

Surgery Newsletter

[OUR FLU VACCINATION CAMPAIGN HAS STARTED—See over for more details](#)

Having trouble booking an appointment?

Why not try our new service e-CONSULT?

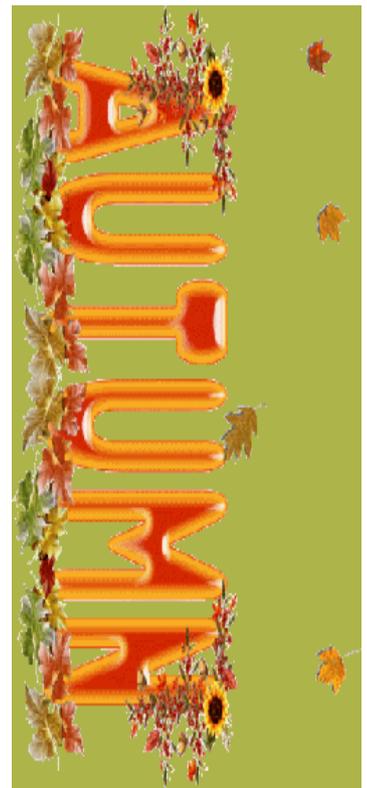
How does it work?

Go onto our Practice Website at:

www.bridgemarymedicalcentre.co.uk and click on the 'Get Started Now' button (as shown below).

Find your health condition and fill out a simple online questionnaire

The GP / Practice will get back to you with feedback and treatment options



**Beat the queue!
Consult our
doctors from home**

GET STARTED NOW

- 1** Send us details about your condition
- 2** A doctor decides on the best treatment for you
- 3** We ring you back with advice, prescription or an appointment

Useful Information

Surgery Telephone No:

01329 232446

Out of Hours Service Telephone No:

Dial 111 (NHS 111 Service)

Surgery Opening Hours:

Mon—Fri 8.00am to 6.00pm

Telephones manned until 6.30pm

Surgery Fax No:

01329 282624

Email Address to register for On-Line Services:

FGCCG.BridgemaryMedicalCentre-Reception@nhs.net

Surgery Website:

www.bridgemarymedicalcentre.co.uk

We close for Staff Training on the 2nd Wednesday every month from 12.30 to 1.30pm

We are delighted to announce that we have been nominated and short listed for the Portsmouth News Best of Health Awards 2016 under GP Practice of the Year category!

The awards ceremony takes place on 4th November so please keep your fingers crossed for us!

Thank you to those patients that took the time and effort to nominate us—we really appreciate it.



Flu Clinics



If you are aged over 65 years of age or are in an 'At Risk' please book your appointment now. We are offering Flu Clinics on some Saturday mornings, Tuesdays, Wednesdays and Thursdays morning and afternoons in order to offer flexibility in booking for your vaccination.

Please support your practice by having your vaccination at the Surgery rather than at a Chemist, as this affects our income and could impact on the services we are able to provide to our patients. Remember our Practice Nurses are fully qualified and experienced , plus we have access to your medical records!

Children aged between 2 and 6 will be offered a nasal spray vaccination. Children in school years 1 and 2 will be given this at their school.

Our new service for Gosport

Local volunteers who can signpost you to the right service, guiding you to a better, healthier life.



Please ask at Reception for further information

What to know..... And where to go

If you've had an accident or illness, it can sometimes be difficult to know which NHS service to use and when.

Though A&E might seem the easiest choice, choosing a more appropriate service can often be more convenient, and save you time. Pharmacies, GPs and minor injury units can all help you instead. A&E should only be used in an emergency.

Call 111 if you're unsure of the best place to go, and fully trained advisers can help you make the right decision.

Your guide to everyday health services you may need in a hurry can be download from the Fareham and Gosport CCG Website: www.farehamandgosportccg.nhs.uk or from the link below -

<https://www.farehamandgosportccg.nhs.uk/Downloads/CS37419%20SCSU%20What%20to%20know%20booklet%20web.pdf>

Please use the

NHS wisely !



Text Reminders

We now offer the service of sending out Text Reminders for booked appointments to patients we have mobile numbers for. Please ensure we have the correct mobile number for you!

If you receive a text message and no longer require the appointment, or are unable to attend, you can simply text a reply to the number given and your appointment will be cancelled automatically—saving you having to ring the surgery, and saving the receptionists time on the telephone.

We hope by offering this new service we will reduce the number of **Missed Appointments** meaning we have more appointments available.

Please ensure we are informed if you change your mobile telephone number!

Should you wish to opt out of this service please notify reception.

