



## Norton Medical Centre

### Norton Medical Centre Patients' Group



#### 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](http://www.nortonmedicalcentre.nhs.uk)

**Telephone:**

**01642  
745350**

#### We are sorry

if you have been experiencing problems with our new telephone system - we are aware of these difficulties and are working on getting them fixed.

Thank you for your patience.



The group has been busy since Christmas and has been extremely helpful in providing equipment for our Nurse Practitioner, Sister Sandra White, for whom they have purchased a stethoscope, ear thermometer and otoscope at a cost of almost £150



They have also very generously agreed to sponsor our new Registrar, Dr Hema Chaparala, and have provided her with a full set of equipment including a doctor's bag, pulse oximeter and BP machine. This cost over £500!!



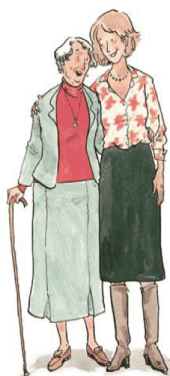
Finally they have supplied the practice with another 24 hour BP machine for the benefit of all patients!! These are very expensive costing almost £1000!!

A grand total of over £1650 has been raised for which we are extremely grateful



*There will be more information about the Patients' Group in the next edition of the newsletter including details of how to become involved.*

#### Are you a carer?



Please let us know if you care for someone by completing a carer's nomination form. We will put this information on the person's record and this means you will then be able to act on their behalf; we will be able to give you details of their appointments, test results, consultations, referrals and hospital correspondence.



**Ask for a form at Reception**

**Doctor First - a new appointment system - From Thursday 11th April we will be changing the way we deal with appointments so that you get the appointment you need, when you need it. You will receive further information through the post and leaflets are available in Reception**



# Using NHS Services Effectively

Choking  
Chest pain  
Blacking out  
Blood Loss



For immediate, life-threatening emergencies call 999



If you need help quickly, or suddenly feel ill but are not a 999 emergency, use a Minor Injury and Illness Unit or Walk-in Centre



Cuts  
Sprains  
Itches  
Strains

Vomiting  
Ear pain  
Sore tummy  
Backache



When you have an illness or injury that won't go away, contact your GP for an appointment



For advice on common illnesses and the best medicines to treat them, use a Pharmacy



Diarrhoea  
Runny nose  
Painful cough  
Headache

Unwell?  
Unsure?  
Confused?  
Need help?



For absolutely any questions about health, choose NHS Direct



For wear and tear, minor trips and everything between, choose self-care



Hangover  
Grazed knee  
Sore throat  
Cough

## THE GEORGE HARDWICK FOUNDATION

The George Hardwick Foundation supports over 5000 carers in Stockton on Tees and North East Lincolnshire.

Carers give so much to society by providing care, usually unpaid, for ill, frail and disabled family members, friends or partners.

The George Hardwick Foundation provides specialist one-to-one advice and information, help claiming benefits/accessing grants, help with form filling, guidance about aids and adaptations, counselling, bereavement support, holistic therapies and so much more.

You can contact them at their Carers Centre in Wellington Square, Stockton on Tees or by telephone on 0845 3025523

## Pneumococcal vaccinations

Do you know that people aged 65 years and over are eligible for a pneumococcal vaccination?

If you are over 65 and haven't received yours yet or, if you reach the age of 65 this year, then please contact reception to make an appointment.

