



PATIENT LEAFLET FOR FRESSINGFIELD & STRADBROKE MEDICAL CENTRES



Fressingfield Medical Centre
New Street
Fressingfield
IP21 5PJ

Telephone: 01379 586456 or 01379 586227
Website: www.fressingfieldmedicalcentre.co.uk



Stradbroke Medical Centre
Wilby Road
Stradbroke
IP21 5JN

Telephone: 01379 388313 or 01379 384220
Website: www.fressingfieldmedicalcentre.co.uk



For medical assistance and advice when the surgery is closed call 111.

Disabled access is available at both sites. Further information is available on the www.disablego.com website



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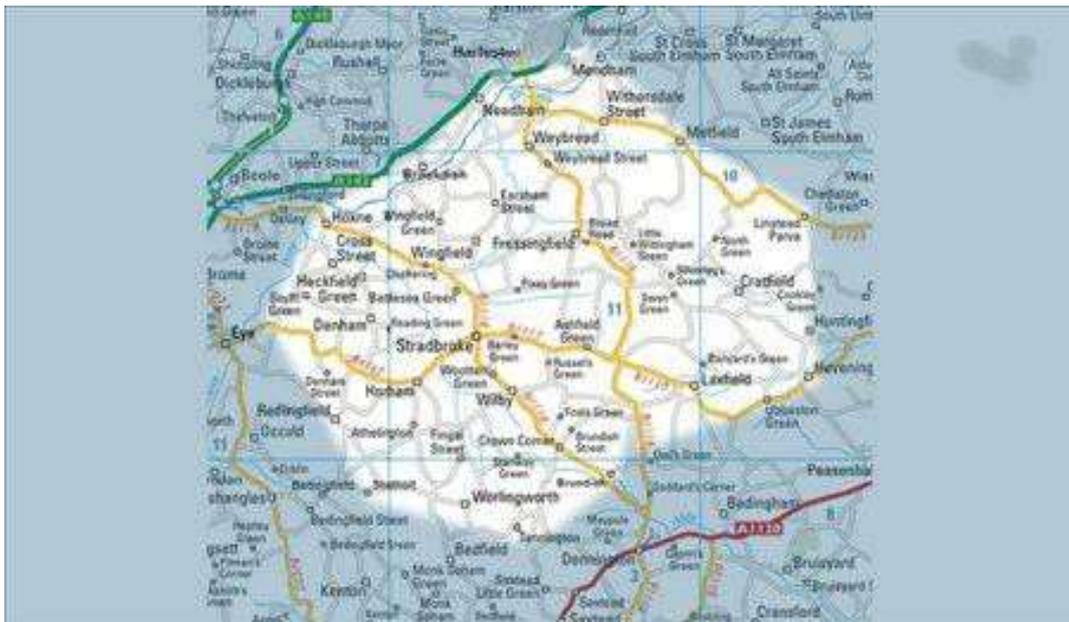
WELCOME TO FRESSINGFIELD & STRADBROKE PRACTICES

The practice area covers 115 square miles of rural North Suffolk.

It is served by two surgeries, the main one situated in Fressingfield with a branch surgery at Stradbroke.

We are a high achieving practice and pride ourselves on providing a high level of service to our patients; scoring well on the QOF (Quality & Outcomes Framework), which is a system that measures practice performance against a number of clinical and organisational indicators.

We score highly in the Government's GP Patient Survey





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OPENING TIMES

The opening times for the two surgeries are as follows

	Fressingfield	Stradbroke
Monday	08:00 - 18:30 18:30 - 19:30*	08:30 - 12:30 15:45 - 18:15
Tuesday	08:00 - 18:30	08:30 - 12:30
Wednesday	08:00 - 18:30	08:30 - 12:30
Thursday	08:00 - 18:30	08:30 - 12:30
Friday	08:00 - 18:30	08:30 - 12:30 15:45 - 18:15

To contact us:

- Phone Fressingfield Medical Centre on 01379 586456 / 01379 586227 or
- Phone Stradbroke Medical Centre on 01379 384220 / 01379 388313. Please note that between 18:30 and 8am during weekdays and all weekends and bank holidays, our phone system will provide a recorded message providing the telephone number for the Out of Hours service.

* Please note that phone lines open from 8am every weekday at both Medical Centres.

*EXTENDED HOURS

The Practice is pleased to offer extended evening opening hours on a Monday evening, late appointments are available with a GP up to 7:15pm. Extended Hours Telephone consultations with a GP are also available on a Monday evening. Nurse appointments can be made up to 7:10pm on a Monday evening.

These extra hours are only available for pre-booked appointments. The 'Out of Hours' service will be responsible for any medical emergencies from 6:30pm.

If you would like to register for an on-line account so that you can book Appointments, order medications and view your medical records online, you will need to visit the reception at either Fressingfield or Stradbroke, and ask for an online booking application form, or download it from our website (www.fressingfieldmedicalcentre.co.uk).

You will need to complete this form and show proof of identity such as a passport, utility bill or driving licence.



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EMERGENCIES

If the surgery is open you will be able to speak to a member of staff who will speak to or contact the doctor on duty. Try to give as much information as possible.

If the surgery is closed, an answer phone message will ask you to ring 111 or alternatively your call will be re-directed to the 111 service. Our out of hours calls are handled by NHS Suffolk's Out of Hours Service who will request information about the problem you have so it can be communicated to the duty doctor. When the surgery at Stradbroke is closed during the day, the calls are switched directly to Fressingfield Medical Centre.

If someone experiences severe chest pain, collapse, unconsciousness or severe hemorrhage (bleeding) you should dial 999 in the first instance and ask for the ambulance service.

ABOUT OUR APPOINTMENT SYSTEM

The Practice operates a system for dealing with urgent medical problems e.g. those that cannot wait until the next routine available appointment with any of the Clinicians at any site. These are short (5 minute) appointments for acute problems and if the Clinician consider that this is not the case, you may be asked to re-book on another day in a routine slot. If you have a non-urgent medical problem, it is not advisable to come to the surgery without first making an appointment, as the Clinician will be unable to see you. We are currently following NHS Guidelines which calls for a triage system, where the clinician will contact you remotely via telephone or video call. If they feel you should be seen face to face they will make arrangements for this.

LOCUM DOCTORS

On some occasions you may find that the doctor on duty in the surgery or carrying out visits is not one of the doctors from the practice. This Doctor is called a locum Doctor and is standing in for one of the regular doctors who is away.



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HOSPITAL APPOINTMENTS

If you experience difficulties with your hospital appointment e.g. cancellations, re-arranged times etc. first of all contact the hospital appointments department, or the secretary of the consultant concerned.

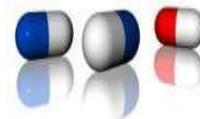
HOME VISITS

Requests for home visits should be made before 10.00am so that each doctor can organise his visiting schedule in the most effective way. It may not always be a GP that carries out the home visit, it could be a Paramedic or Advanced Nurse Practitioner. Please remember that there are very few reasons for requesting a home visit: in the majority of circumstances medical problems are best dealt with at the surgery. If, for example, your child has a temperature, there is no harm done bringing him or her to see a Clinician at the surgery. Requests will always be accepted for patients who are terminally ill or housebound.

PRESCRIPTIONS

Please allow at least **3 working days notice** for your prescriptions. Your prescription requests will be picked up by our dispensers during their normal working hours, so any requests made outside normal working hours will be processed on the next working day.

Please note the Dispensary at Fressingfield is open from 8:30am to 1pm & 2pm to 6:30pm each weekday (excluding bank holidays). The Dispensary at Stradbroke is open during the opening times of the site.





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You could save money with a Prescription Prepayment certificate (PPC).

Further information is available from this website:

<http://www.nhsbsa.nhs.uk/1127.aspx> or phone 0300 3301 341

The Practice has two fully staffed dispensaries at Fressingfield and Stradbroke that are open from 8:30am and remain open during that surgery's opening hours, please note Fressingfield closes for lunch. If you are a dispensing patient it means that your prescriptions can be dispensed at the surgery – a dispensing patient is someone who lives more than a mile away from the nearest chemist.

Anyone living within a mile of a chemist (for example Harleston patients) will have to have their prescriptions dispensed by any chemist that is convenient for them.

REPEAT PRESCRIPTIONS

Repeat prescriptions are dispensed at Fressingfield Medical Centre. They can be collected at Fressingfield and Stradbroke Surgeries during surgery hours only. Please make clear as to when and where you wish to collect your medication on the repeat slip provided.

It requires time and careful organisation to achieve this as 10000+ items are dispensed each month and we therefore request at least 3 working days notice for repeat prescriptions.

The dispensers are only too happy to help with non-medical enquiries, relating to your prescriptions. Medical enquiries will be passed to the doctor who deals with your medication. For routine enquiries about your prescription please contact the Dispensary between 2pm and 4pm as this is the quieter time of the day (during clinic times the dispensers are usually very busy).

It is not necessary to phone to confirm if your prescriptions is ready for collection if you have allowed the necessary three full working days.

WHAT IS A REPEAT PRESCRIPTION?

It is long term, regular medication prescribed by your doctor; as such it will be added to your prescription slip and monitored on a regular basis by your doctor or a nurse. Any other medication prescribed for acute problems CANNOT be prescribed on the same basis.

If the medication that you are requesting is not on your repeat prescription slip, then the dispensers will not be able to issue it, until you have been seen by a doctor.

A hospital script can only be dispensed after the Doctor has checked it providing it is for medication that he feels he can take responsibility for.



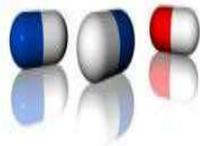
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ORDER OPTIONS - (Prescription Payments are via cash or cheque only)

1. Put the slip in the Repeat Prescription Box provided at each surgery or through the letterbox.
2. Post it to the Surgery.
3. Order it online via our website (you will need to apply for an online account) **If you are elderly or housebound and need further assistance please contact the surgery on 01379 586456**

Please allow 3 working days, excluding weekends and Bank Holidays, for your request to be processed. Any problems please telephone the surgery.





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MEMBERS OF THE TEAM

Doctors



Dr JAMES MORRIS MBBS MRCGP DCH DFFP (Reg. LONDON 1989)

I joined the practice in 1998 having completed a 7 year short service commission in the RAF as a medical officer. My wife is an anesthetist working in the region. My medical interests are varied and include paediatrics and sports medicine. When not at work most of my time is spent with my young family but I am also keen on walking/mountaineering and have recently rediscovered the joy of swimming & running (long may it last!!). I also dabble in woodwork & DIY.

Dr FAISAL MANTO MBBS DipDerm (Reg. LAHORE 1993)

Following my graduation I took up volunteer work and spent two years in the democratic republic of Congo. After completing my training in General Practice and Diploma in Dermatology in the UK, I joined the practice in 2005 and have thoroughly enjoyed my time working with the excellent team of staff and doctors. I think of my self as a generalist but have also developed an interest in dermatology. When I am not at work, I am busy with my family of four who keeps me sane and on my toes. I enjoy days out, cooking, eating and (crave) relaxing in my spare time.

Dr James Mackay MBBS MRCGP

Prior to learning medicine I spent a number of years training horses in the art of classical dressage and eventing with an ex-student of the Spanish riding school of Vienna. Following my GP training, I have developed a very broad interest in all things related to General Practice. My wife is also a GP and we are revelling in the experiences and challenges of our young family. A self confessed gadget lover, when not at work, I enjoy most things with an engine, a bag of golf clubs or a lot of open water.



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Nurses:	Suzanne, Jacquie, Raph, Jane & Holly
Phlebotomist:	Gemma
Reception Staff:	Lisa, Linda, Carole, Lisa W, Anna & Dianne
Patient Registrations: Secretary:	Kate Marion & Claire
Administrators:	Tania & Laura
Practice Management: Assistant Practice Manager	Katie Civil Laura
Dispensers:	Claire, Debs, Amanda, Helen, Paula & Anna
Dispensary Receptionist:	Lyndsay
Advanced Nurse Practitioners:	Shelley & Carol



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ASTHMA & COPD CLINIC



- Fressingfield: (invitations sent)
- Stradbroke: (invitations sent)
- Clinics run by: specially trained Asthma & COPD nurses. The emphasis is on monitoring treatment, continuing education and advising on self



management, including recognising when your asthma/COPD is getting worse and what you should do in that situation.

HEART DISEASE AND STROKE CLINIC



- Fressingfield: (invitations sent)
- Stradbroke: (invitations sent)
- Clinics run by: specially trained nurses to monitor, advise and support patients who have heart disease or who have had a stroke and those who are at risk.



DIABETES CLINICS



- Fressingfield: (invitations sent)
- Stradbroke: (invitations sent)
- Clinics run by specially trained nurses. The clinic aims to promote a better understanding of diabetes, encourage self management, educate and help monitor your diabetes with a view to preventing the long-term complications of diabetes that include blindness, kidney failure, foot ulcers and amputations.



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MIDWIFE

- The Midwife is based at Hartismere Hospital, they do not run a clinic at the surgery

CERVICAL SMEARS

- Our trained cervical smear Nurses are happy to carry out your cervical smears during normal surgery hours at a time that is convenient for you. Please let the Receptionist know when you book your appointment that it is for a cervical smear.

OVER 75'S CLINIC

- Fressingfield and Stradbroke
- Available each year to all patients aged 75 years and over - who are not seen in any of our other chronic disease clinics. Its aim is to help monitor ongoing care and individual needs. An invitation will be sent for an annual check around your birthday.

UNDER 5 DROP-IN CLINIC

- Fressingfield: 1st and 3rd Wednesday each month (Currently postponed due to Covid)
- Run by our attached Health Visitors. This is an open access session (no appointments required) for all parents with babies and young children to meet together, have their babies weighed and obtain practical help and advice from the Health visitors on all matters relating to their children.

MINOR SURGERY



All the doctors perform certain minor surgery procedures at either Fressingfield or Stradbroke. The NHS disallows certain minor surgical procedures that they consider cosmetic only.



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SMOKING CESSATION CLINIC

- This clinic aims to encourage a more effective approach to giving up smoking. Please do not hesitate to contact us for an appointment at the Fressingfield or Stradbroke Surgery. An initial assessment at the first visit provides advice and a choice of nicotine withdrawal medication, if appropriate, and then encouragement and support at follow up sessions, using a Carbon Monoxide monitor to reinforce abstinence from smoking.



Feeling down? Stressed Out? Overwhelmed? Anxious?

If you want to learn new ways to cope with any of the above emotions. Visit the Suffolk Wellbeing Service website for information and to access services at: www.readytochange.org.uk or call: 0300 123 1503

CHILDHOOD IMMUNISATIONS – FRESSINGFIELD: WEDNESDAYS AM

You will usually be notified by post when your child is due for immunisations. When you receive the letter please ring us to book an appointment. Please make sure you bring your child's Red Book and invitation when attending for all immunisations.

ADVANCED NURSE PRACTITIONER -- **Shelley and Carol** are able to deal with many of the problems you would normally take to a doctor. A Nurse Practitioner is trained to undertake full clinical examinations of patients with undiagnosed problems or illnesses. They can initiate treatments and prescribe medication where necessary and can refer to other healthcare professionals such as hospital consultants.

OTHER HEALTHCARE PROFESSIONALS - You may find other Healthcare Professionals at the Practice such as Paramedics, Pharmacists & Physio's.



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FLU CLINICS

SEASONAL FLU CLINICS ARE HELD FROM OCTOBER EACH YEAR

We realise that it is sometimes difficult for patients to attend the flu clinics, but it is much easier for us to manage the flu vaccination campaign if patients do attend the clinics rather than making individual appointments. The details are published on our website, and are available from the practice from late August.

YOU ARE ELIGIBLE IF:

You have chronic respiratory disease	You have chronic heart disease	You have chronic kidney disease
You have chronic liver disease	You are diabetic	You have a weak immune system
You are over 65 years of age or 65 prior to the end of the flu season (March)	You have a history of stroke or TIA or MS	
	Children aged 2 or 3	
You are a carer (in receipt of carers allowance)	You are pregnant	
You have a BMI of 40 or above	A frontline health or social care worker employed by a registered hospice care or homecare organisation	

BEFORE YOUR VACCINATION

When you attend for your injection, you must tell the Practice Nurse prior to having your vaccination if you answer 'Yes' to any of the following questions:

- Have you ever had a reaction to a previous flu vaccination?
- Are you feeling unwell or do you have a raised temperature?
- Are you allergic to hens' eggs or antibiotics?
- Are you trying for a baby, pregnant or breast-feeding?

AFTER YOUR VACCINATION

Most people have no adverse reaction to their flu vaccination

- A few people get a slight temperature and aching muscles for a couple of days or your arm may feel a bit sore where it is injected and you may experience some redness and swelling at the site of the injection.
- Any other reactions are much less common.
- Tell the Practice Nurse or Doctor immediately if you experience any symptoms that cause you concern



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TRAVEL CLINIC

TRAVEL VACCINATIONS

- **Please try to provide 4 weeks notice - Please complete our Travel Form on our website**
- These can be arranged with our Practice nurses and carried out during their clinic sessions. It is essential to organise them well in advance of your departure date. The reason for this is that to achieve maximum protection against the various infectious diseases that you might contract abroad, the vaccines have to be given as courses and in a particular order and time is required to carry this out effectively. We need to know where you are going and for how long, other countries you may be travelling through, whether you are pregnant and if you've had an adverse reaction to any vaccine previously. The same applies to malaria protection.
- We use TRAVAX, approved software that provides up to date information about all vaccination and Malaria requirements.
- If you are travelling outside Europe for more than a month, this is known as a complicated travel schedule, we may be able to provide some of your vaccines but you may need to seek the advice of a Travel Clinic initially.

Care Quality Commission (CQC) Registration

We are registered with the CQC, which calls for us to meet certain essential standards. At our last inspection we were rated as 'Good' overall and outstanding for responsiveness.

Further information together with a copy of our inspection report can be found at www.cqc.org.uk.

To register with our Practice your home address needs to be within our Practice Area. If you wish to register, please visit either surgery and talk to our receptionists who will provide you with the relevant forms. You will need to provide proof of identity.

It is useful to bring with you your up to date NHS medical card - this provides all the information we need to add you to our patient list apart from your new address and



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telephone number. **Every patient is entitled to a New Patient Medical with our Practice Nurse please contact us on 01379 586227 to book your appointment.**

You will be registered with the Practice and allocated a 'usual' Doctor (Named GP). The partners are very keen that you see the same Doctor to ensure continuity of care. We will not be participating in the scheme to accept patient registrations from patients who reside outside our practice boundaries, to register with our practice you must live within the practice catchment area.

If you have a chronic disease and have not been invited to a clinic within 3 months of joining the practice please contact us.

TEMPORARY RESIDENTS

If you are staying in the area (for up to 3 months) and require access to health care we will ask you to register as a temporary patient.

PRACTICE STATEMENT

OUR AIM IS TO:

- Treat you with courtesy and respect.
- Provide a service for both routine and emergency care of your health problems.
- To involve you in shared decision-making relating to your illness, your treatment, and any referral that is necessary for a further opinion.
- To keep information about your health confidential.
- To respond to complaints you may make to the practice promptly.
- To provide you with access to, or information from your health record held on computer or in file, subject to current legislation.

WE WOULD LIKE YOU TO :

- Keep us informed about where you live and how you can be contacted if these details change.
- Keep your booked appointments.
- Contact us as soon as you can when there is a problem relating to your care or you have a complaint about our service.
- Use the Out of Hours emergency service appropriately for genuine emergencies only.
- Share your concerns if you are unclear or uncertain about any treatment that is offered to you.
- Ask for a home visit only when you (or the patient you are responsible for), are unable to attend the surgery due to illness.



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SICKNESS SELF CERTIFICATION

THE FIRST 7 DAYS

For your first 7 days of sickness you can self certify

This means you can either write a letter to your employer or complete a Statutory Sick Pay Form or Employees Statement of Sickness (form SC2)

- An SC2 self-certification form (SC1 for unemployed or self-employed) is used by an employee to provide their employer with details of sick absences of 4 or more days in a row. The completed SC2 form is then used to help decide whether or not the employee is entitled to receive Statutory Sick Pay (SSP).
- **GPs are not obliged to issue NHS medical certificates (Fit Notes) for periods of sickness of less than seven days' duration.** However, if a patient requires a short-term certificate, the GP is entitled to charge a fee. However, it is clearly not an appropriate use of NHS time to see patients for no other purpose than to provide a sick certificate.

CONFIDENTIALITY

GDPR

Your practice takes privacy seriously and we want to provide you with information about your rights, who we share your information with and how we keep it secure.. Our Privacy Notice and further information is available on our website:

<http://www.fressingfieldmedicalcentre.co.uk/info.aspx?p=14>

CONFIDENTIALITY - UNDER 16'S

We provide a confidential service to all our patients including those under 16. This means that you can tell others about your visit, but we won't. If you have any concerns about confidentiality please feel free to ask a member of staff before your



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appointment. We are able to give advice and literature on many subjects which may concern you

- Sexual Health
- Contraception
- Alcohol
- Drugs
- Anxiety
- Depression
- Bullying
- Please feel free to make an appointment with the Nurse

CARERS

We know that carers are often hidden looking after a family member or helping a friend or neighbour with day-to-day tasks and may not see themselves as a carer. Caring for someone is an important and valuable role in the community, which is often a 24-hour job that can be very demanding and isolating for the carer. Carers should receive appropriate support by way of access to accurate information on a range of topics such as entitlement to benefits and respite care and not least, a listening ear when things get too much. As a Carer, you are also entitled to have your needs assessed by Adult Care Services. A Carer Assessment is a chance to talk about your needs as a carer and the possible ways help could be given. It also looks at the needs of the person you care for. There is no charge for an assessment. Also please ensure that you let us know that you are a carer.

USEFUL CONTACT INFORMATION FOR CARERS:

Suffolk Family Carers - 01473 835477



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COMPLAINTS

We make every effort to give the best service possible to everyone who attends our practice.

However, we are aware that things can go wrong resulting in a patient feeling that they have a genuine cause for complaint. If this is so, we would wish for the matter to be settled as quickly, and as amicably, as possible.

The Practice operates a complaints process, which complies with NHS procedures. Information about this can be obtained from the practice staff or if preferred please telephone Katie Civil, Practice Manager, for a confidential discussion.

HOSPITAL CAR TRANSPORT

The NHS can provide free, non-emergency transport to hospital appointments for certain patients who are eligible, i.e. there must be a real medical need and/or severe mobility issues

To make a request for transport Call 0300 999 6666 . You will be asked some questions to verify that you are eligible

If you are not eligible for transport you will be offered advice on alternative options.

CONSENT

You may be asked to provide consent to certain procedures either verbally or in writing the clinician carrying out the procedure will provide you with full details. Further information of our procedures can be obtained from the practice manager.

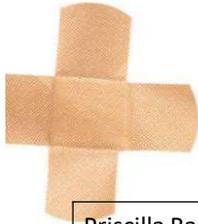


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USEFUL CONTACTS

District Nurses' Care Co-ordination Centre	0300 123 2425
Health Visitors' Office/Answer phone	01379 873782
Addenbrookes Hospital	01223 245151
Hartismere Hospital	01379 873700
Ipswich Hospital	01473 712233
James Paget Hospital	01493 452452
Norfolk & Norwich University Hospital	01603 286286
Papworth Hospital	01480 830541
SPIRE Hospital Norwich	01603 456181
Suffolk Nuffield Hospital	01473 279100
West Suffolk Hospital	01284 713000
Suffolk Family Carers	01473 835477
Ipswich & East Suffolk CCG	01473 770000
Saint Elizabeths Hospice	01473 727776



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Priscilla Bacon Lodge	01603 255720
Norwich NHS Walk in Centre Rouen House Rouen Road Norwich NR1 1RB	01603 677500 (Open 7 days a week)
PALS (Patient Advice & Liaison Service)	0800 389 6819 for general queries concerning NHS Services in Suffolk
NHS Suffolk's Out of Hours Service	111
To find an NHS Dentist	111
Connect for Health (Social Prescriber) – Can help you with social issues	01473 835477
Customer First (Social Services)	0808 800 4005
Allied Health Professionals You can self-refer for Physio	www.ahpsuffolk.co.uk/referral 03330 433 966