



Practice News

Use the Practice Website

Special points of interest:

- Practice Website
- Meet the Staff
- Minor Ailments
- Sunscreen
- Travel Vaccinations

Please visit at
www.dundonaldmedicalcentre.co.uk

It is possible to book appointments and order prescriptions online.

If you wish to avail of any of the online booking or ordering facilities you will first have to register with reception, please ask for the 'online registration letter'.



Meet the Staff - the Receptionists

In this issue the Receptionists.

The Receptionists are there to help.

There are 6 reception staff working within the practice.

They are trained to ask questions to provide the most appropriate service.

Patricia is the longest serving having joined in Oct 2000. Dawn joined from the Screening Unit, EHSSB in Feb 2001. Norma and Cheryl joined in Oct 2004. Jean joined from Central Services Agency in Jan 2007. She also has responsibility for some secretarial work within the practice. Lesley is employed on a temporary basis covering Norma's maternity leave.

Please be courteous and help them to help you.



**Congratulations to Norma and Tom on the safe arrival of Elliott.
Congratulations to Mary and James on their recent marriage in
Florida.**

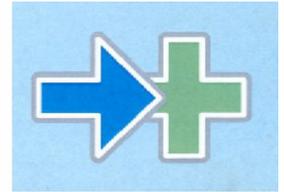
**For common
minor ailments
you can visit the
Pharmacist
directly.**

Minor Ailments

Many GP consultations are for ailments that could potentially be treated with non-prescription medicines available directly from your local pharmacy. Pharmacists are trained to deal with minor ailments.

For common Minor Ailments such as coughs, colds, sore throats and hayfever it is possible to get medication direct from the Pharmacist if required.

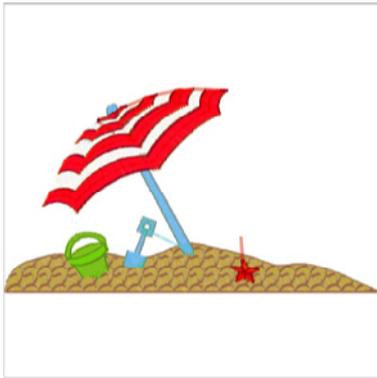
If you are exempt from prescription charges you can use this service without incurring any costs for the medication. If you are not exempt you will be asked to pay the retail price for the medication you receive.



Most pharmacies in Northern Ireland are involved in the Minor Ailments Service.

Call into any Pharmacy displaying the above logo.

Sunscreen



Too much sunlight is harmful and can damage your skin.

All people are at risk if exposed to too much sun. People most at risk are those with fair skin, freckles, red or ginger hair. It is not just people who sunbathe who are at risk. Outdoor workers and people simply being outdoors who do not protect their skin are also at risk.

In order to protect your skin you should stay indoors when the sun is strong between 11am and 3pm, cover up the body as much as possible when you are out in the sunshine and use sunscreen liberally.

You should apply sunscreen with a Sun Protection Factor of at least 15. Sunscreens less than factor 15 do not give much protection. Be sure to cover areas which are sometimes missed such as the lips, ears, around eyes, neck, scalp if hair is thinning, hands and feet.

Sunscreens can go off and not work after a time, DO NOT USE out of date suncreams.

Travel Vaccinations

Most travel vaccinations are available at this practice.

To access this service contact reception and complete the travel risk assessment form. It is important to do this as early as possible, at least **6 weeks** before you travel.

You will be asked to call at the surgery a few days after the completed form is received to collect the necessary prescriptions and make an appointment for their administration.

Comprehensive personalised travel information including vaccinations will be given at

this appointment. This service is not available at open surgery.

Not all vaccinations or prescriptions in connection with travel abroad are available on the NHS. Where advice and/or a prescription is required in relation to any of these there will be a standard fee of £10.00.

