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<u>SURGERY CLOSURE FOR BANK HOLIDAY</u> Please be aware that on Monday 31st August, the surgery will be closed for the Bank Holiday. For urgent medical help that is not life threatening, please call 111 or use the online service 111.nhs.uk. In a medical emergency, please call 999 or visit your closest A&E. The surgery will re-open as usual on Tuesday 1st September. <u>LIVE WELL AGE WELL AT SIDCUP LIBRARY</u> Bexley Buddies is a volunteer-led initiative that provides locals with access to meaningful, community-based activities that enhance health and wellbeing. They are a friendly group for people to get connected, chat and take part in fun and educational activities. Activities range from peer support groups, book groups, meditation groups, creative sessions such as knitting and arts & crafts, and activities such as dance & yoga. For more information, please visit arena.yourlondonlibrary.net/web/bexley/health-and-wellbeing-taster-sessions. <u>CARER SUPPORT</u> Are you a carer and looking for support? We have a Social Prescriber - Marilyn - working every Wednesday in surgery, who can assist with health, social or wellbeing needs you may have. Marilyn will be able to discuss any issues or concerns you are facing, and can connect you with local groups, direct you to other resources, and offer guidance and support. If you would like to book an appointment with Marilyn, please submit an online consultation form on our surgery website or on the NHS App, or speak to our reception team. For more information, please visit woodlandssurgerysidcup.nhs.uk/carers-advice.	<u>FREE WIFI IN SURGERY</u> If you are waiting for an appointment, you can use our free NHS Wi-Fi whilst in the waiting room. Simply search for NHS-WIFI on your phone or tablet to connect. Please speak to our reception team if you have any queries. <u>YOUR HEALTH: HELP, ADVICE AND SUPPORT FROM THE NHS IN SOUTHEAST LONDON</u> Please visit selondonics.org/our-residents/your-health for guidance on local NHS services, care and support information, how to live well, and a guide for how to get the care you need in the local area. <u>PHARMACY FIRST</u> Pharmacists can offer advice on a range of illnesses, such as coughs, colds, sore throats, and aches and pains. Pharmacies can also offer prescription medicine and antibiotics for certain conditions, including impetigo, shingles, infected insect bites, earache, sore throat, urinary tract infections (UTIs) and shingles. You can walk-in to any local pharmacy to request a pharmacy first consultation. If you submit an online consultation form and are eligible for a pharmacy first appointment, we will refer you to a local pharmacy for a consultation. Please visit nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help for more information. <u>TURN ON NHS APP NOTIFICATIONS</u> If you are using the NHS App, you can turn on notifications; the app uses notifications to tell you when you have a new message. NHS App notification preferences are now managed in your device settings. They can be turned on by following these steps: • Log in to the NHS App • Select the Account icon in the top corner • Select Settings • Select Manage Notifications • Follow the link to your device settings Turning your notifications on or off may take up to 24 hours to take effect. Please visit nhs.uk/nhs-app for more information.	<u>SUMMER HEALTH</u> Please see the NHS website for summer health advice at nhs.uk/live-well/seasonal-health, and our surgery website for Hay Fever advice and guidance at woodlandssurgerysidcup.nhs.uk/hay-fever. <u>DENTAL TREATMENT IS NOT AVAILABLE IN SURGERY</u> We cannot provide dental treatment at the surgery. You can find a local dentist by visiting the NHS website. If you need to see a dentist out of hours, you can: • call a dentist: their voicemail may advise where to get out-of-hours treatment • call NHS 111 to find an out-of-hours dental service near you. <u>HOSPITAL PRESCRIPTIONS</u> Please note that hospital prescriptions brought into the surgery to be issued may take up to five working days, as with surgery issued medication. Hospital prescriptions that say 'hospital only' on them cannot be issued by us and must be taken to the hospital pharmacy. <u>HOSPITAL RESULTS</u> Please note that regarding tests requested by hospitals or other clinics, they will receive your results, as results are returned to the requester. Patients will receive a letter or follow up in due course. The surgery will also be informed of the results later. Please contact the requestor if you need to check the status of your results. <u>CERVICAL SCREENING RESULTS</u> Cervical screening results are now being sent via the NHS App. Please make sure you have your notifications turned on. You may still receive a letter with your results if the NHS cannot contact you online.

Pharmacy First



**Treatment for common conditions
without a GP appointment**

Sore throat
5 years and over

Earache
1-17 years

Sinusitis
12 years and over

Infected insect bites
1 year and over

Impetigo
1 year
and over

Shingles
18 years
and over

**Uncomplicated urinary
tract infections**
Women 16-64 years

Do more with the NHS App!

-  Order repeat prescriptions
-  Book appointments
-  View your records
- And much more...

