

DECEMBER 2018



NEWSLETTER
FOR THE
PATIENTS OF

Birchwood
MEDICAL PRACTICE

**Birchwood
Medical Practice**
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Vice Chair: Joan Robinson
Secretary: Stella Price



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www.birchwoodmedicalpractice.co.uk

Festive Season Opening Times

Monday 24th December 2018 – As Normal

Tuesday 25th December 2018 – CLOSED

Wednesday 26th December 2018 – CLOSED

Thursday 27th December 2018 – As Normal

Friday 28th December 2018 – As Normal

Monday 31st December 2018 – As Normal

Tuesday 1st December 2019 – CLOSED

Wednesday 2nd December 2019 – As Normal

Thursday 3rd December 2019 – As Normal

Friday 4th December 2019 – As Normal

**Remember to order enough repeat medication for the
Christmas and New Year Period**

Out of Hours Services Information

If you require a doctor urgently when the surgery is closed **dial 111**. This service also offers medical advice 24 hours a day.

Other Services

Minor Injury Units: Caterham Dene Hospital – 9am – 8pm, 7 days a week (over 18's only) - **01883 837500**

Urgent Treatment Centre: Crawley Hospital – 24 hours, 7 days a week – **01293 600300**
ext. 4141 or 4142

Don't forget your pharmacy services.

The **Safe Haven** is located at Wingfield Resource Centre, St Annes Drive, off Noke Drive, Redhill, RH1 1AU. It is open Monday to Friday, 6pm til 11pm. If you are experiencing a mental health crisis and you are looking for urgent mental health support outside normal surgery working hours, **Safe Haven** is here for you.

In the event of a life threatening emergency dial **999** and ask for 'AMBULANCE'



**WE WISH ALL OUR PATIENTS A MERRY CHRISTMAS AND A PROSPEROUS NEW YEAR
FROM BIRCHWOOD MEDICAL PRACTICE AND SUPPORT GROUP**

APPOINTMENTS

Birchwood has now become the Third Hub which is an alliance for better care service offering an extended access to GP appointments. These appointments can be pre booked through Birchwood in the normal way.

Push Doctor appointments. Push Doctor is an on line doctor consultation based in the UK. Our version of this service is free for our patients when accessed via Birchwood as a Modality practice. If you wish to access this service please contact the surgery. The practice receptionist will need to take some personal details from you. A set of instructions will be sent via text message to your smart phone.

ALL TOGETHER BETTER (ATB)

Our Patient Champions have been successfully holding coffee mornings for the past few months on every other Wednesday morning (for all) and once a month on a Friday (for carers). They are planning holding a few more activities and have been collecting information from patients attending the coffee mornings as to which activities they would interested in attending. WELL DONE to all The Champions who have taken the time to make a difference to our practice.

FLU UPDATE

We have been running flu clinics on Saturdays and are now running catch up clinics during the week for people who are unable to attend the Saturday clinics. If you are eligible for a flu vaccination and have not received one, please contact the surgery for an appointment.

MMR UPDATE

Measles: Protect yourself, protect others. MMR vaccine provides safe and effective protection against measles, mumps and rubella. MMR vaccine has been shown across the world to be a safe and effective way of preventing measles. It can protect your child and others against measles infection and its serious consequences.

Measles can cause very serious illness. Measles usually causes a runny nose, red eyes, cough, high temperature and rash. It can also cause complications including ear infections, diarrhoea, pneumonia and convulsions. It is more likely to be serious in pregnant women, people whose immunity is not working properly and babies under a year of age. Very serious complications, such as inflammation of the brain (encephalitis) are rare, but can be fatal.

Measles spreads very easily. Measles is one of the most infectious diseases known. You can catch measles if you spend 15 minutes with someone who has the disease. The measles virus is spread through the air and in tiny droplets that come out of the nose and mouth of an infected person.

Are you fully vaccinated? If you're not sure whether you have had 2 doses of the MMR vaccine, ask your GP practice to check.

If you or your child are not fully vaccinated, make an appointment for vaccination:

Primary school age: contact your GP

Secondary school age: contact the East Surrey Immunisation Team, Forum House, 41-51 Brighton Road, Redhill, Surrey, RH1 6YS - Tel: 01737 775465 <https://childrenshealthsurrey.nhs.uk/services/immunisations-secondary-school>

www.nhs.uk/measles

www.nhs.uk/conditions/vaccinations/mmr-vaccine

For further information/news concerning our local East Surrey Clinical Commission Group the Newsletter link is:
<https://www.eastsurreyccg.nhs.uk/news/patient-round-up-october/>

Current Birchwood list size: 17,038

Useful Information...

East Surrey Hospital	01737 768511
Crawley Hospital	01293 600300
Emergency Dental Line	0845 271 2040
Family Planning	01293 772053
Midwives	01293 768511 ext 6822
Adult Social Care	0300 200 1005

Disclaimer

This newsletter is published by Birchwood Patient Participation Group with the support of practice staff. Whilst every attempt has been made to ensure accuracy and validity of information and opinions provided in this newsletter. Neither the Practice nor the PPG accept responsibility for events arising from the use of the information provided.

OUT OF HOURS

If you require a doctor urgently when the surgery is closed...

DIAL 111