



Ambrose Avenue Practice Notes



Compiled by the Patient Participation Group for support members

December 2016

MERRY CHRISTMAS

Issue 7

Surgeries will be closed on festive bank holidays

Please note that both surgeries will be closed over the bank holidays. So the patient group advice is to ensure you have all the medication you need for the extended weekends before the holidays.

Christmas means Monday December 26, and Tuesday December 27. The following week Monday January 2 will be also be a full closure.

Emergency cover will be provided by the 111 Service. Please ring 111 and note that when you receive treatment from this service or at the walk-in centre, a clinical report will be sent to the surgeries to update your medical record and ensure that any necessary follow-up action can be arranged.

There is also the walk-in centre based at the North Colchester Healthcare Centre, Primary Care Centre, Turner Road, Colchester CO4 5JR, where you may see the nurse for:

- Wounds (cuts, minor burns)
- Muscle and joint injuries (sprains, strains, back pain)
- Coughs, colds, flu symptoms
- Stomach-ache, indigestion, constipation
- Sore throats, earache
- Skin complaints (rashes, minor allergic reactions, scabies)
- Sexual health and emergency contraception services.

Note: repeat prescriptions are NOT available. Please make sure you have enough

Sound alerts now ringing out at Ambrose surgery

Following requests from a number of patients, audio alerts telling patients the doctor or Nurse Practitioner are ready to see them ... and in what room are now being made alongside the visual ones on the information monitor at Ambrose Avenue surgery.

Our final surgeries information day of 2016

Fellow members of your patient group are attending both surgeries all day on Wednesday December 14 to chat with patients and give out information and general assistance on the services at our two surgeries, with special emphasis on how we can care for ourselves.

Make sure you stop to say hello if you are there.

Any comments, queries, praise or criticism to Patient Participation Group secretary Ray Hardisty on 07434 309261 or at ray.hardisty@btopenworld.com