



THE PARCHMORE GROUP

“Together we will make a difference”

PARCHMORE MEDICAL CENTRE

AUTUMN 2015

Www.parchmoremedicalcentre .co.uk

Tele: 0208 251 4200

SURGERY

OPENING TIMES

Monday 8.00am-6.30pm
 Tuesday 8.00am-6.30pm
 Wednesday 8.00am-6.30pm
 Thursday 8.00am-6.30pm
 Friday 8.00am-6.30pm

CLOSED FOR BANK

HOLIDAYS

Extended Hours

Tues 6.30pm - 8.15pm
 Saturday 8.30am-12pm

Extended hours are all
 pre-bookable routine
 appointments for

Doctors & Nurses only
 and must be booked in
 advance.

Edridge Road,

Walk-in Centre.

0203 040 0200

Minor Injuries Unit

0208 251 7225

WELCOME

A warm welcome to our new members of the team

Dr Mustanar Rafique	GP Trainer & Surgeon
Dr Asim Farooq	Diabetic Specialist
Dr Ruth Clery	GP Trainer, Asthma/COPD/Smoking Cessation & Substance Misuse Specialist
Dr Kamal Haider	Practice Safeguarding Lead
Dr Emily Symington	Self management/self care & shared decision making lead
Dr Vidhya Thiagamoorthy	Family Planning Service Specialist
Dr Shankari	Minor Ops Specialist
Dr Wale Obadare	GP Registrar
Dr Charmaine Ribeiro	GP Registrar
Nurse Helena O'Donnell	Women's Health & Diabetic Specialist
Beverly McIntosh	Health Care Assistant
Jenny	Admin
Leanne, Jackie, Rhea & Jodie	Receptionists

FAREWELL

We have said farewell to the following doctors over the last 6/12 months.

Dr Chowdhury - New venture
 Dr Paulpillai - Emigrating
 Dr Yusuf - Moved practice out of the area

We wish them well for the future.

FLU VACCINATIONS

- Are you eligible for a flu jab?
- Are you aged 65 & over?
- Do you have a chronic disease such as Diabetes/Asthma/ COPD?
- Are you pregnant?
- Are you a carer?
- Do you have a child aged 2, 3 or 4?



Please contact the surgery and book an appointment

Patient Online Access



You can now register to use "Patient Access" which allows patients to book and cancel appointments, order repeat Prescriptions and view aspects of your medical records.

Please ask at reception for details or visit: patient.co.uk/access, for more info.

Pharmacy First

Did you know that healthcare advice without an appointment is available from your local pharmacist? Try your Pharmacy First for health problems such as fever, colds, sore throats, hayfever, thrush, constipation, diarrhoea, head lice, bites and stings. If you do not normally pay for a prescription charge pharmacist will be able to provide you with medicine for minor condition for free.



Patient Participation Group

Our Patient Participation Group need you! Parchmore Medical Centre would like to invite you to join us in making Parchmore the best practice possible for you.

If you would like to join please leave your details at reception.

www.napp.org.uk



"Keep warm keep well"

Keep warm

Heat your home to at least 18 °C (65°F). Keep your bedroom windows closed on a winter's night. Breathing in cold air can increase the risk of chest infections.

Get financial support

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills.

www.gov.uk/phe/keep-warm

Look at yourself

Contact your GP to get your free flu jab if you are aged 65 or over, live in a residential or nursing home, for an older or disabled person. NHS Choices provides information about flu. Visit www.nhs.uk/flu to learn more.

Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker.

Layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air.

Wear shoes with a good grip if you need to go outside.

When you're indoors, try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink.

Have your heating and cooking appliances checked by a Gas Safe Registered engineer to make sure they are operating safely.

Contact your water and power suppliers to see if you can be on the Priority Services Register, a service for older and disabled people.

For more information to stay warm and well in winter visit Age UK's website www.ageuk.org/winterprep or call **0800 587 0668**



See

"Keep warm keep well" leaflet

"Keep warm keep safe"