

Newsletter December 2018

New Telephone Number

Great News! We've got a new FREEPHONE telephone number **0300 234 5555**. You can contact the Sawston, Linton, Barley, Market Hill and Shelford surgeries via this one number and it's free to call from mobile 'phones and landlines. The individual surgery numbers will continue to work for the next few months.

Holiday Season Opening Times

Granta Medical Practices will be open at the following times over the holiday season:-

Friday 21st December	OPEN 8am-6pm
Saturday 22 nd December	Closed
Sunday 23 rd December	Closed
Monday 24th December	OPEN 8am-6pm
Tuesday 25 th December	Closed
Wednesday 26 th December	Closed
Thursday 27th December	OPEN 8am-6pm
Friday 28th December	OPEN 8am-6pm
Saturday 29 th December	Closed
Sunday 30 th December	Closed
Monday 31st December	OPEN 8am-6pm
Tuesday 1 st January 2019	Closed
Wednesday 2nd January	OPEN 8am-6pm

Please go to www.grantamedicalpractices.co.uk for opening times for our pharmacies, dispensaries and for details about our extended hours.

Alternative Services

When your local surgery is closed, there are GP's on call at the Urgent Care Centre based at Addenbrookes. If you need to be seen by a doctor or nurse, or need advice while your surgery is closed, please call 111. This service operates between 6pm and 8am on weekdays and 24 hours at weekends and on Bank Holidays. It is free to call from mobile 'phones and landlines. Your condition will be assessed over the 'phone and if they think you need to be seen by a health professional, they will refer you to the out-of-hours GP service.

Home Help

You can treat many minor winter illnesses such as colds and coughs, sore throats, and upset stomachs easily at home. Make sure you are stocked up with winter health essentials such as pain relief (paracetamol), cough and sore throat remedies, a first aid kit, upset stomach treatment, rehydration treatment, and heartburn / indigestion treatment. Having these winter essentials at hand will not only save you time and help you to feel better quicker, but help save the NHS much needed resources.

Your local pharmacist can also offer you advice and guidance on the best treatment for you – and no appointment is needed. Pharmacists are available on every high street and in supermarkets with many open evenings and weekends.

Repeat Prescriptions

Please ensure you have enough medication to cover the holiday period. Ordering what you need in good time is the most stress-free approach for all, allowing **2 CLEAR working days** from making your request to collecting the prescriptions.

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