



### **Your Doctors**

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#### **Practice Manager**

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## OPENING TIMES 8am—6.00pm Dispensary 9am-5pm

Closed Saturday & Sunday

#### **Enhanced Access**

Monday & Tuesday evening, by pre-booked appointment only.

Call 111 for medical advice & direction: 999 for life-threatening emergencies.

#### When to call 999?

You should always call 999 in a life-threatening emergency: heavy bleeding, chest pain, collapse or losing consciousness, extensive/major burns, sudden facial or limb weakness, seizures, spinal injury, floppy unwell infant, severe allergic reaction, poisoning or overdose, headache with loss of consciousness all need 999.

If you are unsure what to do, dial 111 to be directed.



# We will be closed for the festive breaks on:

Wednesday 25<sup>th</sup> December Thursday 26<sup>th</sup> December Wednesday 1<sup>st</sup> January 2025

Please use our surgery website for options when we are closed, use NHSApp or call 111 for NHS111. Always call 999 in a life-threatening emergency.

PLEASE ORDER BY Friday 20<sup>th</sup> December FOR PRE-CHRISTMAS COLLECTION



# **DISPENSARY TIPS @ CHRISTMAS**

To help the festive period run as smoothly as possible our Dispensary elves have put together some helpful tips and tricks to keep everyone smiling.

### **Ordering medication?**

- \*\*Unless there are exceptional circumstances, we are only able to supply one month's medication at a time, even over the festive period.
- \*\* Please ensure you have left plenty of time between ordering and collecting your medication—allowing 3 full working days for the prescription request to be processed.

#### **Collecting medication?**

- \*\* We are now asking everyone to sign the back of their prescriptions when they collect them, and tick if you are exempt, or fill in how much you have paid. This is to avoid anyone incurring unwanted fines.
- \*\* If you are collecting on someone else's behalf, please be aware of any exemptions in place, or any charges that may apply.
- \*\* Please check your medication is correct before leaving the surgery. We have to destroy any unused medication, once it has left the surgery building.
- \*\* We are happy to take back any unused medication (including over-the-counter meds.), irrespective of where dispensed. Please don't dispose of them in general waste or by flushing down the toilet. This has environmental impact. We do not accept sharp bins at the surgery.

## When we are closed

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NHS

# Feeling unwell? Choose the right service



Self-care

Hangover. Grazed knee. Sore throat. Cough.



**NHS 111** 

Unsure? Confused? Need help?



**Pharmacist** 

Diarrhoea. Runny Nose. Painful cough. Headache.



GP (Doctor)

Unwell. Vomiting. Ear pain. Back ache.



NHS Walk-in Services

If you cannot get to the GP and it is not getting any better.



A&E or 999

Choking. Severe bleeding. Chest pain. Blacking out.

Being unwell is always very unpleasant, no matter when that is. But if you're unwell during a weekend, on a Bank Holiday or through the festive period, that can be doubly difficult.

There are now lots of services available, so knowing where to go for what ailment when we are closed is important.

#### **Useful links:**

FIND A PHARMACY: https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy/

NHS 111: https://111.nhs.uk/

NHS App: https://www.nhs.uk/nhs-app/

#### Useful urgent mental health numbers:

- \*\* Samaritans 116 123 (free from mobile or landline)
- \*\* SHOUT 24/7 text service (Text Shout to 85258)
- \*\* **SANE** 4.30pm-10.30pm 0300 304 7000
- \*\* Papyrus for young adults 0800 068 4141
- \*\* Campaign against living miserably (CALM) for men 0800 58 58 58
- \*\* Childline 0800 1111





Many thanks for all the positive comments we read about the practice on social media. If you are on Facebook, please join the community. We try to put as much as we can on there, especially if there are issues, team news, service additions etc. It's all there as it happens.

KEEP UP TO DATE!

**BRADWORTHY SURGERY** is on FACEBOOK

