

BIRLEY HEALTH CENTRE
NEWSLETTER
November 2018

FLU CLINIC

Flu season is here again we have already had a few drop in sessions. However if you ask when you come into surgery, we will try to fit you in for your flu vaccine whilst here. We offer 2 different types of vaccinations this year, one for patients over 65 and one for the under 65's. If you are not sure if you are eligible ask at reception.

We are also offering nasal flu for children who are 2-3 year old on 31/08/2018 (but not 4 year olds). 4-9 year olds will be having theirs at school.

COMMUNITY BUS

Our community bus which collects patients from their street and brings them direct to the surgery, now runs 3 days a week Monday, Tuesday and Thursday mornings. The practice subsidises the cost. We ask that patients contribute £1 per journey. Spaces are limited so please tell the receptionist when you book your appointment if you need to be picked up.

PRESCRIPTIONS

We ask for 2 working days when processing prescriptions. Some pharmacies ask for a further 2-3 days to process and dispense medications. This means it can take 5 working days from requesting repeat medications until it is ready to collect. We ask that you keep this in mind when ordering. Please contact your own pharmacy if you would like to know their dispense times.

Please be aware that if you are collecting any controlled drugs for yourself or anyone else you will need to provide the receptionist with identification. This is to ensure we pass on the prescription to the correct person.

OUT OF AREA PATIENTS

Patients living out of the practice area are not eligible for home visits. We understand it can be quite a wrench leaving a surgery where you have been registered for a long time. However it is often in the best interest of the patient for all the local health providers to work together. Patients may remain registered at the practice but will not receive home visits under any circumstance.

HUB APPOINTMENTS

We can book appointments with Nurses and Health Care Assistants in any of the 6 Hubs for the following;

- Blood Tests
- Diabetic Foot Checks
- Blood Pressure Checks
- New Dressings (must bring own dressings to appointment)
- Asthma Reviews/Checks
- Ear Syringing
- Smears
- Diabetic Reviews
- Injections for B12

Appointments are available in the evenings between 6pm – 10pm and also Saturdays and Sundays between 10am – 6pm. During surgery hours please ask a receptionist to book in. If outside of surgery hours please contact NHS 111 or the GP Out of Hours service who can book the appointment.

More information about the Hubs can be found at www.primarycaresheffield.org.uk/patients

URINE TESTING

Before bringing in a urine sample we ask that your medical issue is discussed with a Doctor or Nurse. This is to ensure the correct testing is requested and to highlight any other care/test that maybe required. If there is no record of a sample being requested we have no alternative but to destroy it.

ON-LINE SERVICES

Appointments can be booked on-line via our website www.birleyhealthcentre.co.uk. If you haven't used the service before all you need to do is bring identification to the health centre and you will be issued with a username and password. You can also request access to your medical records, please ask one of our receptionists or see the practice website for details.

MISSED APPOINTMENTS

Appointments with clinicians are always in high demand, particularly over winter. Did you know that in September we could have offered an extra 59 Doctor and 14 Nurse Practitioner appointments if everyone that didn't need their appointment had let us know. Please remember to ring the health centre and cancel if it's no longer needed.

RESULTS

We kindly ask that you telephone for results between 2pm and 5pm. The doctors review results as they arrive each day. Most results can be discussed on a routine telephone call within 4 weeks. If they are more urgent you will be contacted to either attend the health centre or book a phone call with a doctor.

NEW CLINIC



**NATIONAL
LOTTERY FUNDED**

Drink Wise, Age Well is coming to Birley Health Centre from November 2018.

As we get older changes in our life can be a cause for celebration such as retirement or grandchildren. For some there may be a feeling

of loss, this may be due to children leaving home or the end of working life. Life changes can sometimes be made even tougher if we experience bereavement or if we become a carer. These are just some of the reasons people may find they drink more as they age.

It's much more common to drink at home rather than the local pub. It's easy to be more generous with measures and lose track of how much you're drinking.

If you're over 50 and want to find out more about what a unit of alcohol looks like or how to make healthier choices about alcohol, Drink Wise, Age Well are offering advice sessions over 12 weeks.

To book an appointment with the Drink Wise, Age Well adviser please ask a receptionist.

Alternatively you can contact Drink Wise, Age Well directly on 0800 032 3723 or e-mail sheffied@drinkwiseagewell.org.uk or visit <http://drinkwiseagewell.org.uk>

PRACTICE FUNDRAISING

- **Macmillan Coffee Morning**

A big thankyou to everyone who came to our coffee morning in September, together we raised over £200 for Macmillan Cancer Support.

- **Breast Cancer Now Charity**

BirleyHC staff wore something pink on 25th September to raise awareness of Breast Cancer and raise funds for the charity, we raised £55.

If you have any ideas for future content of the newsletter or have a question or comment, please do not hesitate to get in touch either via the website or in surgery.