



# Practice News

## Choose Well

*Always call 999 if someone is seriously ill or injured and their life is at risk.*

Did you know there are a range of healthcare services available to help you find the right care?

### Self-care

For minor illnesses, ailments and injuries

### Pharmacy

Your local pharmacist can provide confidential, expert advice and treatment for a range of common illnesses and complaints.

### GP

We provide a range of services such as advice, examinations, prescriptions and ongoing care for chronic conditions.

### Out of Hours

Available if you need urgent medical care when your GP surgery is closed.

### Minor Injuries

Available at Ards Hospital and each Emergency Department in the Belfast Trust Area to manage minor injuries which are not critical or life threatening.

### Emergency Department

Provides the highest level of emergency care for patients, especially those with sudden or acute illness or severe trauma.

### 999

## Cycle Challenge

This year a team from the surgery entered the John Lindsay, Memorial 'Torr Head' Cycle Challenge on September 22nd 2013. They raised £1034 for the NI Hospice.

- ◆ Dr C Curran
- ◆ Mary

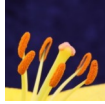
Thanks to all those who contributed

The team included

- ◆ Dr L Haslam
- ◆ Dr I Ryans



**Merry Christmas and a Happy New Year**



## Air Aware

If you suffer from a chronic illness that affects your breathing, such as asthma or heart disease you can receive alerts free to your mobile phone, to let you know pollen levels are high.

Just text Air to 66101.

Text messages to the services will be charged at your normal standard rate. Alerts are received free of charge. To opt out, text STOPAIR to 66101.

This service is approved by the

DOE and the DHSSPS.

For more information visit [www.nidirect.gov.uk/air-pollution and health](http://www.nidirect.gov.uk/air-pollution-and-health)



## Charity Book Stall

Please feel free to make a donation and select a book from our charity book stall.

We have raised £520 for NI Hospice.

From December 2013 all proceeds will go to Karen Salmon, MBE, who works for Crosslinks in Ethiopia. She

works with children orphaned by AIDS, providing clothing, education and support.



## Christmas

The Doctors and staff of Dundonald Medical Centre would like to take this opportunity to wish all our patients a very Merry Christmas and a Peaceful, Prosperous and Healthy New Year.

Over the festive period the practice will be closed on Wednesday 25th and Thursday

26th December and also on Wednesday 1st January 2014.

In the case of a medical emergency please phone South and East Belfast Doctors on Call.

The telephone number for this service is **028 90796220**.

