

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



On the 25th May the General Data Protection Regulations known as GDPR, comes into effect. GDPR imposes additional obligations on organisations and gives you extra rights around how your data is used.

We want our patients to know that Killamarsh Medical Practice respects the information we hold on you and that we take security of your information very seriously.

We have recently published a new Privacy Notice to give you more information on the data we hold on you, what we do with that data, who we share your data with and your new rights under GDPR.

Killamarsh Medical Practice's privacy notice can be view on our website www.killamarshmedicalpractice.co.uk or ask at reception for a leaflet.

DON'T WASTE A SPACE! Can't make it, CANCEL IT!

During the month of April the following appointments failed to attend:

Doctors: 53 failed appointments and over 8 hours wasted
Nurses: 85 failed appointments and over 20 hours wasted

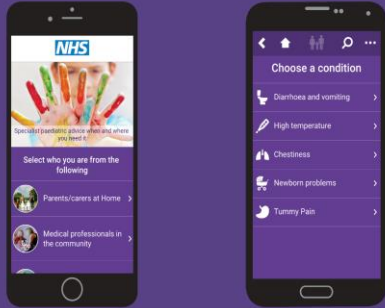
This increases the waiting time for all patients and wastes hours of the doctors and nurses time each month.

When you cancel an unwanted appointment, you free up a space for a patient that needs it

Supporting the Samaritans 'Talk To Us' awareness-raising campaign throughout July.

Not sure what to do when your child is unwell?

Download the free HANDi Paediatric app and get expert advice, support and guidance for common childhood illnesses.



Search
"HANDi Paediatric"



Summer is finally here!



Whatever your age, the best way to enjoy the sun safely and protect your skin from sunburn is to use a combination of shade, clothing and sunscreen.

When the sun is strong:

- **Spend time in the shade, especially** between 11am and 3pm in the UK
- **Cover up** with clothes, a hat and sunglasses.
- **And use a sunscreen** with a protection level of at least SPF15 and 4 stars. Use it generously and reapply regularly.

Shade

One of the best ways to protect your skin from the harmful effects of the sun's UV rays is to spend some time in the shade. You can find or create shade in many different ways, for example: trees and foliage, umbrellas and parasols, tents and shelter and by going indoors.

Covering up

Along with shade, another way to protect your skin from the sun is with clothing, a wide-brimmed hat and good quality sunglasses.

Sunscreen

Sunscreens will not protect us completely from sun damage on their own. This is why we recommend using sunscreens together with shade or clothing to avoid getting too much UV exposure. We recommend buying sunscreens with a:

- **Sun Protection Factor (SPF) of at least 15**
- **High star rating with at least 4 stars (UVA protection)**

Top Tips for using sunscreen properly

No sunscreen will give the protection it claims unless you apply it correctly.

- **Make sure you put enough sunscreen on** – people often apply much less than they need to. When your risk of burning is high, ensure that all exposed skin is thoroughly covered in sunscreen. As a guide for an adult this means: Around 2 and a half tablespoonfuls if you're covering your entire body.
- **Reapply sunscreen regularly including 'once a day' and 'water resistant' products.** Some products are designed to stay on better than others, but beware of sunscreen rubbing, sweating or washing off. It's especially important to reapply after toweling dry.
- **Use sunscreen together with shade and clothing** to avoid getting caught out by sunburn.
- **Don't be tempted to spend longer in the sun** than you would without sunscreen.
- **Don't store sunscreens in very hot places** as extreme heat can ruin their protective chemicals.
- **Don't forget to check the expiry date on your sunscreen.** Most sunscreens have a shelf life of 2-3 years, shown on the label with the letter M and a number – this is the number of months the sunscreen will last once it's been opened. Check your sunscreen has not expired before you use it.

Warning! Online pharmacy Scam – on behalf of Ian Morris Anti-Crime Specialist

A patient has been contacted by someone claiming to be from an online pharmacy quoting the Department of Health. The patient was advised that they would be unable to order prescriptions through their normal method and would need to go through them otherwise their medication would be stopped. The patient realised the call was a scam prior to providing personal information or agreeing to any services and terminated the call.

We would advise any individual receiving anything similar to terminate the call and seek advice before agreeing to anything generated from an unsolicited phone call.



Join our Patient Participation Group Today!

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