

# ABBEY FIELD MEDICAL CENTRE PATIENT NEWSLETTER

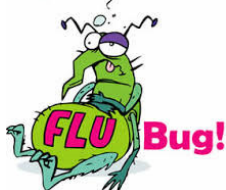


Did you know...

You can now order your repeat medication, book and cancel appointments and inform us of address changes on our website.

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

**Squash that**



Its not too late to have your Flu Jab!

Ask at reception and book an appointment with our HCA.

**Are you 65 or over?**

Cold weather can make you more likely to catch a winter illness that could become very serious.

So if you start to feel unwell, even if it's just a cough or cold, seek advice from your pharmacist before it gets more serious.

**STAY WELL THIS WINTER**

nhs.uk/staywell

Sanjay Ganvir, Pharmacist

Our care advisor is available to help with forms, PIP queries and ordering specialist equipment.

Please ask for at reception for more details about how she can help you.

Ladies...

Don't forget to book your smear test appointment with one of our nurses.

## PATIENT NOTICE

In the month of December 312 people DNA'd their appointments.

This equates to 78 hours of clinical time lost.

Or

2 weeks of full time doctor hours.

Please let us know beforehand if you need to cancel your appointment.

## FREE NHS HEALTH CHECK

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease.

The good news is that these conditions can often be prevent-

ed even if you have a history of them in your family.

If your are aged between 40 and 74 then you could be eligible for a free health check.

**Book an appointment at reception today.**

**Free NHS Health Check**

to help you avoid heart disease, stroke, diabetes and kidney disease

**Abbey Field Medical Centre**

Ypres Rd  
Colchester CO2 7UW  
**01206 517100**

Monday to Friday  
8.00-18.30  
Saturday Closed  
Sunday Closed

**Hawthorn Surgery**

St Edmunds Centre  
Tamarisk Way  
Colchester CO4 3GW  
**01206 871157**

Monday to Friday  
8.00-18.30  
Saturday Closed  
Sunday Closed





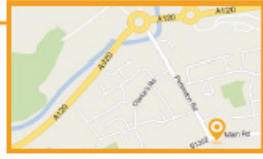
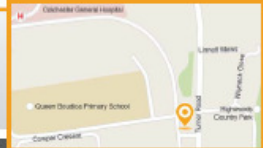

**Elmstead Surgery**

Chapel Lane  
Elmstead Market  
Colchester CO7 7AG  
**01206 586400**

Monday, Wednesday  
and Friday  
08.00-15.00  
Tuesday and Thursday  
14.00-18.30  
Saturday Closed



Monday to Friday  
08.30-18.00  
Saturday  
9.00-13.00  
Sunday Closed

Look after yourself...	Pharmacist...	GP...
<p><b>Coughs and colds / Grazes / Hangovers</b></p> <p>You can treat these sorts of conditions at home – in fact, that's the best place for you!</p> <p>Self-care is the best choice to treat very minor illnesses and injuries.</p> <p>A range of common illnesses and injuries can be treated at home simply by combining a well-stocked medicine cabinet with plenty of rest.</p> <p>Make sure that your medicine cabinet is well stocked with:</p> <ul style="list-style-type: none"> <li>● Paracetamol</li> <li>● A thermometer</li> <li>● Antihistamines</li> <li>● Aspirin (not for children under 16 years)</li> <li>● Rehydration mixture</li> <li>● Anti-diarrhoea medicine</li> <li>● Plasters</li> <li>● Indigestion remedy</li> </ul> 	<p><b>Diarrhoea / Fever / Headache / Sore throat / Painful cough / Runny nose / Minor illnesses / Upset stomach / Skin conditions</b></p> <p>Your pharmacist is a health care professional who can provide advice and treatment for these common conditions, as well as dispensing prescriptions.</p> <p>All 60 pharmacies in North East Essex offer advice and medicines for a range of common health complaints, without appointment.</p> <p>There are pharmacies in North East Essex that are open from early morning until late at night, even on a Sunday.</p> <p>To find your pharmacy opening hours, search "Colchester" or "Tendring" at <a href="http://www.nhs.uk">www.nhs.uk</a></p> 	<p><b>All illnesses including mental health except life-threatening emergencies</b></p> <p>Your GP is your first port of call for on-going illnesses or injuries.</p> <p>However, remember a range of common illness and injuries can be treated at home simply by combining a well stocked medicine cabinet with plenty of rest.</p> <p>Your GP provides a range of services by appointment and will be able to assess your immediate needs as well as refer you into a specialist service if necessary.</p> <p>Many surgeries open longer hours now; however if your surgery is closed, dial '111' to speak with a trained adviser quickly.</p> 
Urgent care and minor injuries...		A&E...
<p><b>Cuts / Sprains / Strains</b></p> <p>If you have an urgent and severe but non-life threatening illness or condition then please go to the Walk-in Centre or a Minor Injuries Unit.</p> <p><b>Clacton Minor Injuries Unit</b> Clacton Hospital, Tower Road, Clacton-on-Sea, Essex CO15 1LH Telephone: 01255 201594</p> <p>Specialist nurse-led service providing treatment for minor illness and injuries, e.g. cuts, sprains and fractures. Open from 9am until 9pm, 365 days a year. X-ray available Monday to Friday 9am to 5pm and at weekends and bank holidays 10am to 4pm.</p> 	<p><b>Harwich Minor Injuries Unit</b> Fryatt Memorial Hospital, 419 Main Road, Harwich CO12 4EX Telephone: 01255 201226</p> <p>Specialist nurse-led service providing treatment for minor injuries, e.g. cuts, sprains and fractures. Open from 9am until 5pm, 365 days a year. X-ray open Monday to Friday 9am to 1pm.</p> <p><b>Colchester GP Walk-in Centre</b> at the North Colchester Healthcare Centre, Primary Care Centre, Turner Road, Colchester, Essex CO4 5JR Telephone: 01206 314015</p> <p>GP-led service providing treatment for minor illness and injuries, e.g. cuts, sprains and fractures. Open from 7am until 10pm, 365 days a year. X-ray available 9am to 4.30pm 7 days.</p>  	<p><b>Blackout / Bleeding you can't stop / Severe chest pain / Choking / Loss of consciousness / Stroke</b></p> <p>These are all emergencies and you need urgent hospital care.</p> <p>999 or Accident and Emergency departments should only be used in a critical or life-threatening situation. A&amp;E departments provide immediate emergency care for people who show the symptoms of serious illness or are badly injured in a way that could be life-threatening.</p> <p><b>THINK FIRST... BEFORE YOU GO TO A&amp;E</b></p> <p>If you have a life-threatening injury or illness dial 999 or go immediately to your nearest A&amp;E department.</p> <p>In Colchester and Tendring this is:</p> <p><b>Colchester Hospital</b> Turner Road, Colchester Essex, CO4 5JL Tel: 01206 747474 Open 24 hours, 365 days a year</p> 

**PATIENT GROUP**

This surgery has a patient group who work together with us to share ideas and improve our service.

If you have any ideas about how we can improve our service then please come along to one of our meetings.

The group is open to patients from all of our branch surgeries and all age groups.

Dates for 2018

Thursday 8 February 2018  
Thursday 17 May 2018  
Thursday 2 August 2018

Thursday 4 October 2018  
Thursday 6 December 2018  
Starts at 6.30 at Abbey Field site