

NEW OPENING HOURS from 1st April 2018

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From the 1st April 2018:

Mon	09:00 - 17:30
Tue	09:00 - 17:30
Wed	09:00 - 17:00
Thurs	09:00 - 12:30
Friday	09:00 - 17:00
Weekend :	Closed - Dal Doc

Doors Closed each day for lunch from 1pm to 2pm.

Please note that telephone lines will be open all day from 9am to 5.30pm.



Telephone Options

Please choose from the following options:

1. For Repeat Prescriptions please dial 1 10am to 4pm (blood results line 2pm – 4pm)
2. For Emergency Appointments please dial 2
3. For Routine Appointments please dial 3
4. All other queries please dial 4

Newsletter sponsored by:



If you have any queries regarding the newsletter please contact a member of staff.

Referral to local Pharmacy No Prescription Required

If many common conditions can be treated with a medication that is available to buy over the counter from your local pharmacy.

You do not need to make an appointment to speak to the local community pharmacist, just pop in anytime and they will be happy to help you. Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

- Aches and pains
- Athlete's foot
- Cold sores
- Colic
- Conjunctivitis
- Constipation
- Coughs and colds
- Dry skin (minor eczema)
- Fungal nail infections
- Fungal skin infections
- Travel sickness
- Teething
- Hayfever and allergies
- Heartburn and indigestion
- Upset stomach
- Diarrhoea
- Headache and migraine
- Warts and Verrucas
- Ringworm
- Piles (haemorrhoids)
- Scabies
- Skin rashes
- Sleep problems
- Sore throat
- Threadworm
- Toothache
- Head lice

Treatment for some of these conditions are free of charge on the minor ailments scheme.

If at any time you are concerned about your condition or if your symptoms are not improving after treatment with the over the counter medications you should contact the local pharmacist or the surgery for more advice.

Do you know?

Minor self-limiting illnesses where treatments can be purchased rather than prescribed:

- | | |
|--------------------------------|------------------------|
| - Coughs & Colds | - Occasional diarrhoea |
| - Sore throats | - Colic |
| - Hayfever & Allergies | - Headache & migraine |
| - Minor aches & pains | - Nappy rash |
| - Teething | - Athletes foot |
| - Sunscreen | - Cold sores |
| - Infant feeding | - Nail infections |
| - Threadworm | - Vitamins |
| - Head lice | - Ear wax |
| - Mild heartburn & indigestion | |

Welcome Mr Charlie McMullan Practice based Pharmacist

We would like to welcome our new practice pharmacist Charlie McMullan to the team.



Charlie has been working with us since the start of February 2018.

He qualified in 1999, and has 18 years experience working in community pharmacies throughout Scotland, North-East England and for the past 9 years was the pharmacy manager at Clear Pharmacy in the Waterside, Coleraine.

His appointment here is part of a nation wide strategy to put a pharmacist in each surgery across the country. He will bring a unique set of skills to the practice offering medication reviews, advice on medication, an independent prescribing role and other responsibilities.

He is a husband and is enjoying the delights of having two young children and the broken sleep that this brings.



The practice team at Christmas 2017

PRACTICE CLOSURE DATES:

Bank holiday closures:

- Monday 19th March 2018
- Monday 2nd April 2018
- Tuesday 3rd April 2018
- Monday 7th May 2018
- Monday 28th May 2018
- Thursday 12th July 2018
- Friday 13th July 2018
- Monday 27th August 2018

PLEASE REMEMBER!

- 48 hours for ALL repeats
- ALL repeat scripts sent direct to pharmacy
- Nominate pharmacy when ordering