

Help Us Help You!



Choking.
Chest pain.
Blacking out.
Blood loss.

A&E or 999
Emergencies only



Cuts.
Strains.
Itches.
Sprains.

**NHS Walk-in
Centres**



Vomiting.
Ear pain.
Stomach ache.
Back ache.

GP Surgery



Diarrhoea.
Runny nose.
Painful cough.
Headache.

Pharmacy



Unwell?
Unsure?
Confused?
Need help?

NHS Direct



Hangover.
Grazed knee.
Sore throat.
Cough.

Self-care

Issue 3—July

Date: 01/08/2019



The Orchard Grapevine

Patient Newsletter

Points of interest:

- More than One Condition?
- Sit & Wait Blood Clinic
- Local Pharmacies
- June's Friends & Family Test Results
- NHS Health Checks
- Text Message Reminders
- NHS Electronic Dispensing
- We Value Your Feedback
- Hospital Waiting Times
- Health Advice At Your Fingers
- NHS 111 Service
- Vacancies
- Help Us Help You

Friends & Family Test Results: June 2019

Extremely likely	52
Likely	9
Neither likely nor unlikely	1
Unlikely	1
Extremely unlikely	3
Don't know	0
Total responses	66

More Than One Condition?

If you have more than one long term condition we can synchronise your review appointments so that you make a minimum number of visits to the surgery. Please let us know via our website: <https://www.orchardmedicalcentre.co.uk/navigator/long-term-condition-synchronisation-2/>

Sit & Wait Blood Clinic

We offer a daily sit and wait clinic with no appointment required!

Clinics times are:

Monday & Thursday - 10:15—12:15

Tuesday, Wednesday & Friday - 08:15—10:15

Just go to reception during these times, saying that the GP has asked you to come in for a blood test.

LOCAL PHARMACIES

► Billings Pharmacy

5a Kingschase Shopping Centre, Regent Street, BS15 8LP. 0117 967 0061

► Boots

10-11 Kingschase Shopping Centre, Regent Street, BS15 8LP. 0117 967 3834

► Well Kingswood - Lodgeside Surgery HC

22a Lodgeside Avenue, Kingswood, BS15 1NH. 0117 960 0969

► Well Kingswood - Kingswood HC

Kingswood Health Centre, Alma Road, BS15 4EJ. 0117 967 3384

► Well St George - St. George HC

St. George Health Centre, Bellevue Road, St. George, BS5 7PH. 0117 967 3416

► View more local pharmacies

NHS Health Check

Even though you might be feeling great, if you are aged between 40-74yrs you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia. A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy. Please speak reception to see if you are eligible for a free Health Check.



Text Message Reminders

Have you been diagnosed with any of the following health conditions:

- Asthma
- Diabetes
- CHD (Coronary Heart Disease)
- Kidney Disease
- COPD
- High BP or Hypertention
- Vascular Disease
- Heart Failure
- Atrial Fibrillation
- Stroke?



You could soon be due your annual health review which we can send to you via SMS text message. If you would like to receive your annual review reminder via text message, please opt in for this service either via our website or ask at reception.

We also use our text messaging service for all appointment reminders and to communicate with you regarding your health record .

NHS Electronic Repeat Dispensing (eRD) service

If you, or someone you care for, use the same medicines regularly, you may not need a new prescription every time you need more medicine.

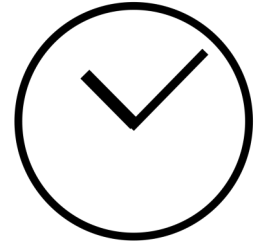
Ask us about the NHS electronic repeat dispensing service or visit our website for more information at <https://bit.ly/2OKiuHE>

We Value Your Feedback

We are really keen to receive feedback from our patients to ensure we are providing the best service possible. You can leave us a review on our website at <https://bit.ly/2lscUI4> or if you would prefer, mention your feedback to a clinician or receptionist

Hospital Waiting Times

You have the legal right to start your routine NHS consultant-led treatment within a maximum of 18 weeks from referral, unless you choose to wait longer or it is clinically appropriate that you wait longer. You can choose where and when to receive treatment according to what matters most to you. Find out more at <https://bit.ly/2GIL9pV>



Health Advice At Your Fingertips!



Did you know we have a A-Z library of health information video's for hundreds of different health conditions on our website to help give you guidance and support.

Please visit: <https://onecare-southglos.healthandcarevideos.com/>

NHS 111 Service

If you have an urgent medical problem and you're not sure what to do, NHS 111 can help!

Get instant help online (people aged 5 and over) at <https://111.nhs.uk/> or call 111.

Vacancies

If you are interested in working with a forward thinking, enthusiastic, patient centred Practice and enjoy working with a close, friendly and supportive team please send your CV with a covering letter and should we have any vacancies become available and we feel you would be a suitable candidate for the role, we will be in contact.

You can contact us about job vacancies by:

Email: tomc.practicemanager@nhs.net

Tel: 0117 980 5100

Post:

Practice Manager
The Orchard Medical Centre
Macdonald Walk
Kingswood
Bristol
BS15 8NJ

