

# THE PINES TIMES! ISSUE 14

## NEWSLETTER



Have we got your up to date mobile number?



The Royal Parks

### STOP TOBER

Helping you split up with smoking this October

BECAUSE THERE'S ONLY **ONE YOU**



What is a Primary Care Network?

The Pines is part of a Primary Care Network consisting of a group of general practices working together with a range of local providers across primary care, community services, social care and the voluntary sector, to offer more personalised, coordinated health and social care to the local population.

We are able to offer shared professional services such as Raj, our Clinical Pharmacist, a Social Prescriber who will be joining us soon & joint PPG collaborations.

Our PCN consists of: The Pines Surgery, Queensview Medical Centre, Kingsthorpe Medical Centre & Langham Place Surgery

GP appointments are now available in your area during the evenings and at the weekend.

To book an appointment, contact your practice.

Your NHS, here for you.



### BOOK YOUR FLU JAB TODAY



### IT'S TOO BIG TO IGNORE.

Around 10,000 deaths in England and Wales are related to flu infections annually.<sup>1</sup>

If you're pregnant, over 65 years old, a child\* or suffer from a chronic disease\*\* you could be at greater risk from flu.<sup>2</sup>

**HELP PROTECT YOURSELF. ASK ABOUT A VACCINATION HERE.**

[www.dontforgetaboutflu.co.uk](http://www.dontforgetaboutflu.co.uk)

\* Check with your GP about child age eligibility  
\*\* Chronic disease includes heart, respiratory, renal, liver or neurological disease, immunosuppression, asplenia / spleen dysfunction and morbid obesity (BMI≥40)<sup>2</sup>

References: 1. Public Health England, Immunisation against infectious disease, influenza: the green book, chapter 19, December 2017.  
2. Public Health England, Department of Health and NHS England, Flu immunisation programme letter 2018/2019, 2018.



**WE ARE ALSO RUNNING FLU DROP-IN CLINICS THIS YEAR—THE FIRST ONE WILL BE HELD ON:**

**SATURDAY 21st SEPTEMBER**

**8am-4pm**

**OVER 65'S ONLY ON THIS DROP-IN CLINIC**



**Go direct to a physio without seeing the doctor!**

Ask reception for more information

First Contact Physiotherapists are available here

The physio will:

- **Assess you** and diagnose what's happening
- **Give expert advice** on how best to manage your condition
- **Refer you on** to specialist services if necessary.



**PLEASE ASK AT RECEPTION**

**P** The surgery would ask patients to please be mindful of where you park your vehicle when using the surgery car park. Under no circumstances should the Doctors parking bays be blocked.

**PLEASE PARK RESPONSIBLY**

GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?

**CANCEL IT!**

IN AUGUST

**157**

PATIENTS DID NOT ATTEND THEIR APPOINTMENT

This equates to 2432 Minutes of a Doctor or Nurses time that could have been spent helping other patients

IF YOU CANNOT ATTEND PLEASE LET US KNOW SO THAT WE MAY ALLOCATE THE APPOINTMENTS TO OTHER PATIENTS IN NEED. THANK YOU.



- A&E or 999**  
Choking, chest pain, black outs, blood loss.
- Walk-in-Centre**  
Cuts, bites, strains.
- GP**  
Vomiting, ear pain, painful cough.
- Pharmacist**  
Upset stomach, runny nose, headache.
- NHS 111**  
Unwell? Unsure? Need Help?
- Self Care**  
Hangover, grazed knee, sore throat, cough.

*Sorry* We're **CLOSED**

**PLEASE NOTE: WE ARE CLOSED FOR STAFF TRAINING FROM 12:30PM ON:**

**Wednesday 9th October 2019**

**CLOSED**

**SATURDAY 28TH SEPTEMBER**

If You Require Urgent Medical Assistance Whilst The Surgery Is Closed Please Call NHS 111

Prescribing of over the counter medicines is changing

Your GP, nurse or pharmacist will not generally give you a prescription for a range of minor health concerns, such as, haemorrhoids, indigestion, athletes foot and nappy rash.

Instead, medicines are available to buy in local pharmacies or supermarkets.



Acute sore throat	Conjunctivitis	Coughs, colds and nasal congestion
Cradle cap	Dandruff	Diarrhoea (adults)
Dry eyes / sore tired eyes	Earwax	Excessive sweating
Haemorrhoids	Head lice	Indigestion and heartburn
Infant colic	Infrequent cold sores of the lip	Infrequent constipation
Infrequent migraine	Insect bites and stings	Mild acne
Minor burns and scalds	Mild cystitis	Mild dry skin
Mild irritant dermatitis	Mild to moderate hay fever	Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)
Mouth ulcers	Nappy rash	Ringworm / athletes foot
Oral thrush	Prevention of tooth decay	Teething / mild toothache
Sunburn	Sun protection	Warts and verrucae
Threadworms	Travel sickness	

**CHANGE STARTS HERE.** **P.P.G** **MAKE A CHANGE**

**!!! DO YOU**

**WANT TO MAKE A CHANGE !!!**

Come along and join our enthusiastic and committed group members and help and support us in improving our surgery services

**Next meeting**

**24th September 2019**

For more information please ask at reception