**Website: Stablefoldsurgery.co.uk**

**Email:** [**gmicb-bol.p82005@nhs.net**](mailto:gmicb-bol.p82005@nhs.net)

**Tel: 01942 813678**

**One Appointment, One Problem**

When booking an appointment, please ensure that it is to discuss one problem only. Discussing more than one problem in the appointment time allocated means that there is a real increased risk that mistakes could be made, as the clinician may be inclined to rush. We are working with your best interests to keep you safe.

Please do not be offended if you are asked to rebook for your other problems. If you have multiple problems to discuss, please consider booking a double appointment so that adequate time can be given.

**STABLE FOLD SURGERY NEWSLETTER April 2024**

**New**

Haseeb Nasarullah has commenced his role as an ST2 at Stable Fold Surgery. He will be working with us until August 2024

**Holiday Vaccinations**

If you require any vaccinations relating to foreign travel, please collect and complete a travel vaccination form and return it to Reception.  The Practice Nurse will contact you to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required.



**Practice Email**

We do NOT accept requests for appointments via our practice email address. Please contact Reception via telephone, book online or present at the front desk

**Bowel Cancer Screening**

The NHS will post you a free test kit every 2 years if you are 60-74 years of age. The age that people are invited to take part is changing, so you may get a test before you turn 60

Please contact the Freephone helpline on 0800 707 6060 if:

If you have any questions on using the kit

You did not receive your bowel cancer screening kit or no longer have it. They can send you another free kit

For more information visit:

Bowelcanceruk.org.uk/screening

**Contacting 111**

At times the Health Navigators may direct you to call 111 when we have no appointments available. NHS 111 can make direct appointments with a variety of health services including GPs, some Mental Health Services and Urgent Treatment Centres

This practice has a contractual obligation that states we must provide GP appointments for 111 to book patients into, so several appointments are saved to allow 111 to book patients in, on a daily basis

**Extended Primary Care**

Appointments are offered at Unsworth Group Practice (Peter House Surgery) Captain Lees Road Westhoughton BL5 3UB. The hours are Mon-Friday 6.30PM-9.30PM and Saturdays 9AM-5PM.

We offer multiple clinicians such as

Doctors

Nurses

MSK (Physiotherapy)

Mental Health Practitioners

If these appointment times would suit you better please ring the surgery for our availability.

These appointment are pre-bookable.

**Routine Appointments**

Visit our website and fill out the online consult form at

<https://www.online-consult.co.uk/org/stable-fold-surgery>

We will then contact you within the following 2 working days, with advice or a future appointment time

**Opening Times**

**Opening Hours (Door closes 6.00PM)**

Monday 8.00AM-6.30PM

Tuesday 8.00AM-6.30PM

Wednesday\* 7.30AM-6.30PM

Thursday\* 7.30AM-6.30PM

Friday 8.00AM-6.30PM

**When we are closed:**

Out of Hours Service 0161 763 8940

NHS 111 111

Leigh Walk in Centre 01942 483 453

\*Patients cannot book appointments until 8.00AM on these days

**Practice Car Park**

Please be mindful when using the practice car park. Spaces are limited and are for use by patients, visitors and staff who are attending the practice, on the day



**Pharmacy First**

You can now attend your Pharmacy without seeing the Doctor, for the following:

|  |  |
| --- | --- |
| **Symptom** | **Age Range** |
| Acute otitis media/ear infection | 1 to 17 years |
| Impetigo | 1 year and over |
| Infected insect bites | 1 year and over |
| Shingles | 18 years and over |
| Sinusitis | 12 years and over |
| Sore throat | 5 years and over |
| Urinary tract infection | Women 16-64 years |



**Cervical Smears**

*\*All women and people with a cervix between age 25 and 64 can go for regular cervical screening, no matter their sexual orientation or gender identity.*

*Most cervical cell changes and cervical cancers are cause by persistent infection with HPV (Human papillomavirus). As HPV can be passed on through skin-to-skin contact in the genital area, anyone having any kind of sex is at risk of getting it*

\*Jo’s cervical cancer trust

If your test is due, you can book a test via:

**Practice Nurse**-Contact Reception to book appointment or self-book if you have received a text message

**Walk in Cervical Screening 10am-4pm**

The Health Hive-Market Place

Knowsley Street, Bolton BL1 2AL

01204 916241

**Extended Access Service**-contact Reception and they can book you an evening or weekend appointment (subject to availability)

**Local Classes/Groups**

Please check our noticeboards in Reception for details of local classes and support groups

**Prostate Cancer-Check your risk**

\*1 in 8 men will get prostate cancer. If you’re over 50, or you are of black origin, or your dad or brother had prostate cancer, you are at an even higher risk.

Prostate cancer is not always life-threatening but when it is, the earlier you catch it, the more likely it is to be cured

Visit: <https://prostatecanceruk.org/risk-checker>

\*Prostate cancer uk

**Are your child’s vaccinations up to date? If not, ask at Reception for a Nurses appointment**

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