
Branch End News

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PLEASE TAKE ONE

Walk- in Centre

NHS Walk-in Centres offer fast and convenient access to local NHS services, information and treatment without needing an appointment. They do not replace local GP or hospital services but compliment them.

There is a walk-in centre at Newcastle General Hospital and another near the Centre of Life not far from the central station. The address is:

Care Uk

Unit 5

The Bar

St James Gate

Newcastle upon Tyne

NE1 4BH

Tel: 0191 2333760

Open from 7.00am – 7.00pm Mon - Friday

There are some variations between services offered by Walk-in Centres across the country but normally most centres can provide the following services

- Blood Pressure checks
- Contraceptive advice
- Coughs, colds and flu-like symptoms.

- Dressing care

- Emergency contraception
- Hayfever, bites and stings
- Health promotion: diet exercise
- Minor cuts and wounds
- Muscle and joint injuries-strains and sprains
- Smoking cessation support
- Suturing
- Women's health problems, eg: thrush, menstrual advice.

SCCF

The Stocksfield Community Care Fund has purchased a wheelchair for all of our patients to borrow if necessary eg: if a relative coming to visit who would need a wheelchair or for patients who cannot walk for a short time etc. Please ask at reception for more information.

Pre Payment Prescriptions

Do you need more than 5 prescription items in 4 months or 14 in twelve months?

You could save money by buying a Prescription Pre-payment Certificate.

This can be a 3 monthly certificate costing £26.85 or a 12 monthly certificate costing £98.70 and from the 1st of July

you can a yearly certificate with 10 month equal Direct Debit.

Please ask at reception for details.

Missed appointments

There were 62 people who did not arrive for their appointment in April and 102 in June. Please cancel your appointment if you do not want it so someone else can use it.

Chicken Pox

There have been lots of cases of chicken pox reported. Here are some helpful points. You may not need a Doctor's appointment.

- Children often present with a high temperature, tiredness, irritability and off their food.
- Spots appear very gradually and can be anywhere on the body including mouth and nose.
- The spots change to form a blister. The number of spots can be 1-100.

You can help by:

- a. Taking off their clothes
- b. Keep the room cool.
- c. Give regular children's paracetamol.
- d. offer frequent drinks
- e. Use calamine lotion if necessary to reduce itching

The spots will be infectious until the last spot has dried up.

Safety in the Sun

In the current warm weather it is important we protect our children against the effects of the sun.

The following guidelines will help parents to protect their children.

- Keep your child out of the sun between 11am-3pm
- Keep babies under the age of 6 months out of the sun altogether.

Branch End News

- Cover your child up with loose baggy clothing
- Ensure all children wear a floppy hat with a wide brim that shades the face and neck.
- Ensure you protect your child's shoulders and back of neck when playing as these are the most common places to be burnt.
- Cover exposed areas of your child's skin with a sunscreen, even on cloudy or overcast days.
- Use a cream with a sun protection factor (SPF) of 15 or above and which is effective against UVA and UVB. Always reapply often – every hour if possible.
- Ensure your child drinks plenty of fluids – water if possible.

Smoking

From July 1st you will no longer be able to smoke in public places so we can help you.

Please make an appointment with Jennie our practice nurse. Your 1st appointment will be for half an hour so please mention this to the receptionist when booking your appointment.

Medicine Manager

The medicine manager for the practice is Linda Ratcliffe. The job she does includes identifying and making savings for the NHS. This is done by changing some patient's medication and you may receive a letter about this. If you have any queries at all about medication she will be happy to help you and consult the doctor on your behalf.