

# Aireborough Family Practice

[www.aireboroughfamilypractice.nhs.uk](http://www.aireboroughfamilypractice.nhs.uk)

## CHANGE TO OPENING HOURS and APPOINTMENTS

To ensure that we are continuing to offer a good service to our patients we would like to remind our patients that we open from 7:30am on Monday and Tuesday mornings and open until 7:30pm on Monday evenings. All other times are from 8:00am until 6:30pm.

We pride ourselves in offering our patients all care under one roof. We will not send you elsewhere to see a doctor for a routine appointment.

ALL appointments offered are in house where the

**DOCTORS KNOW YOU AND YOU KNOW THEM.**

We also ensure that all children under the age of 10 years are seen within the same day and where possible within 2 hours.

## NEW HEALTH CARE ASSISTANT

We are pleased to announce we have a Health Care Assistant—Tracy Quiney who has joined our practice. Tracy has over 8 years experience and will be working along side Sally. We are sure you will enjoy getting to know Tracy over the next coming weeks and months.

## Training Practice

We have been approved by the GMC as a Training Practice. This means we will have a registrar doctor working at the practice in the future. A registrar doctor is a fully qualified doctor who has to work for 12 months in a practice being supported by a GP.

**Health Factoid—** The first known heart medicine was discovered in an English garden. In 1799, physician John Ferriar noted the effect of dried leaves of the common plant, digitalis purpurea, on heart action. Still used in heart medications, digitalis slows the pulse and increases the force of heart contractions and the amount of blood pumped per heartbeat.



## FLU VACCINATION 2016/17

We are currently booking appointments for the FLU jab. We have two clinics which are just for flu jabs Monday 3rd and 10th October 16. If you are eligible for a vaccine please make an appointment with Tracy.

If you require medical advice out of hours you can call 111 or if you need an ambulance you can still call 999.

We had our CQC inspection October 2015. We are pleased to inform you that our overall rating was GOOD. To view the full report, please go to [www.cqc.org.uk](http://www.cqc.org.uk)

**Local Rate Telephone Number : 0113 3911950**

We are looking for patients who are interested in helping form the future of the NHS and Primary Care through our **Patient Reference Group**. If you would like to know more about this—please ask reception for a application form.

**Any Suggestions??** We are always looking for ways we can improve as a practice. If you think there is something we can get better at or improve on we are happy to hear from you.

Please ask at reception for a 'Suggestions' form to complete and hand in.

### **NEW— ON THE DAY Clinic**

We are sure you will agree with us that over the past few months Clinics have become increasingly busy. To help cope with the increase in demand for appointments we are introducing a On The Day clinic which will be run by Sally Howarth - practice nurse.

Sally has undergone training and is qualified to see patients with problems which don't necessarily have to be seen by a doctor ie Coughs, Colds, Constipation, Diarrhoea, Earache, Sore throats etc. Initially, appointments for Sally's 'On The Day' clinic are being held on Wednesday afternoons 4 - 6:30pm. The receptionist/ doctors may offer you an appointment to see Sally as an alternative to a doctor appointment.

### **When you have a cold or flu, antibiotics are not for you!**

Antibiotics are important medicines that treat infections caused by bacteria. However some bacteria has become resistant and antibiotics no longer work. If you have a cold or flu you should see your local pharmacist who will offer help and advice and when necessary they will advise to see a doctor. Antibiotics do not work for viruses which cause most coughs, colds and sore throats.

The best way to teat most colds, coughs or sore throats is to drink plenty of water and to rest. Colds can last about 2 weeks and may end with a cough and bringing up phlegm. You should see a doctor if -

- A cold lasts for more than 3 weeks
- You become breathless
- You have chest pains or you already have a chest complaint

**Please do not expect a prescription every time you see a Doctor.**

**Health Factoid—** Dirty beards harbour the same smelly bacteria that live in smelly armpits. Human beards that aren't regularly maintained or groomed create the perfect environment for human lice.



### **SHINGLES**

If you are 70, 71, 72, 73, 78 or 79 on 1st September 2016 you are eligible for a Shingles Vaccine. Please book an appointment with the Practice Nurse.