

Spring
2018

Practice news

It has been a while since our last newsletter, so hopefully we will make it a regular publication again. Don't forget Our patient participation group is always looking for new members interested in helping us to shape and improve services. Meetings are held approximately every 6 weeks on a Monday at 10:00 For more information about the work of the group or to express interest in joining, please go to our website.

Or email

AHMCPPG@gmail.com

Health Matters

www.albanyhousemedicalcentre.co.uk

Winter is over

Everyone will be aware that the ambulance and A&E services are still struggling to cope with demand. So what are the alternatives to A&E?

Self care—for minor illnesses such as coughs and colds and minor injuries, just keep a good range of medicines such as paracetamol and anti-diarrhoeal medicine at home, and keep them well away from children.

Pharmacies—your local pharmacy should be able to help you cope with a range of minor illnesses with remedies for such as coughs and colds, 'flu, sore throats and prescriptions for conjunctivitis, cystitis and impetigo.

GP surgery—We have a duty doctor available all day to deal with non-life threatening illnesses and injuries. We make every effort to see any patient who really does need to be seen urgently the same day, and many minor illnesses can be dealt with over the telephone. Our operators will ask for information about why you are calling—this is simply to help us sign-post you to the most appropriate person for treatment. When we are closed, call 111 for medical advice and attention that cannot wait.

Urgent care centre—The Corby walk-in centre in Cottingham Road, Corby NN17 2UR is open 8 to 8 365 days a year. No appointment is needed. The centre can deal with any illness or injury that needs urgent attention, including fractures and injuries.

A&E—Both Kettering and Northampton General hospitals have A&E departments. These are for serious or life threatening situations, not for dealing with minor illnesses and injuries.

NHS 111—NHS 111 is open 24/7, every day. 111 will always be able to direct you to the most appropriate service. If you are in doubt about whether to attend A&E, you should always check with 111 before you set out.

SMS Messages—We have now started sending out sms messages for anyone that has a blood test result come back showing normal. To receive this benefit you must have your mobile number registered on your records, and also you must consent to receive sms messages.

Option 1 Appointment line (08:30 to 18:00 Monday to Friday) only: 01933 234 900

Option 2 Same day appointments(08:30 to 18:00 Monday to Friday) only: 01933 234 900

Option 3 Home visits line (08:00 to 18:30 Monday to Friday): 01933 234 900

Option 4 Test results (14:00 to 16:30 Tuesday and Thursday): 01933 234 900

Option 5 Enquiries (09.30 to 12.30 Monday to Friday): 01933 234 900

Option 6 Cancel an appointment (voicemail service) : 01933 234 900

Wollaston (branch opening times only): 01933 665 011

When we are closed: call 111