

WILLINGHAM & LONGSTANTON SURGERIES

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 260073

District Nurse Team: 01223 726469 Option 2 Health Visitors: 01954 207612

Out of hours cover: Ring 111 Website: www.willinghammedicalpractice.nhs.uk

Our surgeries will be closed on Christmas Day, Boxing Day and New Year's Day.

Out of Hours Care Please remember to phone Urgent Care Cambridge on 111 if you require medical attention when the surgery is closed. Please remember that Accident & Emergency is intended for life threatening conditions or if you are likely to need an X-ray.

Repeat Prescriptions The last date for ordering repeat prescriptions in time for Christmas holidays is Monday 21st December. The last date for collection of medicines before Christmas will be Thursday the 24th December by 1pm at both Willingham & Longstanton Surgeries. To prevent wastage please only order those items that you need from your repeat medication list.

Christmas Lucky Squares in aid of Magpas £1 each Are available from reception in Willingham & Longstanton surgeries. Many prizes including food hampers, chocolates and other goodies can be won so please buy a ticket or donate a prize. Thank you and good luck!

Self Care Medication Winter months are very busy times for GP Surgeries and it is very helpful if some minor conditions are treated with over the counter medicines. Why not visit our Willingham Pharmacy and stock up your medicine cabinet for the Christmas holidays. This is a short list of some minor conditions which you can treat at home.

- Treatment of acute pain, such as headache.
- Management of coughs & colds.
- Reducing body temperature where there is a small increase in temperature.
- Treating one-off constipation and/or diarrhea.
- Treating minor abrasions or irritated skin.
- Minor allergic responses.
- Occurrences of head-lice infestation.
- Treatment of oral or vaginal thrush.

Missed Appointments in October 2015 = 51 Doctors Appointments & 60 Nurse Appointments This amounts to approx. 9hrs of wasted Doctor time and 12.5hrs of wasted Nurse time and when appointments are not cancelled we are unable to reuse them for other patients. "PLEASE CANCEL YOUR APPOINTMENT IF YOU NO LONGER NEED IT!"

Flu Vaccinations Clinics are now set up so please phone the surgery to arrange an appointment for you flu vaccination.

Carers Support Meetings Our next meeting at Willingham Surgery is on Wednesday 9th March 2pm – 4.30pm. Stephen Duffy from Buckles Solicitors is coming in to talk about Wills and Power of Attorney. Please pop along and get some free support and advice.

Camtad Hearing Clinics The next Hearing Aid Clinics will be held at Willingham Surgery on Wed 16th December from 2-4pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

****ALL THE STAFF AT THE SURGERY WOULD LIKE TO WISH OUR PATIENTS A VERY
HEALTHY AND HAPPY CHRISTMAS! ****

Sharon Unwin – Practice Manager – December 2015