



NEWSLETTER GAS HOUSE LANE SURGERY

Pharmacy First

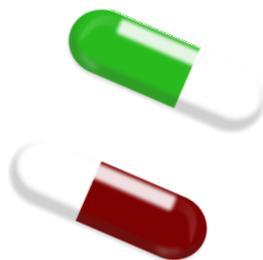


Did you know when you or your family are unwell, you may not need to make an appointment to see the GP. Your local pharmacist is a trained medical professional who can provide free advice on the best treatment for a wide range of illnesses and minor ailments.

As well as free medical advice they can also provide free medication for some illnesses and minor ailments under a scheme called 'Think Pharmacy First'. It allows people who receive free prescriptions to go straight to their pharmacist to receive treatment without needing to visit their GP to get a prescription first.

The scheme is available to adults who are entitled to free prescriptions on the grounds of low income and their children along with all people ages 60 and over.

Please see over for more information



PRACTICE FOCUS

Our Goal is to provide easy access to a wide range of quality medical services. We aim to treat you as we would expect to be treated by others.

Keeping in contact



We do sometimes need to be able to contact you by telephone when appropriate. To enable us to do this please make sure we have your correct mobile and/or landline number recorded on our computer system.

NOTICE BOARD

New Staff



Dr Gemma Lunn - Joined the practice in January and will be working on a Monday and Friday.

Caroline Turnbull - Caroline joined the team in December and will be working in our Dispensary.

Diane Hooker - Diane also joined us in December as a new member of our admin Team

Emis Access



Did you know that if you register at the practice for Emis Access, you can make and cancel appointments and order repeat medication online. You can also download the app onto your smartphone and do all of this from your phone.

NEW - From April 2015 Emis Access now allows you to view aspects of your medical records such as medications and allergies.



Access Centre

The access centre is an appointment based centre which takes the overflow from surgeries. It is based in Ashington. The access centre is for on the day appointments, they cannot be booked in advance or routinely.

Also you can call 111 out of hours.



**when it's less
urgent than 999**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help.



CQC

CQC is an independent regulator of health and adult social care services in England. They inspect GP practices to ensure that the care provided meets national standards.



You can tell CQC about the care you have received by visiting their website or calling them on:

www.cqc.org.uk

03000 616161

DATES FOR YOUR CALENDAR

Our surgery is closed on the 3rd Thursday afternoon of every month for staff training from 12-5pm. Our next dates are:

- Thursday 18th June
- Thursday 16th July
- Thursday 20th August
- Thursday 17th September
- Thursday 22nd October



REMEMBER



Cancelling your appointment

If you don't need your appointment anymore please remember to cancel it.

A quick call to the surgery fees up availability for other patients.

Extended Hours

'Early Bird Appointments'

We offer additional surgeries outside normal working hours for patients who find it difficult to attend. These sessions run from 7:00-8:00am on Tuesday and Friday mornings.

Gas House Lane Surgery

Morpeth NHS Centre

The Mount

Morpeth

NE61 1JX

Tel: 01670 513657

Fax: 01670 513201

Gas House Lane Surgery **Opening Times**

Monday - Friday

8am - 6pm

District Nursing Team

Tel: 01670 500920

We are on the web
www.gashouselane.gpsurgery.net

HEALTH PROMOTION

Skin Protection

COVER UP AND BE COOL

Your skin can be irreparable damaged and leaving the skin unprotected in the sun can be the cause of skin cancer, as well as sunburn and sunstroke.

Just walking around in a T-shirt or shorts exposes the skin to the harmful effects of ultra-violet radiation.. Children are particularly susceptible.



So be wise. Use a good sun cream with a very high Sun Protection Factor (SPF) recommended is SPF 50 and make sure that it is correctly applied so that it gives the protection against the Ultra Violet rays. Drink plenty of water to stay hydrated.

Sunburn Hurts you

Wear a wide brimmed hat –very important to children , wear loose fitting clothes which over the shoulders and arms, particularly at the hottest part of the day 12 noon



Skin Cancer Kills



DO NOT WASH RAW CHICKEN

Campylobacter is the most common cause of food poisoning.



Don't wash raw chicken before cooking splashing can spread campylobacter on to the surfaces, clothing and equipment. **Which can lead to serious illness**

Thorough cooking kills campylobacter



Holiday Vaccines

Travel Clinic

If you are travelling abroad to a country where you need vaccination, please make an appointment with the nurse at least 6-8 weeks before you are due to travel.

The Nurse will advise you on all aspects of travel health so that you are familiar to specific health risks associated with the country you are visiting. You will be advised which vaccines or malaria tablets you require. A course of vaccinations can take several weeks to complete.

Please note there is a charge for some vaccines the nurse will be able to give you further information when you attend your appointment

