

NEWBRIDGE SURGERY

129 NEWBRIDGE HILL · BATH · BA1 3PT

SUMMER NEWSLETTER

APPOINTMENT BOOKING

Thank you for your feedback during our trial of Ask My GP and 'on the day booking'.

The trial has now ended and patients are able to book routine appointments in advance again.

If you feel you need help the same day, Reception will continue to arrange for a GP to telephone you back first so that they can either help you over the phone, or if required arrange for an appointment with the most appropriate clinician.

We are still gathering feedback through our website on patient views of the online system of contacting a GP to see if this is something we might offer long term. We look forward to hearing from you.



South Western
Ambulance Service
NHS Foundation Trust



Specialist Paramedic Early Home Visiting Service

We are pleased to announce that from the 7th August we will, along with neighbouring practices, have the services of a Specialist Paramedic who will be available to visit patients from 8.30am.

They have been specially trained to work within general practice and will, if required, be able to discuss your case with your GP.

Please **do not wait to call** as if the paramedic is the most appropriate person, then the sooner they see you the better. This will save patients having to wait until lunchtime for a GP visit and if necessary enable the patient to attend hospital earlier in the day, with the possibility then of a swifter discharge.

The GPs will continue to phone you first to see who is the best to visit i.e. themselves or the paramedic.

Home Visits for those too poorly to attend the surgery can be arranged by calling Reception on 01225 425807 after 8am.

TRAVEL



Don't forget you need to **arrange your travel vaccinations at least 12 weeks before you plan to go.**

If we do not have enough notice to plan your immunisation schedule we may not be able to offer you the full travel service.

If you need vaccinations quickly private providers are available.

GET PROTECTED IN TIME FOR WINTER

Whilst we still enjoy the summer sunshine it is hard to think about winter bugs but we will soon (Sept 17) be starting our Flu and Shingles clinics.

Don't wait for us to invite you!

If you are eligible please book.

FLU



Over 65; Pregnant; At risk group;
2 and 3 year olds; BMI over 40

SHINGLES



Aged between 70-73 or 78-79 and not received before.

Keep Us Up To Date



Please let us know if you change your **address**, **email address** or **telephone number**. A current mobile number and consent to receive text messages allows us to send you appointment reminders and test results.

Please also inform us of your chosen pharmacy to receive your electronic prescriptions.

Common School Age Illnesses

With September approaching and the start of the new school term, don't forget to get your copy of our leaflet created by the **Patient Participation Group** 'Common School Age Illnesses; When to see a doctor and when to save a trip to the surgery'. Available in the surgery or to download from our website.

You can also get useful information from the HANDi Paediatric App



Be 'Tick Aware'



Ticks are small spider-like creatures which feed on the blood of animals and people and are often found in dense vegetation or long grass, but can also be found in woodlands, grasslands, moorland and some urban parks and gardens.

Tips to avoid being bitten:

You can prevent tick bites by sticking to paths, avoiding brushing against vegetation, wearing light clothing so they are easier to spot and using repellents such as DEET. Make it a habit to check your clothes and your body regularly for ticks when you're outdoors and again when you get home.

The bite doesn't really hurt, but certain types of tick can transmit a condition called **Lyme disease**. Therefore, remove a tick as soon as you spot one on your skin.

The safest way of removing a tick is using a fine pair of tweezers or a tick removal tool. Grasp the tick as close to the head as possible. Pull firmly upwards if using a pair of tweezers. If using a tick removal tool, you also need to use a twisting motion. After removing the tick clean the bite area with antiseptic or wash with soap and water.

Keep an eye on the area for several weeks in case a rash develops, which may be a sign of Lyme disease. Symptoms can include:

- A slowly expanding circular reddish rash;
- flu-like feeling;
- fatigue;
- muscle and joint pain. If symptoms develop arrange to see our Nurse Practitioner.