

AUTUMN

AT THE BRIDGES MEDICAL PRACTICE

As the evenings draw in and the weather gets cooler, its a good time to look after our health and get prepared for the months ahead.



WELCOMING NEW MEMBERS TO OUR TEAM:

Dr Hasanur Khan: GP

Imogen: Clinical Data Processor

Racheal: Healthcare Assistant

Nicola: Phlebotomist

Lin: Receptionist

Justin: Caretaker

BIDDING FAREWELL TO:

Dr. Felix Egbutu

Angie Pearce

Sarah Caughey

We extend our best wishes to them as they embark on their new adventures.

GOOD TO KNOW THIS AUTUMN



Check your vaccinations

If you are eligible for seasonal vaccinations, make sure you have received your invitation and arrange yours when offered.



Don't get caught short

Ordering repeat prescriptions early can prevent running out, especially around weekends and bank holidays



Coughs, colds and flu

Autumn often brings an increase in coughs and colds. Most minor illnesses can be managed at home with rest, fluids and TLC.



Need advice?

Your Pharmacist can often help with common illnesses and minor ailments without needing a GP appointment.

TEXT MESSAGES

Occasionally, we may send you text messages from the surgery. We understand that you might be cautious and concerned about potential scams. To reassure you, please note that our text messages will always come from the number **07903 589032**.



Stay well. Stay connected. Look after yourself this Autumn

SMOKESTOP IS BACK!



We are delighted to share that Smokestop is now operational once more. These sessions are available exclusively at The Bridges practice.

·Each program consists of six weekly appointments.

·While some appointments may be conducted over the phone, the first two will take place in person with Rachael Evans.

To book your appointment, please call the surgery.

OUR ADVANCED CARE PRACTITIONERS

Advanced Care Practitioners are registered health professionals with extensive university education. They are trained to assess patient needs, order diagnostic tests, diagnose illnesses, and develop treatment plans. Furthermore, they have the authority to make referrals.

Our Advanced Care Practitioners at the Surgery are:

- Louise Bell
- Caro Elliott
- Suzanna Bell
- Finley Mercer

A REMINDER TO KINDLY CANCEL ANY APPOINTMENTS YOU ARE UNABLE TO ATTEND

In August, **257 appointments** were missed, resulting in a total of **78 hours** of wasted time.

We seek your assistance in reducing these missed appointments to ensure more availability for patients in need.

To cancel your appointment, you have several convenient options:

NHS App: Utilise the NHS app for a quick cancellation.

Text Message: Respond to your appointment reminder text, and you will receive the option to text 'CANCEL'.

Phone Call: Call the surgery to notify us of the cancellation.

In-Person: Visit us directly to inform us if you no longer require the appointment.

Thank you



Our New Website!

Our new-look website is now live!
It features a fresh, simple layout. Why not
take a look?

www.thebridgesmedicalcentre.co.uk



Coming
Soon!



From **Monday 28th September** we will transition our online consultation tool from **eConsult** to **SystemConnect**. While it will function similarly to before, you can expect a refreshed look and feel.



FLU VACCINATIONS

Flu vaccines are offered to: everyone 65 and over, those classed as clinically at risk, pregnant women, carers, those who live with someone who is immunosuppressed, 2 and 3 year olds and homeless people. This year Covid jabs will be offered to everyone 75 and over and those who are severely immunosuppressed.

Our clinics will be on Saturday 3rd, 10th and 17th October at both The Bridges and Littlemoor Surgery and Thursday 15th October at Littlemoor Surgery. Where possible, please book via the link you receive in a text message.

You won't get a confirmation message but the appointment will have been booked so there is no need to phone us to check.

Please Note:

Flu Vaccinations will not be given at the same time as RSV Vaccinations (Respiratory Syncytial Virus)



Website

www.thebridgesmedicalcentre.co.uk