

**HEATON MEDICAL CENTRE 37a NEWSLETTER
DECEMBER 2009 EDITION**



Contact Us

Telephone
265 8121

Prescriptions
265 0826

Fax
276 6085

Website
www.heatonmedicalcentre.co.uk

We are Open

8.00a.m - 8:30p.m.
Monday
8:00a.m – 8:15p.m
Tuesday
8:00a.m. – 6:15p.m.
Wed-Fri

e-mail prescriptions



aprescription@nhs.net

**Heaton Road Medical Centre
Practice Development**

The proposed development consists of a brand new purpose build GP premises within the Walkergate Hospital grounds on Benfield Road. The proposed development will offer much more space and there will be a significant increase in the number of consulting rooms and this would enable the practice to offer more services. We would like to hear the views of the local community. We would value your comments or concerns.

Public drop in sessions have been arranged for the following dates and times:

Monday 7th December 2009,
Byker Community Centre, Headlam Street,
Byker 10:00am – 1:00pm

Tuesday 8th December 2009,
Heaton Community Centre, Trew hitt Road,
Heaton 10:30am – 1:00pm

Thursday 10th December 2009,
The Ark, Heaton Road 5:00pm – 7:00pm

Friday 11th December 2009,
Balliol Community Centre, Chesters Avenue,
Longbenton 10:00am – 1:00pm

Monday 14th December 2009,
Thomas Gaughan Centre, Pottery Bank,
Walker
11:30am – 1:30pm

**Christmas and New Year
Opening Hours**



The Surgery will close at
5.00 pm on Christmas Eve
and New Years Eve

We will be closed for lunch
between 1pm and 2pm both
days

For urgent medical advice or
assistance please call

0845 6080320

Or NHS Direct on

0845 4647

For general medical advice
and information

**We would like to wish all of
our patients a Merry
Christmas and a Happy and
Healthy New Year**

**Swine Flu
Vaccinations**

Swine Flu is a respiratory disease caused by a new strain of influenza virus. The seasonal flu vaccines that are already available don't protect against swine flu, so a new flu vaccine has been developed.

The vaccine is being offered first to children over 6 months and adults under 65 years of age who have a long term health condition.

Please ask at reception for details if you think you may be eligible.

Your Contact Details

Please Take Time to ensure we have you and your families correct contact details, this may be important if we need to contact you.



Christmas Word Search

L	E	I	C	K	T	R	I	L	C	R	U	D	H	I	E
T	M	E	R	R	Y	C	H	R	I	S	T	M	A	S	L
D	I	Y	T	N	T	P	I	F	L	E	P	L	P	R	D
K	S	L	S	B	G	A	E	R	U	D	O	L	P	H	P
N	T	K	C	T	N	N	E	K	D	F	P	L	Y	D	J
A	L	L	H	D	I	T	A	G	T	G	X	E	N	J	P
P	E	T	E	L	K	L	Q	X	W	I	N	T	E	R	V
Q	T	X	S	U	C	R	C	B	E	F	A	I	W	D	L
U	O	B	T	Y	O	R	T	E	R	T	P	L	Y	E	M
L	E	S	N	I	T	Y	N	S	R	S	L	P	E	W	C
W	P	L	U	M	S	U	T	S	N	O	W	M	A	N	L
J	Y	E	T	T	U	R	K	E	Y	A	Q	I	E	R	T
P	T	Y	S	S	E	R	O	I	L	N	T	H	E	S	D
W	R	R	T	E	H	G	U	I	S	F	T	L	O	P	R
L	A	P	P	S	W	E	E	T	S	N	X	A	C	S	A
Q	P	T	U	P	T	O	A	T	L	K	Y	R	U	I	C

Words to be found:

Merry Christmas, Mistletoe, Chestnuts, Turkey, Tinsel, Winter, Rudolph, Happy New Year, Gifts, Snowman, Santa, Sweets, Party, Cards.

Please do not be a DNA.

Last month 70 Patients **Did Not Attend** their booked appointments; this means 70 other patients could have been seen by a GP.

Please contact us as soon as possible if you are unable to attend your appointment.
Thank you

Next Newsletter



If you would like to see something in our next newsletter please let us know

December 2009 Edition

Be Prepared for Winter

To keep fit and well in winter you should try to carry on doing the things that keep you fit and well during the rest of the year.

Eating: Try to eat a mixed diet and take plenty of hot drinks on cold days.

Exercise: Stay active as you can during winter, as well as during rest of the year.

Dress Well: Wear several thin layers of clothes rather than one thick layer.



Condoms

Did you know you can get condoms free of charge from your GP Surgery? We now have a more extensive range of condoms.

Please ask for further information.

No time to ring in or come to the surgery to book an appointment??

You are now able to book your appointment on line from home or work, please ask at reception for details and a unique pin number.



Repeat Prescriptions

Please ensure you order your repeat prescriptions early this month to ensure you have enough supply you cover you over the Christmas and New Year period.

Thank you



Asthma Checks

Are you:

Having difficulty sleeping because of your asthma?

Having your usual Asthma symptoms during the day (cough, wheeze, chest tightness, breathlessness)?

Does your Asthma interfere with your usual activities?

If you are using more than two Salbutamol Inhalers a month

Please make an appointment to see our Practice Nurse

If you require this newsletter in a larger font please ask at reception



