



Evelyn Medical Centre

Winter Closing Times

The surgery will be closed in the afternoon on -

14th November, 9th January, 13th February and 13th March for staff training.

Christmas – When we are open

The surgery will be closed on the Tuesday 25th and Wednesday 26th December and Tuesday 1st January!

During these times, please **telephone 111** for out of hours care and advice.

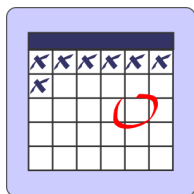
Appointments

You can pre book appointments 2-3 weeks in advance depending on GP availability.

You can also book a same day appointment
Book online GP appointments from 6:30pm the night before or 10am on a Saturday for Mondays appointment.

Alternatively you can call the surgery at 8am.

You can also book advanced appointments online and you can order medication. You will need to bring some photo ID into the surgery so we can set up your online account.



Do not forget to book your flu jab !

Inhaler recycling

We have a box in the reception area and we are recycling your old inhalers. You can put the whole device in the recycling box.



SMS Service

We have a new SMS service where if we have your correct mobile number we can send you reminders about your upcoming appointment. There has been a few problems where people have been receiving text messages when phone calls have been booked in – please bear with us!



Medication Ordering Times

If you are not able to order online, you can order your medication over the phone between 10:30am and 11:30am or 2:30 and 3:30pm.



Medication Over Christmas

Please allow 2 weeks before Christmas to order your medication.



Well Done!

Well done to Bex our health care assistant who raised a massive £415 for diabetes UK who did 1 million steps.

Sorry you are leaving

We are so sad that Sonia, who has been with the practice for many years is leaving .

We wish her all the best in her new job She will be very much missed by both staff and patients.



We are also saying goodbye to Lesley who is relocating. We wish her well in her new adventure.



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What to do if you are referred by a GP

The GP will discuss with you why a referral is being recommended.

You will then be given a reference number and password which you can use to book, change and cancel your appointment.

Once you have booked your appointment you will receive confirmation through the post from the hospital you have selected.

There are some referrals that do not work in this way, if this is the case you will be informed by your GP or one of the reception team. If you require any help with booking your appointment or have any questions regarding referrals please do not hesitate to get in touch.

New ways of working

We are trying to make sure that you get directed to the correct person whether that be a GP, nurse, district nurse, health care assistant or even the podiatrist! So when you phone the surgery the receptionist may ask you details of your problem. This is because we want to make sure that you get the best care possible in the shortest amount of time. All information that you give the receptionist is strictly confidential and you do not have to disclose any information if you do not want to.



Winter Safety



Driving

If you are going out, tell someone where you are going and when you expect to arrive.

Always make sure your mobile phone is charged.

Allow extra time for your journey.

Make sure you have supplies in your car such as warm clothes, food, water and a torch.

How can I keep my home warm ?

Close the curtains in the evenings and fit thermal linings if you can.

Keep your bedroom window closed.

Draft proof doors and windows.

Keep your main living room heated to 21°C (70°F).

Heat your bedroom to 18°C (64°F).



Wash your hands to prevent the spread of infections.



Slips and Falls

Wear boots, shoes and slippers with non-slip soles.

Keep a mixture of salt and sand in hand to put on steps and icy paths.

Consider a grab rail if you have steps to your property.

How do I keep myself warm?

Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.

Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use them together as this can be dangerous.

Check local news and weather forecasts for advice when cold weather is predicted.

Safety Around the House

Make sure your heating system is serviced every year.

Make sure you smoke alarm is working and you change the batteries every 12 months.

Test your carbon monoxide alarms. If you do not have them, you need to get one fitted in every room that has a gas appliance.

Keep a torch handy in case of a power cut.

Keep a list of emergency contact numbers by your phone.

Fight Wintertime depression

Have daily phone calls with family and friends.

Check in on neighbours and friends



Evelyn Medical Centre & Hathersage Surgery - Tel - 01433 621 557

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