**Banbridge Group Surgery**

**Spring Newsletter**

**Minor Ailments**

 **Get the Right Treatment**

 Every year, millions of us visit our GP with minor health problems that

 could easily be resolved without a doctor’s appointment:

 **Self-care**

 Keeping a well-stocked medicine cabinet at home can help you treat

 many minor ailments. Colds, coughs, indigestion and many other

 minor complaints can all be treated with medicines that are available

 over the counter

 **Your local Pharmacist**

 Pharmacists offer professional, free health advice. From coughs and

 colds to aches and pains they can give you expert help on every day

 illnesses and can answer questions about prescribed and over the

 counter medicines.

 Pharmacists hold a contract with the Health and Social Care Board to

 provide advice and/or treatment for the following:

* Athlete’s foot
* Cold sores & mouth ulcers
* Diarrhoea
* Head lice
* Thrush
* Threadworms
* Ear wax

***DNAs***

**IT SERVICES**

The Surgery now offers the following IT services:

**Appointment reminders**

If you register your mobile number with us you will receive text reminders 48hrs in advance of upcoming appointments. Should you wish to cancel the appointment you can do so by texting back CANCEL.

**Text invites**

We are starting to contact patients by text with invites to chronic disease clinics, smear & BP reminders and other such services.

***To make use of either of these services please inform reception of your mobile number.***

**Booking appointments online**

We now can offer patients the facility to book, check and cancel appointments online.

**Requesting repeat prescriptions online**

Patients can order their repeat medication online via a secure website.

***To avail of our online services please collect a VOS registration form from reception or download it from our website.***

**Surgery website**

We have a website which provides information about the Surgery and about various health issues. Patients can also download various forms including change of address and travel vaccination forms. Visit us at [www.banbridgegroupsurgery.co.uk](http://www.banbridgegroupsurgery.co.uk)

***Unfortunately a considerable number of appointments are wasted each month due to patients who Do Not attend (DNA). There are various ways in which appointments can be cancelled – by telephone, online or by replying to our automatic appointment reminders. We would respectfully ask patients to ensure that they cancel any appointments they cannot keep so that they may be offered to others.***