

KEELE PRACTICE NEWSLETTER

2016

Welcome to Keele Practice's New Year newsletter. We hope all of our patients had a relaxing and enjoyable time over the festive period and are ready for the new year ahead. We are here to offer support and advice regarding all health matters. We hope that all of our patients have a good experience here at the practice, so please advise us if there is anything that you feel can be improved.

Repeat Prescriptions
Please allow 48 working hours between ordering and Collecting your prescription



Change of address or phone number

Please inform reception of any change to your address or telephone number to ensure our records are kept up-to-date should we need to contact you.



Reception Opening Hours

Monday	7.30am-6.00pm
Tuesday	8.00am-6.00pm
Wednesday	7.30am-7.30pm
Thursday	8.00am-1.00pm
Friday	7.30am-6.00pm
Saturday	Closed
Sunday	Closed



CANCELLING APPOINTMENTS

To help improve the availability of appointments, we would be grateful if you could let us know as soon as possible if you cannot attend so that we may offer your appointment to another patient.

Practice Staff

GP's:

Dr O'Byrne (male)
Dr Deaville (female)
Dr Carson (male)

Nurse Practitioners:

Marilyn Liu (female)
Yvette Fawcett (female)

Practice Manager:

Jan Downes

Reception:

Karen Askey, Lesley McNulty, Louise Ford, Toni Cooper, Jemma Ashmore, Rebekah Hall and Jane Edgerton.

Dispensary:

Nadine Carson &
Lesley McNulty

Phlebotomists:

Louise Ford
Jemma Ashmore

Flu Vaccinations

Infuenza (Flu) is a viral infection that usually strikes between December and March. It can affect people of all ages and is much more than a heavy cold.

You are eligible for a free flu vaccination if you suffer from any of the following:

- Chronic lung disease
- Asthma
- Heart problems
- Liver or kidney disease
- Neurological disease
- Pregnant
- Aged 65 or over
- Student at Keele University

Flu vaccination does not cause flu!



You need to have a jab each year to maintain immunity as the flu virus is always changing. Being vaccinated will not stop you from getting coughs and colds, but can protect you against the latest strain of flu.

Self Management of Sore Throats in Adults

SYMPTOMS	TREATMENT
<ul style="list-style-type: none">• Had for less than a week• No white spots on tonsils• Runny nose/cough/sneezing• Mild fever (temperature <38 degrees)• Feel mildly unwell	Self care as follows: <ul style="list-style-type: none">• Rest• Plenty of fluids• Regular analgesia• Throat lozenge
<ul style="list-style-type: none">• Had for more than a week• White spots on tonsils• Fever (temperature > 38 degrees)• Very difficult to swallow• Fell unwell in self	Contact the surgery

If your condition worsens or you are worried:

*Visit a walk-in-centre at: **Stoke (Haywood) NHS Walk-In Centre**, High Lane, Stoke-on-Trent, Staffordshire, ST6 7AG, Telephone: 01782 581112

Midway Medical Walk In Centre, Morston House
The Midway, **Newcastle under Lyme**
Staffordshire ST5 1QG
Telephone: 01782 663757

Health and Wellbeing Centre – 69/71 Stafford St
Hanley, Stoke on Trent
Staffordshire ST1 1LW
Telephone: 0300 123 6759

*Contact your GP: Here at the surgery in Keele Health Centre
Telephone **01782 753550** (an emergency phone number will be given out of hours)

* Call NHS **111** for out of hours service



when it's less urgent than 999

FREE CONDOMS-ASK AT RECEPTION

The C-Card is a plastic card that gives anyone aged 24 or under quick and easy access to **free condoms** from a range of venues across Stoke on Trent and North Staffordshire, including a number of pharmacies, doctors surgeries and supermarkets.

It is a confidential service which also offers information and advice about sexual health and relationships.

You can get free condoms using your card anywhere you see the C-Card logo.



theccard
carry with confidence.....

Travel Health Clinic

Are you planning a trip abroad? Don't forget you may require travel vaccinations or Malaria prevention.

For further advice book an appointment to see one of our Nurse Practitioners to discuss your travel health requirements. Ideally this needs to be **at least 2 months before you travel**, as depending on your destination you may need a course of several vaccinations spread over weeks or possibly months.

Remember, it takes at least 2 weeks for the vaccinations to give you full protection. However if your holiday is a last minute booking, we advise you still book an appointment as it is better to be partly protected than not at all!

To book a 'travel health' appointment you must firstly complete a travel form which is available from reception. A nurse will then complete a travel risk assessment, and come to a conclusion based on where you are going and what vaccinations you have already had.

To allow them time to do this you will need to phone back 48 hours after filling in the form to book an appointment.



FREE CHLAMYDIA TESTING!

What is chlamydia?

Chlamydia is the most common STI in the UK and is most prevalent in young people under 25 years old. Chlamydia is easily passed from one person to another through unprotected sex or sexual contact (e.g. not using a condom).

What are the symptoms?

Most people with chlamydia don't get any symptoms. If you do get symptoms you might notice:

Unusual vaginal discharge

Pain when peeing or having sex

Bleeding after sex or between periods

Pelvic pain (pain in the lower part of the stomach) or painful testicles

If you have any of these symptoms you should see a health professional.

Why should I get tested?

If chlamydia is not treated it can cause pain in the pelvis, ectopic pregnancy and infertility. This risk is increased if you get the infection repeatedly.

What does the test involve?

The test is free, simple and confidential. All you need to do request a postal kit, give a urine sample or self-taken vaginal swab and post it back to us in the envelope provided. We will then contact you with your results.

What if I have chlamydia?

If you have chlamydia you will be given antibiotics to treat the infection.

**ASK AT
RECEPTION
FOR YOUR
FREE HOME
TESTING
KIT**

