



## Easter Opening Times

Over the holiday season we will be open as usual with exception of the following days:

- **Friday 29 March (Good Friday)**
- **Monday 1 April (Easter Monday)**



If you need medical advice and support over the bank holidays, we recommend calling **NHS 111**, visiting **111 online**, or by calling **999** in the event of an emergency.

## Measles

Across the UK, measles is on the rise. Measles is highly contagious and can lead to serious illness, long term disability, and even death.

The increase in measles cases is due to fewer children being vaccinated against the disease. Make sure your children are protected and up to date with their jabs.

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella. Enquire at the practice to find out more and book your child's vaccination.

## Pharmacy First

You can now get treatment for seven common conditions at most high street pharmacies without needing to see a GP.

Trained pharmacists at local pharmacies can assess and treat common and non-urgent conditions including:

- sinusitis
- sore throat
- earache
- shingles
- infected insect bite
- impetigo
- uncomplicated urinary tract infections in women (under the age of 65)

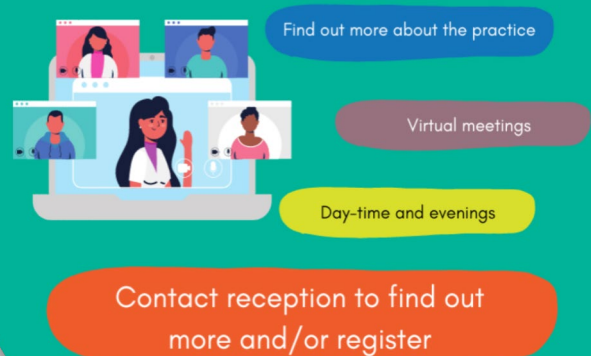
## Patient Participation Group

We want to know what is going well and what we could do better at our surgery. This is why we have Patient Participation Groups (PPGs).

PPGs bring together patients and staff to discuss the range and quality of services provided by the practice.

If you would like to be involved in our PPG, please call the practice, and speak to a member of the team.

## YOUR OPINION MATTERS... JOIN OUR PATIENT PARTICIPATION GROUP (PPG)



## NHS Talking Therapies

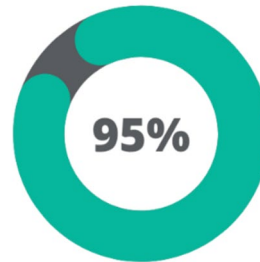
Did you know that NHS Talking Therapies can help people with a range of conditions such as health anxiety, panic attacks, and body dysmorphia?

The service is effective, confidential, and free. You can be referred to the service by your GP, or refer yourself online by visiting: [www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/](http://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/)

## We Want to Hear from You

Your feedback is incredibly important to us. We want to hear your thoughts on what we are doing well, what we could improve, and how likely you would be to recommend the practice to friends and family.

If you have feedback you would like to leave, you can fill out the form on our website homepage, or ask at reception for other ways to provide feedback.



**Of patients would recommend the practice to their friends or family**

**\*as of January 2024**

## Prescriptions

You can no longer make prescription requests over the phone.

Instead, please use the NHS App. You can download this for free by searching 'NHS' into your phone's app store.

Requests for prescription can also be made via request slips found in the waiting area, or by sending your requests through the post.

## Order repeat prescriptions on the NHS App



## We're here for you, for longer...



**Enhanced Access** appointments are available at your practice, or a nearby NHS service, outside of usual practice hours.





## SELF CARE

Treat aches and pains, coughs and colds at home – stock up on medicines.



## PHARMACY

Visit your local pharmacy for minor injuries, allergies, constipation, headaches, cold and flu symptoms and earache.



## YOUR GP PRACTICE

GP practices are open. Talk to your GP, nurse or other healthcare professionals about symptoms that aren't going away. They can offer telephone, online or face-to-face appointments depending on what your health concern is.



## NHS 111

Think NHS 111, if you need help fast but it's not an emergency think NHS 111. Open 24/7. Call 111 or visit [111.nhs.uk](http://111.nhs.uk).



## URGENT TREATMENT CENTRE

You can visit your local Urgent Treatment Centre for sprains, fractures, minor burns and skin infections.



## DENTAL TREATMENT

For urgent dental care please call your local NHS dental practice. For urgent care, advice out-of-hours, call NHS 111.



## MENTAL HEALTH CRISIS LINE

If you're worried about your mental health, or experiencing a mental health crisis, call the 24/7 crisis line on 0808 196 3779.

Find out more here: [www.nhs.uk](http://www.nhs.uk)

In a medical emergency call 999. This is when someone is seriously ill or injured and their life is at risk.