

BUSINESS NAME

NEWSLETTER:

Volume 1, Issue 1

Newsletter Date

Special points of interest:

- Briefly highlight your point of interest here.

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Lead Story Headline

The season of increased viral illnesses is upon us once more. One of the most pressing problems faced by healthcare services around the world is the increasing prevalence of antimicrobial resistance. No new antibiotics have been found over the past two decades, as such we need to reserve antibiotics for those infections that really need them. You can help to ease pressure on the surgery and help yourself by avoiding antibiotics, as these may cause unwanted side effects such as diarrhoea. We hope that a few facts below and some advice on how to manage your illness may help you to stay healthy and avoid unnecessary visits to the surgery.

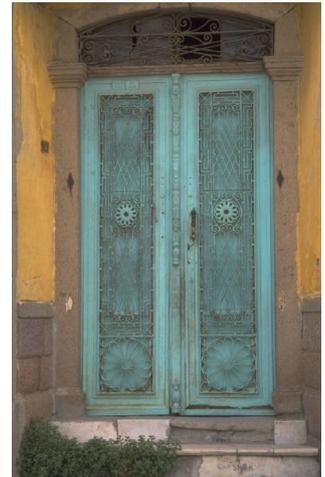
The average length of a cold is 10-14 days, but many can last between 2-4 weeks.

Adults have an average of between two and four colds a year.

Young children in nursery schools may average up to nine colds during the winter months.

What treatment can buy in my local pharmacy to try to help my symptoms?

Paracetamol or ibuprofen are effective when used during viral infections to treat symptoms such as sore throat, muscle pain or high fever. Over-the-counter cough mixtures have little or no evidence that they help children. Honey and lemon is probably as good as any formulation. Vapour rubs and inhalant decongestants can be



“Should I have antibiotics for my cough, runny nose or sore throat Doctor?”

Secondary Story Headline

Electronic Prescribing

From September 2015 it is planned that the surgery will introduce electronic prescriptions for patients.

What does this mean for our patients? Patients wishing to use the new service will be able to sign up for their prescription to be sent electronically to a pharmacist or dispensing appliance contractor of their choice. Patients can sign up for the service now by talking to their local pharmacy who will explain the service further to them.



Get your vaccinations here!

GET YOUR VACCINATIONS HERE!

“To catch the reader's attention, place an interesting sentence or quote from the story here.”



Caption describing picture or graphic.

Inside Story Headline

We are now taking bookings for our annual flu vaccination clinics on Saturdays this month. There are plenty of appointments still free, for morning and afternoon sessions. If you are unable to make these sessions there will be some clinics during the week.

Flu jabs are offered free to:

- people aged 65 or over,
- women who are pregnant
- people with a serious medical condition
- people living in a residential or nursing home
- children aged two, three and four years old plus children in school years ~~one and two. Also children aged two to 17 years who have medical conditions~~ where getting flu could be dangerous. Children and young people have their vaccination as a nasal spray.
- the main carer's for an elderly or disabled person whose welfare may be at risk if the carer becomes ill
(Healthcare or social care professionals directly involved in patient care should speak to their employers.)

Dr Gilkar & Partners

REQUESTS FOR HELP FROM PATIENTS

NON URGENT TELEPHONE CALLS

Our phone lines can be very busy from 9am – 10 am on Monday mornings – if you need to ring us on a Monday about something other than booking an appointment, could you please wait until after 10 am.

CANCELLING APPOINTMENTS

We would like to thank patients who call us to cancel their appointments as this means we can then use them for other patients (often at very short notice).

Could you **please** let us know if you are unable to attend an appointment so that we are able to allocate the appointment to another patient & also so that we can re-arrange your appointment to a more convenient day & time. This will help to improve the availability of appointments for ALL patients as it is impossible to re-book appointment slots when a patient does not inform us in advance that they will ~~not be attending.~~

Patient Participation Group (PPG):

Would you like to have your say about the services provided at Dr Gilkar's Surgery? The PPG is actively seeking patients to join the existing group. They are looking for people of any age, gender or background to attend a quarterly meeting to discuss

changes or ideas you might have for the surgery. If this is something you are interested in or would like further information, please ask a member of our reception team and we will contact you.



Caption describing picture or graphic.



Caption describing picture or graphic.