

Barton Central Surgery

King Street, Barton Upon Humber,
DN18 5ER, 01652 636600

January 2019



Central Surgery
Barton-upon-Humber

We would like to wish all our patients a Happy New Year. We would like to welcome our New Practice Manager Ann Barton to the Practice. She started with us in November.

Go direct to a physio without seeing a doctor!

First Contact
Physiotherapists are
available here

The Physio will:

Assess you

And diagnose what
happening

Give expert advice

On how best to manage
your condition

Refer you on

To a specialist service if
necessary

**Ask
reception
for more
information**

EXTENDED HOURS

The Practice is now offering extended hours appointments for patients who find it difficult to access care from the Practice during normal surgery hours. These clinics will run on a Tuesday and Thursday evenings from 6.30pm to 8.00pm and Saturday 8.00am to 2.00pm at Central Surgery only. These appointments are pre bookable only and there will be **no walk in appointments**. Our Extended Hours appointments include a wide range of clinicians including HCAs, Nurses, Nurse Practitioners and GPs

*You can also be seen at other GP Practices that are offering these services. Please note these may be different days and times as extended hours are offered between

*6.30pm—8.00pm Monday to Friday

*8.00am—8.00pm Saturday

*10.00am—2.00pm Sunday



The Contact number between these hours is 01724 707817. **If for some reason you do need to cancel your booked appointment with these extended hours**

PRESCRIPTIONS

Due to high demands all Prescriptions ordered by reception will take 72 hours to be processed

Please allow enough time to order your prescriptions

Dispensing Services

The Practice undertakes dispensing of medicines for those patients who live outside the boundaries of Barton and Barrow. Patients are signed up for dispensing services when they register with the Practice or if they move to an address where dispensing services can be provided.

We employ a full team of trained dispensers here at the Central Surgery in Barton and operate a Pharmacy from our Goxhill Surgery.

Our opening hours at Barton are Monday to Friday 8.00 am to 6.30 pm. We are closed on Saturdays, Sundays and public holidays. If you need to call the dispensary our number is 01652 636600 and then press option number 3.

Our opening hours at Goxhill Pharmacy are Monday to Friday 8.30 am to 6.00 pm, closed for lunch 1.00 pm to 2.00 pm, and open 9.00 am to 1.00 pm on a Saturday.

We aim to process repeat prescriptions within 72 working hours of ordering (excluding weekends and bank holidays) and prescriptions issued directly by the GP are processed whilst you wait. We are now able to arrange a home delivery service for repeat medicines. Please contact the surgery for more information.



Repeat Prescriptions

If your doctor agrees, you may obtain repeat prescriptions over the counter. Alternatively, if you have a computer counterfoil please hand it in to your usual Dispensary at Barton or the Pharmacy at Goxhill. Please ensure that you 'tick' the medication you require on your slip and allow 3 working days for processing. We aim to process repeat prescription requests within 72 hours of ordering (excluding weekends and bank holidays).

Repeat prescriptions can be ordered online or a message may be left on the answer machine. When ordering repeat medication online, please select your items from under the Regular Medication heading rather than Recent Medication. This will save any unnecessary delay processing your repeat medication. If you wish to talk to a Receptionist to order your prescription please contact us after 10.00 am but we point out that Mondays are busy. The Dispensary team are available from 8.00 am. The numbers to phone are:

Residents of Barton Upon Humber 01652 636600 Option 2

Residents of outlying villages 01652 636600 Option 3

Residents of Goxhill 01469 532617

If extra medication is required due to going on holiday, please enquire at the time of ordering your usual repeat prescription; you do not need to see a doctor specifically for this.



Your local Village pharmacy in Goxhill is now a healthy living pharmacy

The healthy living pharmacy framework is aimed at achieving consistent delivery of a broad range of high-quality services through community pharmacies to meet local need, improving the health and well-being of the local population.

We have worked hard on three areas to obtain this award.

- Developing our workforce
- Environment
- Engagement with the community

Our current services include:

- **A free delivery service to Barton and surrounding villages 5 days a week.**
- A flu vaccination service,
- New medication service,
- Medication use reviews,
- Minor ailments service for prescription exempt patients,
- Supervised medication services.

Village Pharmacy, Howe Lane, Goxhill, North Lincolnshire, DN19 7JD, 01469 532560
Email - nhspharmay.goxhill.villagepharmacyFMN01@nhs.net

TRAVEL CLINICS

Are you going on holiday? Not sure if you need vaccinations we offer our Travel Clinics to help you get ready for your holiday.

Travel appointments should be preferably made 6-8 weeks before you travel. Patients need to fill out a travel form before attending; this is then passed to the Travel Nurse for her to contact you. Travel forms are now available from Reception and on-line on our website: www.centralsurgery-barton.co.uk

Please try to register your trip well in advance. **It is not compulsory for the surgery to offer a travel clinic; it is a complimentary service.**





Top 10 healthy heart tips

A healthy lifestyle will make your heart healthier. Here are 10 things you can do to look after your heart.

Give up smoking

If you're a smoker, quit. It's the single best thing you can do for your heart health. Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker. You're more likely to stop smoking for good if you use NHS stop smoking services. Visit the Smokefree website or ask your GP for help with quitting.

Get active

Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster. Do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on 5 days a week. Fit it in where you can, such as by cycling to work.

Manage your weight

Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity. Find out if you're a healthy weight with the BMI calculator. If you're overweight, try our 12-week NHS weight loss plan.

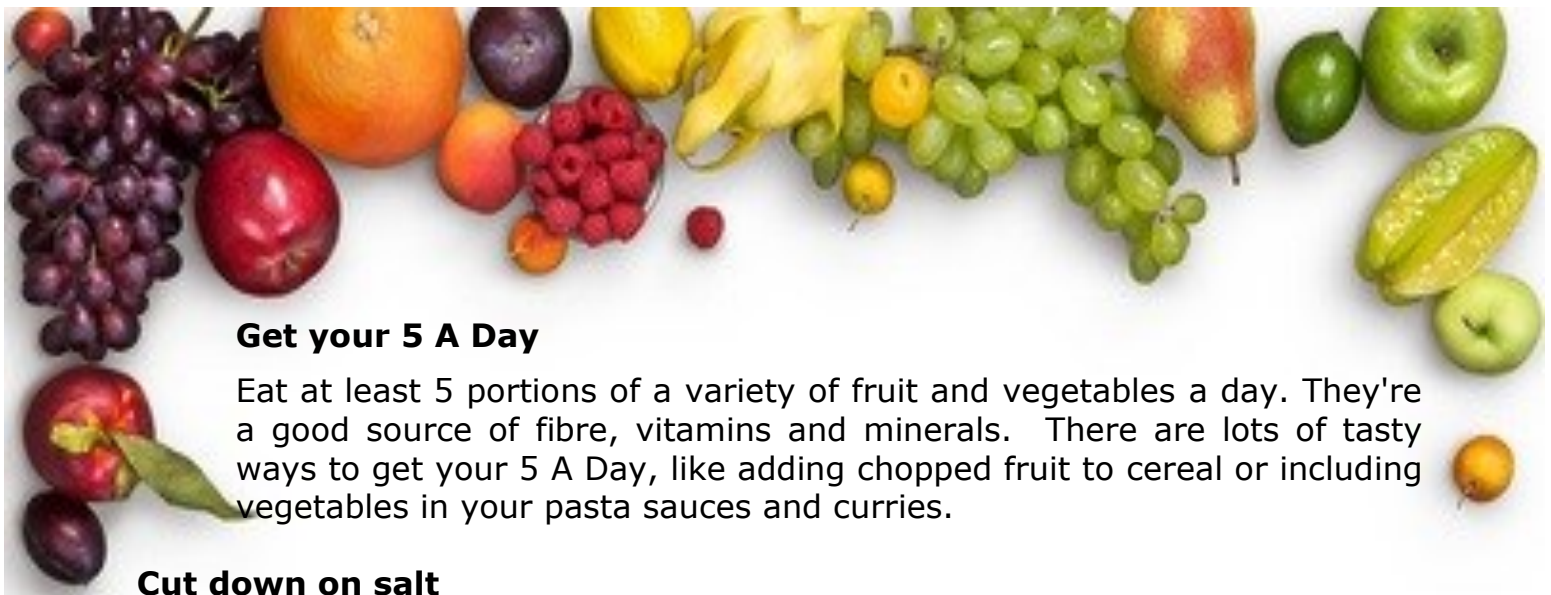
Eat more fibre

Eat plenty of fibre to help lower your risk of heart disease – aim for at least 30g a day. Eat fibre from a variety of sources, such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

Cut down on saturated fat

Eating too many foods that are high in saturated fat can raise the level of cholesterol in your blood. This increases your risk of heart disease. Choose leaner cuts of meat and lower fat dairy products like 1% fat milk over full-fat (or whole) milk.





Get your 5 A Day

Eat at least 5 portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals. There are lots of tasty ways to get your 5 A Day, like adding chopped fruit to cereal or including vegetables in your pasta sauces and curries.

Cut down on salt

To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking. Once you get used to the taste of food without added salt, you can cut it out completely. Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy. Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g. Adults should eat less than 6g of salt a day in total – that's about 1 teaspoon.

Eat fish

Eat fish at least twice a week, including a portion of oily fish. Fish such as pilchards, sardines and salmon are a source of omega-3 fats, which may help protect against heart disease. Pregnant or breastfeeding women should not have more than 2 portions of oily fish a week.

Drink less alcohol

Do not forget that alcohol contains calories. Regularly drinking more than the NHS recommends can have a noticeable impact on your waistline.

Try to keep to the recommended daily alcohol limits to reduce the risk of serious problems with your health, including risks to your heart health.

Read the food label

When shopping, it's a good idea to look at the label on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains.

Understanding what's in food and how it fits in with the rest of your diet will help you make healthier choices.

Information provided by - <https://www.nhs.uk/live-well/healthy-body/#get-your-5-a-day>



HOW DID WE DO?

Was you pleased with the service you received today?

Was there anything you think we can improve upon?

Please let us know via our Practice Profile on

<https://www.nhs.uk/Services/GP/Overview/DefaultView.aspx?id=40830>



PATIENTS FORUM

Central Surgery's patient participation group consists of ten patients who meet bi-monthly to discuss issues and events going on within the practice. They are in place to act as an advocate for patients and to ask those all important questions that need asking.

If you would like to make contact with the patient forum please write to **Ursula Vickerton (Chairperson) C/O Central Surgery**. Ursula will then raise any matters on your behalf.

Speaking on behalf of the forum; "we look forward to hearing from you!"

IS YOUR INFORMATION UP TO DATE

If you change your mobile phone number, name or address please can you remember to let us know so we can update your details.

All you have to do is collect a form from Reception and fill in the information. You just need to then return back to us with 2 forms of I.D with the new address on.

This then helps us to keep your information up to date.



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