DEAL TREE HEALTH CENTRE

 NEWSLETTER

 Issue 1 October 2017

 **Welcome to our Newsletter**

This newsletter is also available on our website and will be published 4 times a year. If you have any suggestions about what you would like to see in future editions then please contact us via our email: dealtree.healthcentre@nhs.net or contact Reception.

 Thank you

**Dispensary Opening Hours**

Our Dispensary is only available for patients who are located more than 1 mile from a pharmacy.

They are open:

Monday 8.30-11.30 14.00-18.30

Tuesday 8.30-11.30 14.00-17.30

Wednesday 8.30-11.30 14.00-17.30

Thursday 8.30-11.30 14.00-18.30

Friday 8.30-11.30 14.00-18.30

**Consult with your GP Online**

Patients can now consult with their GP via the practice website. By using this service you are able to request treatment and advice.

**Online Services**

You can now order your repeat prescriptions and book or cancel appointments online via the practice website. Please speak to reception and they will tell you how to register. You just need proof of ID such as a passport or driving licence.

**Electronic prescribing**

Did you know that we are able to electronically send your prescription directly to a nominated pharmacy of your choice?

If you would like more information on how to register for this please speak to a member of the reception or dispensary team who will set you up.

Our website is:

[www.dealtreehealthcentre.co.uk](http://www.dealtreehealthcentre.co.uk)

**Out of Hours**

Health advice is available 24 hours a day by telephoning 111 or online at [www.nhs.uk](http://www.nhs.uk)

When the surgery is closed and you have an urgent problem please telephone free of charge 111. If you ring 01277 821699 you will automatically be diverted to the Out of Hours Service but may be charged for the call.

**Minor Injuries**

The GP Walk in Centre Harold Wood is open 08.00 till 20.00 including weekends and all public holidays. Tel 01708 574000

The Minor Injuries Unit at Orsett Hospital is open Monday to Sunday 10.00 – 20.00. Doors close at 19.30. Only emergencies are seen after 19.30. On the last Thursday of the month the department is closed at 18.30 to facilitate regular training updates. The Unit is closed on Christmas Day and Boxing Day – open all other Bank Holidays.

 **Did you know?**

Your local pharmacist can offer you advice and treatment for the following conditions:

* Skin conditions such as mild acne, eczema, coughs and colds including nasal congestion and sore throat
* Minor cuts and bruises
* Constipation and haemorrhoids, earache, period pain, back pain and teething
* Headaches, indigestion and diarrhoea
* Thrush and threadworms
* Warts and verruca’s, mouth ulcers, cold sores, athletes foot and nappy rash

**Patient Group**

The next meeting will be Tuesday 10 October 2017 at 5pm. All welcome.

**News Update**

We close early the first Tuesday of the month for training in line with all the other Brentwood practices. The dates are:

Tuesday 3 October 2017

Tuesday 7 November 2017

Tuesday 5 December 2017

**Current Contact Details**

From time to time our reception staff will ask you if we hold the correct details for you.

It would be helpful if we could have your mobile number as we send text messages reminders for all appointments.

**Nurse Practitioners**

We have 2 Nurse Practitioners who are able to assess prescribe and refer where appropriate. Their appointments can be booked on the day.