

# Shay Lane Medical Centre Newsletter



KELMAN, CRANSTON & NAYLOR  
SHAY LANE MEDICAL CENTRE  
HALE BARNES  
ALTRINCHAM  
CHESHIRE  
WA15 8NZ

- Flu Clinics 2011
- On-line prescriptions
- Book your appointments online
- Staff Training
- Stop smoking clinics
- GP & nurse availability
- Who treats what?
- Travel clinic

## Autumn 2011

### Flu Clinic 2011

It's that time again!

For most people, seasonal flu is unpleasant but not serious and they recover after a week or so. However, certain people are at greater risk of developing more serious complications of flu, such as bronchitis and pneumonia. This can sometimes need hospital treatment.

A large number of elderly people die from flu every winter.

The seasonal flu vaccine is offered free of charge to at-risk groups to protect them from catching flu and developing these complications.

#### At-risk groups

It is recommended you have a flu jab if you:

- are 65 or over,
- have a serious medical condition such as chronic (long-term) respiratory disease such as severe asthma or COPD, chronic heart disease such as heart failure,

chronic kidney or liver disease, chronic neurological disorders such as Parkinson's disease or multiple sclerosis

- live in a residential or nursing home
- are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.

Also, this year (2011), it is recommended that pregnant women *not* in the high-risk groups who have not previously been vaccinated have the seasonal flu jab.

If you are the carer of an elderly or disabled person, make sure they have had their flu jab.

#### FLU CLINIC DATES

**SATURDAY 1ST OCTOBER 8.30AM-12PM**  
**SATURDAY 8TH OCTOBER 8.30AM-12PM**  
**FRIDAY 14<sup>TH</sup> OCTOBER 9AM-11AM**  
**(SEE POSTER IN RECEPTION OR THE WEBSITE FOR MORE DATES!)**

Please call **0161 980 3835** to book an appointment

Visit our website at:  
[www.shaylane.org](http://www.shaylane.org)



## Repeat Prescriptions – Order by Email

Sign up to order your repeat medication electronically by visiting our practice website [www.shaylane.org](http://www.shaylane.org), click on prescriptions, then on 'new user' to register.

You will be emailed a link to activate your log-on details. You can then start to use this quick, easy and convenient service. Once registered you can log-in to use the service straight away.

All instructions are provided on the on-line [prescriptions](#) page.

## Book your appointments online



Would you like to be able to book an appointment without having to ring the surgery?

Would you like to be able to do this at any time, 24 hours a day?

You can now book an appointment when it suits you, day or night. Cut out the telephone call and book your appointments online.

You can book your appointment, change your appointment, cancel your appointment and even print out an appointment slip. As soon as you

make your booking, it appears on our surgery appointment system. You can even add a reason for your appointment.

To get started with this, please ask the receptionist for your unique login details. When you first use the system you will need this information to set up your account. Once this is done, just choose your password and you can start using the system straight away.

## Staff Training – Health Centre Closed

The Practice will be closed for staff training from **12.00pm to 2:00pm** on:

- **Wednesday 5<sup>th</sup> October 2011.**
- **Wednesday 9<sup>th</sup> November 2011.**
- **Wednesday 7<sup>th</sup> December 2011.**

If you need help with an urgent medical problem during these times please telephone the out of hour's team on 0161 476 2299 and in the event of an emergency dial 999.

## NHS "Stop Smoking Campaign"

If you require help and advice on stopping smoking the following contacts are accessible:

- Quit – a charity that helps people to quit smoking:  
Quit line – 0800 002200 - [www.quit.org.uk](http://www.quit.org.uk)
- NHS smoking helpline:  
0800 1690169 -  
[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)
- Smoke Free Cheshire:  
[www.smokefreecheshire.nhs.uk](http://www.smokefreecheshire.nhs.uk)

Or alternatively book a quit smoking counselling appointment with either our Practice Nurse or Health Care Assistant where they will be able to give you lots of advice and help.

## Nurse Practitioner

We have a Nurse Practitioner Sister Brayzier who treats conditions which include problems with eyes, nose, throat, ears – suspected infections respiratory problems, urinary tract infections e.g. cystitis, diarrhoea & vomiting, abdominal pain, skin conditions, allergies, common gynaecological problems e.g. thrush, abnormal discharge and initial prescription for the contraceptive pill / contraceptive advice.

As Sister Brayzier is an independent prescriber there will be no waiting for a prescription. If you're not sure if Sister Brayzier can help you, please ask a receptionist.

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## GP and Nurse Availability

Continuity of care is important. If your problem is not urgent and your usual GP is unavailable or fully booked on the day of your request please try to wait until they are available. Alternatively if an appointment is required for a minor ailment it may be that the Nurse Practitioner can deal with your problem please ask a receptionist.

### Doctor Availability

#### Dr Kelman

Monday - All Day  
Tuesday - All Day  
Wednesday - All Day  
Thursday - AM Only  
Friday - All Day

#### Dr Cranston

Monday - All Day  
Tuesday - All Day  
Wednesday - AM Only  
Thursday - All Day  
Friday - All Day

#### Dr Naylor

Monday - All Day  
Tuesday - All Day  
Wednesday - Not available  
Thursday - All Day  
Friday - All Day

## Nurse Practitioner Availability

### Sister Brayzier

Monday - All Day  
Tuesday - All Day  
Wednesday - All Day  
Thursday - AM Only  
Friday - Not available

### Nursing Team Availability

#### Sister Haigh

Monday - All Day  
Tuesday - All Day  
Wednesday - All Day  
Thursday - Not available  
Friday - Not available

#### Sister Sinar

Monday - Not available  
Tuesday - Not available  
Wednesday - Not available  
Thursday - All Day  
Friday - All Day

## Nurses - Who treats what?

### Specialist Practice Nurse - Sister Haigh

- Chronic disease management clinics including asthma, COPD, Chronic Heart Disease, Cardiovascular Health Checks.
- Baby immunisation clinics.
- Women's Health - smears, swabs, annual follow up pill checks, coil checks and contraceptive injections that are a repeat prescription.
- Travel clinics, ear syringing and dressings.

### Practice Nurse - Sister Sinar

- Chronic Disease management clinics including Chronic Heart Disease, cardiovascular health checks, adult injections, blood pressure checks, hypertension clinics and weight checks.
- Travel clinics.
- Women's Health - smears, swabs, annual follow up pill checks and contraceptive injections that are on a repeat prescription.

## Health Care Assistant - Jenny De Garis

- Blood pressure checks, weight checks, ECG's, B12 injections, smoking cessation, Spirometry, cholesterol advice, diet advice and Cardiovascular Health Checks.

## District Nurse Team

- Provide community care.

Messages for the district nurses may be left on the District Nurses dedicated answer phone, 0161 980 9214. Alternatively messages may be left with reception from 8.30am to 1.00pm on 0161 980 8231. Messages are regularly checked

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## Travel Clinic



We offer easy access to up-to-date and comprehensive travel advice.

International travel is becoming increasingly exotic so we recommend you protect yourself as much as possible. Whether your trip happens to be exotic or relatively mundane, we tailor our advice to your specific journey.

We recommend that all travel vaccines are given at least six weeks before you travel. We therefore ask you to give us as much notice as possible. You can fill in a travel questionnaire-online in the travel section of our practice website. You will also find lots of information on travel vaccines and medicines, plus essential travel tips.

We can provide vaccinations (including yellow-fever), anti-malaria pills, mosquito nets, insect repellents and travel kits at competitive prices.

Visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) for lots of extra information to help you plan a safe journey, as well as more information on common travel drugs and vaccines.

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## Chlamydia Testing Kit

Chlamydia is serious, silent and spreading. We provide free urine screening for people under the age of 25. Please ask one of the clinical team or a receptionist for further details and collect your self testing kit at reception.