



Northolme News

Spring 2017



We would like to welcome and introduce two new members of staff who recently joined the Practice Nursing team - new Lead Nurse Savoula Ryan, and Treatment Room Nurse Natalie Shaw. Savoula and Natalie will work at both Kos Clinic and Northowram surgery sites.

The Surgery will be closed on the following dates:

Upcoming bank holidays 2017

Closed	Monday	1 st	May	Early May bank holiday
Closed	Monday	29 th	May	Spring bank holiday
Closed	Monday	28 th	August	Summer bank holiday
Closed	Monday	25 th	December	Christmas Day
Closed	Tuesday	26 th	December	Boxing Day

Afternoon closing times for Training and development

Closed	1pm – 6pm	Wednesday 14 th	June 2017
Closed	1pm – 6pm	Wednesday 13 th	September 2017
Closed	1pm – 6pm	Wednesday 15 th	November 2017

When the surgery is closed, Out of Hours Emergency cover and advice is provided by CARE DIRECT who should be contacted on



Telephone number:

111



GP Online Services

Quick, easy and secure

- Book Appointments
- Order repeat prescriptions
- Access your Summary Care Record

At the Northolme Practice we offer the following online services:

Appointment booking – you can book, view or cancel appointments online.

Order repeat prescriptions – order and view a list of your repeat prescriptions.

Access your Summary Care Record – view your ‘summary care record’ online, this includes medicines you are taking, allergies you may suffer from or any bad reactions to medicines.

How to access Online Services: You have to register for online services in person at the surgery, which takes just a couple of minutes. You will need to provide two forms of identification:

- 1) Photographic identification – e.g. passport, bus pass or driving licence
- 2) Proof of address – a recent utility bill or bank statement.

Practice reception staff will verify your identity details and provide you with your online login details straight away.



A Friends & Family Request

Please can you be respectful to residents when parking on the roads outside Northowram Surgery and the Kos Clinic, Hipperholme.
Thank you

Appointment DNA's (Did not attend)

Missed appointments – January	76	- 15 hours	36 minutes
February	55	- 12 hours	26 minutes
March	97	- 21 hours	36 minutes
April	70	- 16 hours	15 minutes

If you are unable to attend your appointment, please contact the surgery as soon as possible. Did you know you can also cancel your appointment Online.

Patients who fail to attend appointments on two or more occasions will receive a letter from the Practice, this may then lead to being removed from the Practice.



Spring Time - Hay Fever

Spring time is a beautiful time of year, but brings with it the hay fever season. It can be a miserable condition with nasal blockage, sneezing, itchy eyes, cough and occasionally wheeziness.

Symptoms can start at any time from March to September (sometimes earlier) depending on what pollen, grasses etc.; that you are allergic to.

Simple measures like not opening windows or going out when grass mowing is taking place can help you. Your bodies' reaction to the allergy is to produce histamine from certain cells in your body. Hence treatment is directed at blocking the action of the histamine or stopping the histamine from being released. Treatments such as antihistamines, eye drops and nasal sprays are available for sale over the counter. Please speak to your local pharmacy for advice. It is usually better to treat yourself before symptoms become too bad.



Protect yourself from the sun

The sun does have health hazards and there has been a rapid rise over the number of skin cancer and skin conditions that can lead to skin cancers. These relate to the amount of sun exposure that an individual has over the years. Obviously sun exposed areas are most affected e.g. your face, legs and backs of hands. Remember to cover up and use a high sun protection factor 30+ (SPF).

Travel Vaccinations

For those who have plans for summer holidays, remember that if you need vaccinations for protection against various diseases, you need to plan in advance. It is advised to have immunisations 6 weeks before you travel to give yourself the best protection. Please ask at reception for a holiday vaccination form which needs to have all family members who will be travelling with you.





NHS HEALTH CHECK

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

What is an NHS Health Check?

The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

How do I get an NHS Health Check?

If you're in the 40-74 age group without a pre-existing condition, you can expect to receive a letter from your GP inviting you for a free NHS Health Check every five years. You can also ask the surgery receptionist who will be happy to book you an appointment.



every Daffodil counts

Every penny you raised for the **Great Daffodil Appeal** is helping Marie Curie Nurses be there for more people living with any terminal illness.

The Northolme Practice and patients raised £16. We would like to pass on our thanks for their support.

Drs, Chin, Ross, Cameron, Howes, Santhanam & Malone The Northolme Practice

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