



## SUMMER NEWSLETTER 2019

**Welcome to our Summer 2019 Newsletter. We have included some news about what is happening in the NHS over the next few months**

### **E-CONSULT – CONTACT YOUR DOCTORS ONLINE**

Did you know that you can now fill out a simple form online to get advice and treatment by the end of the next working day? Please visit the [Brunton Park Health Centre website](#) to see how you can do this.

### **FUTURE PRESCRIPTIONS TO BE SENT ELECTRONICALLY (EPS)**

All future prescription issues need to be sent electronically (EPS) to a pharmacy of your choice. Please let reception know your preferred pharmacy so we can update your records. Please allow two working days to process prescriptions. Thank you.

### **TEA & CHAT - 'AN INFORMAL FRIENDLY GROUP FOR RETIRED FOLK.'**

Please join us here at Brunton Park Health Centre on the second and fourth Monday of each month from 2.00 – 4.00 pm. For more information please contact: Mary Hutchins 0191 2362879 or Tessa Sampson 0191 2858716

### **REASONS TO VISIT YOUR PHARMACY**

Need some last minute medical advice  
Advice and treatment for minor ailments  
Help to quit smoking  
Travel health advice  
Advice and information about medicines  
Healthy living advice  
Emergency contraception

### **THEMED SUMMER ACTIVITIES FOR CHILDREN**

Here are some ideas to keep the kids entertained during the school holidays:  
Nature: grow an edible garden, build a den, go camping  
Water: mud painting, blow bubbles, water balloon or pistol battles  
Seaside: paint pebble paper weights, make a model lighthouse, make flags for sandcastles  
Sports: obstacle courses, hopscotch, skipping, hula hoop  
Challenges: learn to ride a bike, swim or roller skate

### **SUPPORT FOR MUMS WITH BABIES AND CHILDREN**

The Practice holds an immunisation clinic for babies and young children on a regular basis, usually a Tuesday morning. Appointments can be made by contacting Reception. We also have a baby clinic run by our Health Visitors every Tuesday morning from 9.30 am to 11.00 am. If you would like to have your baby weighed or some advice, just call in to speak to our Health Visitor team. Outside of these hours, you can contact the Health Visitor on 0191 2171090.



We are pleased to announce that the Practice raised £62.08 in support of the Alzheimer's Cup Cake Day on Tuesday 25 June 2019. Thank you to all those who supported this fund raising event.

**WE HOPE YOU ENJOY COMPLETING THE WORD SEARCH BELOW**

**Summer 2019**

S W R R T E E L V R C M Y N Q  
 S N D O E L X X T E U E C E V  
 F E O T W L U R O T T R A W L  
 U P A I N E E S U A M P M S L  
 O U V S T K L C N W W N R L J  
 Y V S I I P V C T O E P A E Y  
 I P F V Y D I D Y R C U H T B  
 U A U H Q G E R D C O E P T A  
 S N Y T W R R L C U V N K E B  
 Q P L L N R I M C S C R I R I  
 O V H A G H W B F Z E L L C E  
 E C J E C S T R O P S R D Y S  
 G L H H K E E P F I T N P R Z  
 S U N S A F E T Y T I P S Q X  
 S E G N E L L A H C J Q P H T

BABIES  
 CYCLE  
 HEALTHVISITOR  
 PHARMACY  
 SPORTS

CHALLENGES  
 ECONSULT  
 KEEPFIT  
 PRESCRIPTIONS  
 SUNSAFETYTIPS

CHILDREN  
 ELECTRONIC  
 NEWSLETTER  
 SEASIDE  
 WATER

**PRACTICE OPENING HOURS**

Please note that the Practice will be closed on the following dates/times:  
 August Bank Holiday Monday 26 August 2019, reopening at 8.00 am on 27 August  
 We will also be closed for staff training on the following dates:  
 4 July and 10 September, from 12.30 pm reopening at 8.00 am on the following day  
 and for one hour from 12.30 pm to 1.30 pm on 17 July, 14 August and 11 September  
 PLEASE RING 999 IN AN EMERGENCY OR 111 FOR SAME DAY ADVICE.