

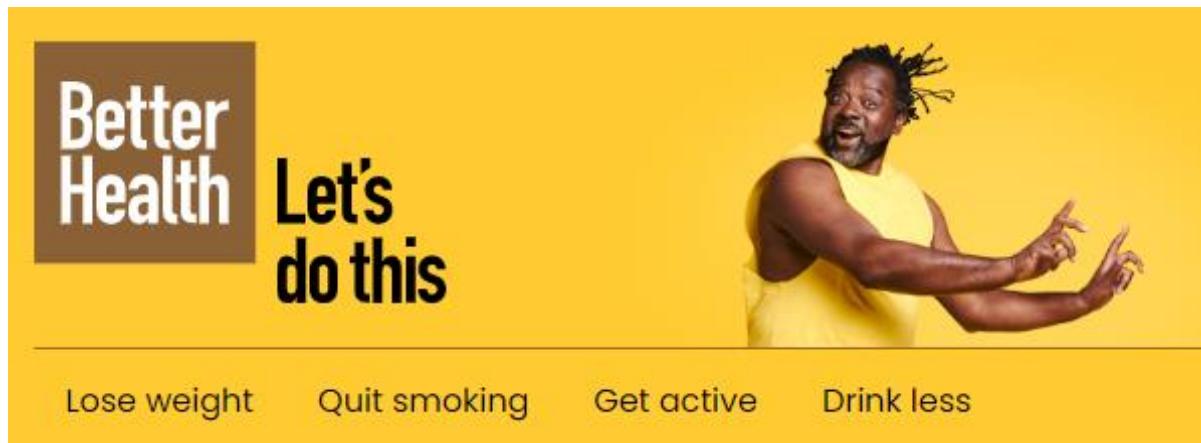


Happy New Year...

Do you want to kickstart your health?

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health has lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters.

There has never been a better time to kickstart your health. Checkout the NHS website for advice and inspiration, www.nhs.uk/better-health/



Want to Quit Smoking? Ring **0333 005 0095** now

Latest news

econsult
Want advice from your doctor, self-help information or have an administrative request (such as a sick note or test results)?

eConsult

... is a clever bit of software that allows you to quickly and safely get help and advice from The Shrubberies Medical Centre online, for free. It is a form-based online consultation & triage platform that collects your medical or administrative request and sends it through to your GP practice to triage and decide on the right care for you. You can also use eConsult to request sick notes, GP letters, recent test results.

Go to www.theshrubberies.medicalcentre.co.uk and click the Online Services tab. You will get a response before the end of the next working day or sooner.

Did you know?

If you have a chronic condition including asthma, COPD and diabetes, you can book your annual review with our nurse. These reviews assist in helping you to best manage your condition.

If you receive a smear invitation, please take up this potentially lifesaving test. Our nurses Jo and Angelina are always happy to answer any questions or concerns that you may have.

Our Immunisation Programme	
8 weeks, 12 weeks, 16 weeks, 12 months and 3 year 4 months	Child Immunisations
2 & 3 year olds	Nasal Flu Vaccine
Over 50's (and for those with chronic conditions)	Flu Vaccine
Over 65's (and for those with certain chronic conditions)	Pneumonia vaccine (one off vaccine)
Between 70 & 80	Shingles vaccine

Who's who!



My name is Simarone and I am the Social Prescriber at the Shrubberies. I have a background of BSc (Hons) Psychology. I aim to support patient's non-clinical needs including; dementia support, bereavement, finance, employment, relationship, isolation/anxiety and many more. The key aspect to my role is connecting individuals to services within their local community to promote personal well-being. To find out more about services available, feel free to speak to a member of staff at the practice.



Top tips!



Minor Eye Conditions

Are you suffering from any of the following?

- Blurred Vision, Watering eyes
- Dry eye, Red / Pink eye
- Floaters / Flashing lights
- Blepharitis, Conjunctivitis
- Itchy / Burning eyes
- Allergic eye disease
- Mild pain / discomfort in the eyes
- Eyelid lump and styes
- Ingrowing eyelash
- Post-operative cataract assessment / monitoring
- Stable glaucoma monitoring

If the answer is yes, an ophthalmologist is the professional who can treat you best, as long as you are registered with a GP in Redbridge:-

Care Optics - 020 3551 6075 – 14 The Broadway, Woodford Green IG8 0HL

(will see children over 2 years of age)

Ellis Bass Optometrists – 020 8550 9288 – 25 High Street, Barkingside, IG6 2AW

(aged 18 and over)

Please note:

If you suffer sudden vision loss or extensive ocular trauma, go straight to A&E.

Need an on the day appointment?

If you need to see a GP and we are unable to give you an appointment, please ring

0203 649 4499

Loxford Polyclinic at 417 Ilford Lane, Ilford IG1 2SN, has on the day appointments, however they are for urgent conditions, not ongoing chronic problems and not for emergencies where you need to go to A&E.

Consultations at the Loxford Polyclinic are by appointment only. There is no walk-in service.

Enhanced Access

To book appointments at:

The Shrubberies Medical Centre

Mon - Fri 18:30 to 21:30 OR

Glebelands Practice

Saturday 09:00 to 17:00

Please ring 0204 506 8827

All appointments must be pre-booked.

A couple of facts

Between 1 December and 19 January **42** patients did not attend (DNA)

24 nurse appointments

16 GP appointments

2 Physio appointments

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

Help us to help you...

Please ensure we have the most up to date information for you. Have you changed address, got a new contact number or email address? Have you nominated a next of kin?

Adios, Adieu, Arrivederci, Farewell

A very fond farewell to Cathy who has manned reception with her style, flair and tenacity for over 14 years! We will miss your sense of humour, your compassion, your wisdom and your fabulous outfits! All the very best for the future.

