**Harold Street Medical Centre**

***March 2017 Newsletter***

**Proposed Merger**

Harold Street Medical Centre is proposing to merge with Crookes Valley Medical Centre for the benefit of patients. Doing this we will be providing more access to Doctors and Nurses under one roof at Harold Street Medical Centre. Patient Consent forms will be available in the waiting area and on our website [www.haroldstreetmedicalcentre.co.uk](http://www.haroldstreetmedicalcentre.co.uk).

**Patient Participation Group**

We have set up a Patient Participation Group. This is a good way for you to be involved with the practice and for us to get your views. If you are interested please leave your details at reception. Our next meeting will be 4th May 2017 at 12:00 noon.

**Prescription and Medication Review**

Please do not forget to order your repeat prescriptions before you run out of your medication. Remember when you are ordering your prescription it takes 48 hours to process it.

It is important to have your medication reviewed every year with a Doctor to make sure you are taking the best treatment for your condition and you are taking it correctly.

**Text Messaging**

Please inform us of any change in your mobile number, we can then make sure you can have a text reminding you of your appointment.

**Online Services**

Did you know that you can book appointments, order repeat prescription and view your coded records online. For more information please contact reception.

**Vitamin D Prescribing**

Sheffield CCG has changed the way that Vitamin D is prescribed. Only pregnant women (and up to 12 weeks after delivery) can have Vitamin D on prescription.

For children up to the age of 5 years please contact your Health Visitor.

Everyone else now has to buy supplements from over the counter.

Remember 95% of Vitamin D comes from the sun and 5% from fortified food eg. Cereals and Oily fish.

**Pharmacies – Minor Ailments Scheme**

Pharmacists are trained to provide advice on minor illnesses. They can also supply medicines for some conditions. If you are exempt from paying prescription charges – you will not pay for the medicine. Just ask your local pharmacy.

Pharmacists can advise you on:

* Skin conditions, mild acne and mild eczema
* Coughs and colds including nasal congestion and sore throat
* Minor cuts and bruises
* Constipation and haemorrhoids (piles)
* Hay fever and allergies
* Aches and pains
* Indigestion and diarrhoea
* Threadworm
* Period pain and thrush
* Nappy rash and teething
* Mouth ulcers and cold sores
* Athlete’s foot

**Local Hub Access**

You can choose to be seen at one of the four hubs across the city.

* Crookes Practice, School Lane,
* The Health Care Surgery, Palgrave Road
* Sloan Medical Centre, Little London Road
* Woodhouse Health Centre, Skelton Lane

These Hubs offer appointments in the evenings from 6pm to 10pm Monday to

Friday and during the weekend from 10am to 6pm Saturday and Sunday.

GP appointments must be booked by one of the doctors at the surgery. If you ask reception they will pass your details on to a GP who will ring you with an appointment. These appointments are for immediate problems rather than long term conditions, such as infections, skin problems, headache, and abdominal pain.

Nurse’s appointments can be booked by reception and are for procedures such as ear syringing, dressings, blood tests and suture removal.