

CLAREMONT BANK SURGERY NEWSLETTER

AUGUST 2016



PHYSIOTHERAPY Telephone Triage Service



Did you know you can now **book a telephone appointment with a Physiotherapist** for a number of muscle, bone and joint problems **without having to see your GP first?** This service will assess joint pains, sprains, strains and other injuries such as:



- Back Pain
- Neck Pain
- Pain in the elbow wrist or hand
- Shoulder Pain
- Pain in the hip, knee or ankle

These are short 10-15 minute appointments in which you will be assessed and will receive advice.

If a course of treatment is required you will be referred to the local Physiotherapy Service

Call now to book and appointment

01743 454 912



This service is not available to children under the age of 16. If you are feeling generally unwell, have chest or abdominal pain; please book an appointment with your GP.

Travel Health



Please note we require a travel health assessment form PRIOR to your appointment which the nurse can look at before seeing you.

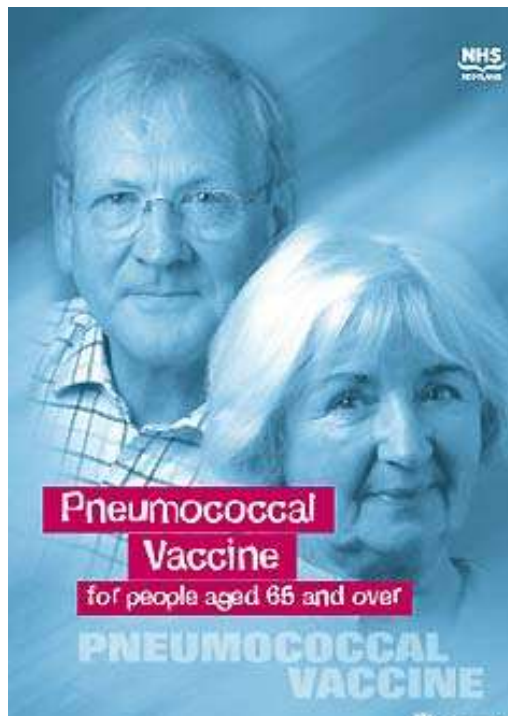
Certain travel immunisations are not covered by the NHS and a charge may be levied. Full details are available at the reception. Please note that the surgery can only accept cash as payment.



It is best to make a travel health appointment at least 10 weeks before the expected date with the practice nurse. However it is a good idea to make an appointment for travel advice/vaccinations, even if it is last minute.

You can find a travel risk assessment form from reception or from our website where you can also find more information: www.claremontbanksurgery.co.uk (under 'services'.) **Please make a travel appointment with the nurse as soon as you have handed in the form** so we can offer you the soonest available time.

Aged 65+? You may be entitled to the Pneumovax Vaccine



We are currently offering a pneumococcal vaccination for patients 65 and over for free on the NHS. You may have received a letter regarding this.

This is just a 10 minute appointment with the nurse.

It is a single pneumococcal vaccination, which will protect you for life. It is not given annually like the flu jab. The pneumococcal vaccine is thought to be around 50-70% effective at preventing pneumococcal disease. For more information visit:

<http://www.nhs.uk/Conditions/vaccinations/Pages/pneumococcal-vaccination.aspx>

Meningitis ACWY - have you had letter?

You may have received a letter stating that you are eligible for the Men ACWY vaccine.

The Men ACWY vaccine is given by a single injection into the upper arm and protects against four different causes of meningitis and septicaemia – meningococcal (Men) A, C, W and Y diseases.

This is just a 10 minute appointment with the nurse.

If you are planning on going to university please make an appointment as soon as possible before you leave. You are at more risk of meningitis and septicaemia in the first weeks at university when you mix with lots of new people, some of whom may unknowingly carry the meningococcal bacteria, which is usually spread through prolonged close contact.



OUT OF HOURS CARE

SHROPDOC: 0333 222 66 55

NHS: 111

Urgent Care Centre: the urgent care centre is open 8 - 8 every day and is based at the Royal

Shrewsbury Hospital

GP Extended Opening Hours: 0333 222 6649

For more information regarding the surgery visit our website: www.claremontbanksurgery.co.uk