday. In case you forget, please carry an up to date list of your medications with you, which you can then take to a local GP surgery in order to obtain your medication.

IMPORTANT NOTE: If you are signed up for our Managed Repeats Service, please remember to bring in your green Managed Repeats card when collecting your medications. Thank you.

Useful Contact Numbers

Emergencies/Life threatening conditions – 999

Out of Hours – 111 (the new NHS number)

Norfolk & Norwich University Hospital – 01603 286286

James Paget University Hospital – 01493 452452

Cromer Hospital – 01263 513571

Norfolk Swift Response Service - 0344 800 8020

Children & Young People's Health Services – Health Visitor/School Nurse or health advice – 0300 300 0123



STAITHE SURGERY

Newsletter – Summer 2018



For general information about the surgery visit www.staithesurgery.co.uk

Summer Health Advice

There is some useful summer health advice available on the NHS UK website. Links below include advice on sun safety, hayfever, insect and bug stings and bites, and sun safety for babies and young children.

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

<https://www.nhs.uk/conditions/hay-fever/>

<https://www.nhs.uk/conditions/insect-bites-and-stings/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/safety-in-the-sun/>

Wednesday Evening Clinics

As well as a GP, we also have appointments available with our Practice Nurse on Wednesday evenings. If you find it difficult to attend during working hours these appointments can be used for routine nurse appointments including diabetes, asthma, COPD or CHD reviews, cervical smears, contraceptive pill checks, travel vaccinations and NHS Health Checks.

Please contact the receptionist to book an appointment.

Data Protection

With the introduction of the General Data Protection Regulation (GDPR) which came into force in May, we have updated our Privacy Policy. This is available to view on our website in the Data Protection section <http://staithesurgery.co.uk/info.aspx?p=15> . We take your privacy very seriously and if you have any questions in relation to your information, please contact us.

Practice Team Update

Dr Hannah Rawlins will be leaving the practice in July. Dr Rawlins will be very much missed by staff and patients and we wish her well with her future plans.

We said goodbye to our Dispensary Clerk **Toni Ward** at the beginning of June. We will all miss working with Toni and wish her all the best for her future career.

We are delighted to welcome two new members of staff to the practice. **Debbi Burnett** is our new Health Care Assistant and **Anya Parker** is our new apprentice. Debbi will be working one day a week plus providing relief cover and Anya will be working 4 days a week training with both our dispensary and administrative teams.

2018 Flu Campaign

We have been advised by NHS England that the delivery of flu jabs for over 65 year olds will be different this year. This means we will receive our supply in stages rather than all at once. This is beyond our control but we will do our utmost to ensure that our clinics are managed well to account for this. We will keep you informed.



The surgery will be closed on Monday 27th August for the summer bank holiday.

In an emergency you can ring:
999 - if you have a life threatening emergency
111 - if you require urgent medical assistance, health advice or information.

For routine appointments, repeat prescriptions or other non-urgent matters, please call the surgery during normal opening hours on 01692 582000.



Message in a Bottle

Did you know you can get a free Lions Message in a Bottle from us at reception?

This is a simple idea to encourage people to keep their basic personal and medical details on a standard form and in a common location - the fridge!

All the Emergency Services are aware of the scheme and it can save them valuable time if they need to enter a property in an emergency situation. Not only does it help to identify who you are, it also identifies if you have special medication or allergies. It provides peace of mind to you, your friends and family by knowing that prompt medical treatment is provided and that the next of kin and emergency contacts are notified.

The bottle contains a form you fill in with your name, medicines, allergies and relative's contact details, and two green stickers.

Fill in the form, put it in the bottle and put the bottle in your fridge. Put one green sticker on your fridge door and the other green sticker on the INSIDE of your house door.

If you or someone you know could benefit from this, please ask at reception for a bottle.



We have a practice facebook page **@staithesurgery**. Please like our page to stay up to date with information about the practice.