



Dec 2016

Opening Times

Monday

8.00am—6.00pm

Tuesday

8.00am-6.00pm

Wednesday

8.00am-6.00pm

Thursday

8.00am—12noon

3.00pm—6.00pm

**CLOSED BETWEEN
12 AND 3PM**

Friday

8.00am-6.00pm

We're on the web :

www.nortonmedicalcentre.nhs.uk

Out of Hours

For Medical Assistance
when the Surgery is
closed Tel:

111

TIME OUT!

Please note the practice will
be **closed from 12noon** on
the following dates to allow
staff training to take place

Wednesday 1 February 2017

CLEVELAND FIRE & RESCUE
Protecting local communities

**DID YOU KNOW
2 TO 3 BREATHS
OF TOXIC SMOKE
AND YOU'RE
UNCONSCIOUS?**

**A WORKING SMOKE ALARM
CAN SAVE YOUR LIFE**

BOOK YOUR FREE HOME FIRE SAFETY VISIT NOW CALL:
01429 874063
www.clevelandfire.gov.uk

Norton Medical Centre

Drinking over the Festive Season



The UK's Chief Medical Officers have launched their new alcohol drinking guidelines just in time for the Christmas and New Year festivities and the bad news is that they have declared...



There is no such thing as a "safe level" of alcohol consumption

However, as the vast majority of us who enjoy a drink are highly unlikely to suddenly abstain, the recommendation is that we reduce the risks by :

- ♦ Limit your daily intake to 2-3 units per day.
- ♦ Drink no more than 14 units per week on a regular basis.
- ♦ If you drink as much as 14 units per week, spread your drinking evenly over 3 or more days.
- ♦ Try to have 2-3 alcohol free days per week.
- ♦ If you are intending to drink alcohol try to drink water regularly throughout the day and again before you go to sleep.

So, here's wishing you a Merry, but not too Merry, Xmas and a Happy New Year.



Tired of waiting on hold?

Did you know that you can order your repeat medications using your computer, tablet or smartphone?

With Online Services you can order your repeat medications 24 hours a day without the need to phone the practice or bring in your prescription counterfoil (side-slip). You can also check the date and time of any appointments you have with us and cancel them if you can no longer attend, saving valuable NHS resources. By using Online Services, not only will you be saving yourself time but you will be helping us keep our phone lines free for patients who need to speak to a doctor.

If you would like to use this service, or have a friend, relative or carer do this on your behalf, please bring some form of identification to the practice and ask one of our receptionists for an Online Services account.

BANK HOLIDAY CLOSURE AND PRESCRIPTION ORDERS

Please note that the surgery will be **closed** on:

Monday 26th December 2016

Tuesday 27th December 2016

Monday 2nd January 2017

The last day to order prescriptions for the festive period is Monday 19th December so please don't leave it until the last minute.



Thank you.

PATIENT GROUP SECTION



COOK'S CORNER

One of our members wanted to share this new found cooking tip aimed at keeping hands clean when opening an Oxo cube! As the picture shows, just open up the cube's folded in flaps and keep pressing the cube into a square until you have crumbled the contents - then cut open and pour out the now crumbled contents.

TOMBOLA PRIZES

Thank you to all patients who donated prizes for our tombola stall. Unfortunately due to illness there has been no tombola this year but the prizes are in safe storage until 2017. All chocolates and biscuit donations that would have gone out of date were bought by the Practice and the money will be used to replace donations ready for the next event.



ONLINE SECURITY

One of our members is an IT consultant and has this message for any patients who elect to use our online services:



DON'T GIVE
HACKERS
ACCESS TO YOUR
DATA



If you use your computer to order prescriptions or to access your medical records, you need to protect your data (and the same applies if you do things such as online banking)

You should consider using a firewall and you need good anti-virus software. It is not expensive – reasonable anti-virus software is available for around £30 to £40 for a one-year subscription – about the same cost as buying one cappuccino per month. Even the most expensive options will still cost you less than £2 per week.

Think what might happen if you do not take these simple steps – your identity stolen, your bank account emptied...don't let it happen to you.

Anti-virus Software can easily be purchased online. If you are in any doubt about what to do, ask wherever you bought your PC. They may even have a service to provide the software and to set it up for you.



POPPY APPEAL



Thanks to those patient who bought a poppy and helped to raise £440 with £220 going to the SSAFA Norton Branch and £220 to the British Legion in Billingham

Choose Well Out of Hours



When the surgery is closed except in the case of a medical emergency please telephone 111 for medical assistance. The call handler will assess your need and direct you to the most appropriate service. Your local Pharmacist may also be able to help with minor ailments (coughs, colds, sore throats, hay fever etc.) or queries about medication.

