



**APPOINTMENTS AVAILABLE IN THE EVENINGS AND WEEKENDS**

Patients can now book on-line to see a doctor at 'The Hub'. The hub is a GP Practice (Boroughbury Medical Centre, Craig Street, Peterborough) that offer out of hours appointments with GP's, nurses, healthcare assistants, and citizens advice. To access these appointments just Google Greater Peterborough GP's or find them on Facebook. Alternatively our surgery reception staff can book these appointments on your behalf.

**ONLINE ACCESS**

We would like to encourage all our patients to sign up to our on-line service. Currently 34% of patients are signed up. This service enables patients to book appointments and order repeat prescriptions.

34%

**NEW GP**

We are pleased to welcome Dr Saber Alemi to the practice. He has been working as a locum GP for us for over a year, so his face will be familiar to some of you.



**INTERESTING STATISTICS**

- Number of telephone calls answered in one week: **1355**
- Number of test results viewed and filed in one week: **694**
- Number of patients seen by a GP, Nurse or HCA in one week: **1373**
- Number of patients who failed to turn up for their booked appointment in one week: **12**



**DISABLED PARKING**

Please be aware that the 2 spaces to the right of the main doors are designated for disabled parking. Please be considerate and leave these spaces free for those who need them.

*Polite notice...*

The doctors are not able to issue letters stating that patients are fit to do any activities such as gym, marathons, parachute, cycle or participate in any other activity as they have no specialist way of assessing this. In some cases a summary of medical problems can be provided to allow the relevant party to make their own decision on your fitness. Please don't be offended when any such requests are declined.

**POLITE REQUEST**

To maintain patient privacy please wait behind the barrier until called forward.



**PATIENT PARTICIPATION GROUP**

We are looking for a patient to represent the surgery at the Greater Peterborough Forum. This meeting is held once a month (in Peterborough) on the second Tuesday. For further information please contact **Wendy Spencer** via the surgery.



**SEASONAL ADVICE – IT'S THAT TIME!**

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

**DO**

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you've been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter



**DON'T**

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen
- do not let pets into the house if possible – they can carry pollen indoors

