



SIAM SURGERY

**Siam Surgery
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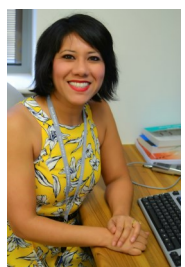
Dr P Bulacz



Dr N Ahmed



Dr M Giusca



Dr S Cross

Newsletter

Winter 2016-17

**Please be aware that the surgery will be closed
on the following dates:**

- ♦ [Monday 26th December](#)
- ♦ [Tuesday 27th December](#)
- ♦ [Monday 2nd January](#)

**For the remainder of the Christmas and New year
period we will be open as usual:**

Monday to Friday 8am—6:30pm

**We would like to take this opportunity to wish you
all a Merry Christmas and a happy, healthy new
year!**

FLU VACCINATIONS

We are still offering flu vaccinations to patients who are over 65, and for infants between the age of 2 and 4 years old there is a nasal spray available. Patients who suffer from long term health conditions, and patients who are pregnant are also eligible for a flu jab on the NHS.

Please book in with one of our nurses to get your vaccination done this winter, our walk in clinics finished in October.

SYSTEM-ONLINE

Quick and convenient, SystemOnline is an online personal account you can use to book appointments and order your repeat prescriptions any time, anywhere.

If you do not have an existing account please ask at reception and we will set one up for you right away.

ELECTRONIC PRESCRIBING

If you get regular prescriptions the **Electronic Prescription Service (EPS)** may be able to save you unnecessary trips to your GP.

EPS makes it possible for your prescriptions to be sent electronically to the pharmacy of your choice.

Choosing a pharmacy to process your EPS prescription is called **nomination**. This means, you will no longer have to collect a paper repeat prescription from your GP practice and instead you can go straight to the nominated pharmacy or dispensing appliance contractor to pick up your medicines or medical appliances.

Because your pharmacist has already received your electronic prescription, they may be able to prepare your items in advance, so you may be able to pick it up with no extra wait.

EPS is reliable, secure and confidential. Your electronic prescription will be seen by the same people in GP practices, pharmacies and NHS prescription payment and fraud agencies that see your paper prescription now.

For more information or to set up your EPS, ask at reception and we will be happy to help!

EMERGENCIES

The Emergency Department is for patients requiring emergency care for serious and life-threatening conditions. Please use the service carefully so it can best support those who need it most.

NHS 111 is for when you need medical help quickly but it is not an emergency—just call the NHS free phone number 111. The service operates 24 hours a day, 7 days a week, 365 days a year.

Mental Health Emergency Service is for people who are experiencing a mental health crisis and need help quickly. The service can be accessed through your GP or by calling 111. Lines are open 24 hours, 7 days a week.



Give blood

In the run up to Christmas people tend to think a lot about giving. Choosing presents to buy for our family and friends, kind deeds and charitable donations. But what about something money can't buy?

Your blood can save lives. Blood donation is an amazing gift to people who need it in an emergency or for on-going medical treatment.

In the UK, we need over 6,000 people to give blood every day to meet the needs of hospitals and patients.

If you would like to register as a blood donor, to book an appointment or to simply get more information then visit www.blood.co.uk

ONELIFE SUFFOLK

Have you started thinking about your new year resolution?
What if you could have access to free help and advice on how to lead a healthier life style?

OneLife Suffolk offer a range of services helping people to **quit smoking, lose weight and get healthy!**

Stop smoking support is completely free, provided by trained advisers, and can be delivered face-to-face or over the phone. Any concerned smoker can text 'smokefree' to 66777 and a member of the team will call you back.

A clinic runs at Siam Surgery every Wednesday from 9:30am-3:45pm.

For more information or to book, contact the team on [01473 718193](tel:01473718193) or email info@onelifesuffolk.co.uk.

You can also visit the website: www.onelifesuffolk.co.uk



Helping local people
live healthier lives.



Pharmacy Opening Times
for the Christmas and New Year period



Date	Lloyds North Street	Lloyds Sainsburys	Boots Great Cornard	Long Melford Pharmacy
Saturday 24th December	9am—5:30pm	7am—10pm	9am—1pm	9am-1pm 2pm-5:30pm
Sunday 25th December	CLOSED	CLOSED	CLOSED	CLOSED
Monday 26th December	CLOSED	9am—5pm	CLOSED	CLOSED
Tuesday 27th December	CLOSED	9am—6pm	CLOSED	CLOSED
Wednesday 28th December	9am—6pm	7am—11pm	9am—5:30pm	9am-1pm 2pm-6pm
Thursday 29th December	9am—6pm	7am—11pm	9am—5:30pm	9am-1pm 2pm-6pm
Friday 30th December	9am—6pm	7am—11pm	9am—5:30pm	9am-1pm 2pm-6pm
Saturday 31st December	9am—5:30pm	7am—10pm	9am—1pm	9am-1pm 2pm-5:30pm
Sunday 1st January	CLOSED	10am—4pm	CLOSED	CLOSED
Monday 2nd January	CLOSED	9am—5pm	CLOSED	9am-1pm 2pm-6pm
Tuesday 3rd January	9am—6pm	7am—11pm	9am-5:30pm	9am-1pm 2pm-6pm