

Killamarsh Medical Practice

Your Healthcare Team

GP Partners

Dr P Cracknell (m) MB ChB 1989
GMC: 3350784

Dr S Shaw (m) MB ChB 1990
GMC: 3497359

Dr H Brar (f) MD 1996
GMC: 4330963

Dr G Strachan (m) MB ChB 1996
GMC: 4299428

Salaried GPs

Dr A Oldale (f) MB ChB 1999
GMC: 4606015

Dr H Bird (f) MB ChB 2008
GMC: 7014777

Practice Nurses

Teresa Brunt
Kristy Evett

Community Nurse

Barbara Kelly

Healthcare Assistants

Nicola Parker
Jessica Humphries

Business Manager

Victoria Webb

Our healthcare team is supported by a highly experienced and dedicated team of administrative staff. We all work together as part of a team to deliver a high quality of healthcare services to our patients.

Surgery Opening Times

Monday - Friday
08:00am - 18:30pm

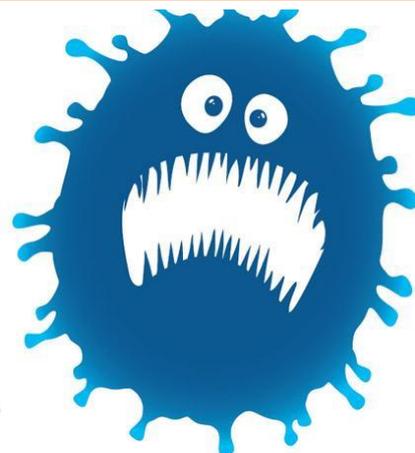
If you need to contact a doctor when the surgery is closed



When it's less urgent
than 999

Flu kills

**Protect yourself, your family,
colleagues and patients
- be a flu fighter, get your flu jab.**



Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. A flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalisations. Increasing the number of people who get vaccinated each year helps to protect more people, including older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications.

Who's eligible for a Flu vaccine?

- People aged 65 and over
- People aged under 65 with specific clinical conditions
- All pregnant women
- All two and three year-olds
- Healthcare workers with direct patient contact
- Carers
- Children in reception class and school years 1, 2, 3 and 4 who will be vaccinated via the school immunisation program.

How do I go about getting vaccinated?

We've ordered the flu vaccine already and a letter inviting you to our Flu Clinics will arrive with you by mid-September.

Physiotherapy



Patients can now access the Physiotherapists based at Killamarsh Medical Practice, without the need to see a doctor first.

Self-referral is particularly suitable for people with relatively simple conditions such as joint pain, strains or other injuries. You can self-refer by contacting the booking line directly on **01246 565050**, please have your NHS number ready.

You will have a full assessment and be given advice and exercises as appropriate.

Shingles vaccination

Who's eligible?

Aged
70 years?

Plus anyone in their 70s who was born after 1 September 1942 and has not yet had the vaccine.

Aged
78 years?

Plus anyone aged 79 years old who has missed out on the vaccine.

Protect yourself from the pain of shingles – speak to your GP surgery about having your vaccine today!



What is shingles? Shingles is caused by the reactivation of an infection of a nerve and the area of skin that it serves, resulting in clusters of painful, itchy, fluid-filled blisters. These blisters can burst and turn into sores that eventually crust over and heal. These blisters usually affect an area on one side of the body, most commonly the chest but sometimes also the head, face and eye.

How do you catch shingles? You don't catch shingles. Chickenpox virus caught earlier in your life reactivates later to cause shingles. You can't catch shingles from someone who has chickenpox. However, if you have shingles blisters, the virus in the fluid can infect someone who has not had chickenpox and they may develop chickenpox.

How effective is the vaccination? By having the vaccination you will significantly reduce your chance of developing shingles. And, if you do go on to have shingles the symptoms are likely to be milder and the illness shorter than if you had not had the vaccination.

Where is the vaccination given and will I need one every year? Like most vaccinations, the vaccine will be given in your upper arm. You will only have the vaccination once.

We will be inviting those eligible over the course of the year but please enquire at reception if you fit the age criteria



Join our Patient Participation Group Today!

If you are interested in joining our relaxed PPG group, who meet twice a year for an hour, please call 01142 510000 and speak to our Business Manager, Victoria Webb.



Have you recently moved house?

Do you have a new contact telephone number?

If yes, please update your details at reception.

Health & Wellbeing Support Worker

The surgery has a Wellbeing worker, Julie Baddams who holds clinics on a Monday & Wednesday. Appointments are available to book at reception.

Wellbeing worker can help motivate a person to improve their own health (a bit like a life style coach) with issues such as:

- Losing weight
- Exercise
- Stopping smoking
- Stress, anxiety and isolation.

If you think you may benefit from this service please speak to reception.

Patient Online Access

Take greater control of your health, at a time that is convenient to you.

Online services allow you to:

- **Book GP appointments**
- **Order Prescriptions**
- **View allergies and test results**
- **View parts of your medical record**

Therefore, take greater control and complete a Patient Online Access form which is available from reception or it can be downloaded from our website

www.killamarshmedicalpractice.co.uk

Once the form is completed, please take it to reception along with ID for verification and security purposes.