

# Duke Medical Centre Newsletter

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## Useful Telephone Numbers:

- Appointment Line:  
0114 2722100
- Visit Line:  
0114 2720689
- Prescription Line:  
(Between 11-2pm)  
0114 2720689
- Results:  
(between 1-4pm)  
0114 2720689
- NHS Direct:  
0845 46 47
- Darzi Centre Walk-in Clinic  
0114 2412700

## Announcement from Dr Lightfoot

**We are sad to say that Dr Lightfoot announced earlier this month that she will be shortly retiring.**

**She will still be at the surgery until the end of June 2011.**

**We would like to wish her all the best, and hope that she has an enjoyable retirement**



## Mjog Computer System

We now have a new computer system at Duke Medical Centre that automatically will send you a text message the day before you have an appointment to remind you.

If you want to cancel this appointment, then all that you need to do is reply to the message saying 'CANCEL' and your appointment will automatically be cancelled.

If you would like to start receiving these text messages when you have an appointment, then please ask reception to check your telephone contact details.

**There will be no charge for you receiving the text messages, and any messages that are sent back will be charged at normal network rate.**



## Would you know how to spot a stroke?

**Anyone can have a stroke, even children and babies. Every year an estimated 150,000 people have a stroke in the UK.**

Would you know how to spot one?

In the event of a stroke you need remember to act **FAST!**

**FACE**:- Numbness, weakness or paralysis of one side of the face

**ARMS**:- Can the person lift their arms above their head?

**SPEECH**:- Is their speech slurred? Do they have any difficulty understanding or saying words?

**TIME**:- if you see ANY of these symptoms then you need to call 999 immediately

## Podiatry/Chiropody

As some as you may well be aware, the Chiropody service that usually runs at the surgery will no longer be taking place.

Should you wish to continue your podiatry/chiropody treatment, then please ask one of the reception staff for a self referral form which you can fill out and receive treatment elsewhere.

The form is a short questionnaire which asks you a range of questions regarding your treatment. Once you have filled in this form, hand it back to reception where we will then fax the form off for you and you will be contacted with an appointment in due course.



## Surgery Regular Opening Times

Monday: 7.00 - 18.00

Tuesday: 7.00 - 18.00

Wednesday: 7.00 - 18.00

Thursday: 7.30 - 12.00

Friday: 8.30 - 18.00

Saturday & Sunday: Closed

Although that on a Monday to Thursday the surgery opens earlier than 8.30am, please note that the telephone system does not get transferred back from Out of Hours Service until 8.30am. Appointments to see the doctor are also not released until 8.30am.



## Where do I go if I need to see a doctor when you are closed???

There are a number of places where you can either speak to or be seen by a doctor or a health care professional when the surgery is closed.

If you are wanting to speak to a doctor for advice or a home visit then all you have to do is ring the surgery on: 0114 2720689 and you will be automatically transferred to the Out of Hours Service and can speak to a qualified health advisor who can advise you on the appropriate course of action.

The Out of Hours service is available from 06.00pm - 08.30am Monday - Friday and all day Saturday & Sunday. The Out of Hours service is also available on Bank Holidays.

Should you want to be seen by a doctor then there are a number of Walk-In centres situated in Sheffield that you can attend for minor ailments. There is no appointment necessary, you can just walk in!!

### Sheffield City GP Health Centre

Rockingham House  
75 Broad Lane  
Sheffield  
S1 3BP  
Tel: 0114

Walk-in as an unregistered patient and see a GP or a nurse without an appointment

### Sheffield NHS Walk-In Centre

B Floor  
Royal Hallamshire Hospital  
Glossop Road  
Sheffield  
S10 2JF

The Walk-in Centre offers fast and convenient access to healthcare advice and treatment for minor illnesses.

### Sheffield Minor Injuries Unit

B Floor  
Royal Hallamshire Hospital  
Glossop Road  
Sheffield  
S10 2JF

The Minor Injuries Unit provides treatment for adults for less serious injuries, such as sprains, cuts and grazes.

To see a doctor for an urgent matter the you can attend the Accident and Emergency department at:

### Northern General Hospital

Herries Road  
Sheffield  
S5 7AU

Northern General Accident and Emergency is for adults over the age of 16.

### Sheffield Children's Hospital

Western Bank  
Sheffield  
S10 2TH

Sheffield Children's Accident and Emergency is for children under the age of 16.

For anything life threatening that requires urgent medical attention, then you should ring 999 and ask for an ambulance.

Forgot to hand your prescription in to the chemist to get your tablets dispensed??

No need to ring a doctor or the out of hours service, just take it to one of the out of hours chemist listed below:

### Lloyds Pharmacy

3-7 Alderson Road  
Sheffield,  
S2 4UA  
Tel: 0114 258 4116

### Wicker Pharmacy

55-57 Wicker  
Sheffield, S3 8HT  
Tel: 0114 272 7676  
[www.wicker.co.uk/pharmacy](http://www.wicker.co.uk/pharmacy)

Needing urgent dental attention and your regular dentist is closed??

Then ring the Emergency Dentist on:  
0844 736 8440

The Urgent Dental Care line is available day and night, 365 days a year, for both adults and children.



Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4  
  
Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*



Your business tag line here.



## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your

newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.