

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
Karen Parker

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
8:00 am - 6:30 pm

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



When it's less urgent
than 999



Christmas Opening Hours

Monday 24 December 2018, 8:00 am – 6:30 pm

Tuesday 25 December 2018, **CLOSED**

Wednesday 26 December 2018, **CLOSED**

Thursday 27 December 2018, 8:00 am - 6:30 pm

Friday 28 December 2018, 8:00 am - 6:30 pm

Monday 31 December 2018, 8:00 am - 6:30 pm

Tuesday 1 January 2019, **CLOSED**

Wednesday 2 January 2019, 8:00 am - 6:30 pm

The winter period is one of the busiest times of year for the NHS so it's important that people use the right service for the right problem. Pharmacies are a valuable source of advice and can help to manage minor winter ailments such as coughs and colds. If you do become unwell over the Christmas break, or need medical advice when your GP surgery is closed, GP out-of-hours services can be accessed by calling the free, 24-hour, 111 health line.



Thank You for Your Patience

Our 2018 flu vaccination programme was slightly more complicated due to a phased vaccine delivery service put upon practices by Public Health England. The nurses and administrative staff did a fantastic job in delivering over 2300 flu vaccines to our patients. We hope next year will be less complicated, but would like to thank our patients for their patience this time.

Order and Collect Your Repeat Prescription In Time for the Festive Season

Over Christmas, many accident and emergency departments and ambulance services are busy treating people who have long-term health problems but failed to ensure they had the repeat medicines they needed to cover the festive period. For those with long-term health problems, taking daily medication is an important part of their treatment and many are at risk of feeling unwell or even hospitalisation if medical supplies run out. This is why we are advising patients to order and collect any essential repeat prescriptions at least a week in advance to avoid running out.

Make the right choice for YOU and YOUR NHS

Choosing to **self-care** when you suffer from a minor illness can help you and the NHS.

Its **simple, quick, easy** and
considerate.

Be self-care aware!

NHS

Compare the costs below

Where you visit	Self-care (Pharmacy or Supermarket)	GP & Pharmacy	Walk-in Centre	A&E
Indigestion & Heartburn	£3.99	£35.28	£43.43	£69.99
Hay Fever	£2.50	£33.79	£42.04	£65.50
Blocked Nose	£3.99	£35.28	£43.53	£66.99
Pain (paracetamol)	£0.59	£31.88	£40.13	£63.59

Think Pharmacy!



Ask your local Pharmacist first

Did you know that Pharmacists are trained to give advice on the best treatment for minor conditions such as:

Cold	Headaches
Cold Sores	Head lice
Conjunctivitis	Heartburn
Constipation	Indigestion
Cough	Insect bites
Dental Pain	Migraines
Diarrhoea	Nappy Rash
Dry Eyes	Rashes
Dry Skin	Sore throat
Earache	Teething
Fever	Temperature
Haemorrhoids	Threadworm
Hayfever	Thrush

Prescribing over-the-counter medicines is changing

Your GP, nurse or pharmacist will not give you a prescription for over-the-counter medicines for a range of minor health concerns.

Instead, over-the-counter medicines are available to buy in a pharmacy or supermarket in your local community.

The health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it's more serious, they'll ensure you get the care you need.

Please help the NHS to use resources sensibly!

What is Self-Care?

Self-Care refers to the actions we take to recognise, treat and manage our own health. It's about doing small, every day things for yourself in order to keep healthy and happy.

What are the benefits?

Self-Care is good for you and for the NHS. There are lots of benefits to Self-Care. We believe it is:

- Quicker – No need to wait for a GP appointment. You can buy the medicines you need over the counter at your local pharmacy or supermarket
- Easier – Many treatments can be bought without the need for a prescription at your local pharmacy or supermarket
- Simple – Advice about Self-Care is widely available online. You can also call into any pharmacy for advice on the best treatment for your minor illness
- Considerate – Self-Care helps relieve pressure on GP practices and A&E and could potentially save the NHS around £136m every year.

Where can I go for advice?

Online Self-Care advice for minor illness

- www.nhs.uk - NHS Choices is the biggest health website. It has lots of advice on illnesses and how to treat them
- www.nhsstaywellderbyshire.co.uk - NHS Stay Well Derbyshire has lots of leaflets with advice on common illnesses.
- HANDI App offers help and advice for parents and carers looking after young children with common illnesses. This can be downloaded from the app store on itunes or google play.
- Your local pharmacist can give advice on the best treatment for minor illnesses

Online advice for general Self-Care and wellbeing

- www.livelifebetterderbyshire.org.uk - Live Life Better Derbyshire provides FREE help to live life better. This website offers friendly advice on feeling fitter, losing weight and quitting smoking.
- www.nhs.uk/oneyou - One You is another great website to help you make small changes that fit your lifestyle, so you feel better and healthier, every day.

Call NHS 111 – you should use the NHS 111 service if you need urgent medical help or advice but it is not a **life-threatening** situation. When you call 111, an advisor will ask you some questions to help assess your symptoms. Once they have done this, they will offer you advice or direct you to the best service for you in your local area.

What should I do if I am trying to Self-Care but my symptoms persist?

If you look your illness up on www.nhs.uk, it will tell you how long the symptoms normally last. If your symptoms are lasting more than you would expect, then you should seek advice from your local pharmacist first and then your GP.