



**Welcome to the Spring edition of the Newsletter for patients of  
Towcester Medical Centre and Paulerspury Surgery.**

**Towcester Training Days 2023**

25<sup>th</sup> January    22<sup>nd</sup> February  
22<sup>nd</sup> March    26<sup>th</sup> April

**Bank Holidays 2023**

Good Friday    7<sup>th</sup> April  
Easter Monday    10<sup>th</sup> April

**Outside Clinic Hours**

If you have an urgent medical problem out of surgery hours, telephone the out of hours service by dialling 111 or you can visit one of the local NHS Walk In Centres at;

**Milton Keynes** - Milton Keynes Urgent Care Centre, Hospital Campus, Standing Way, Eaglestone, Milton Keynes, MK6 5NG.  
Open 24/7, every day of the year

**Northampton** - Minor Emergencies, Northampton General Hospital NHS Trust, Cliftonville, Northampton, NN1 5BD.  
Open 7 days a week.

**Local Chemists**

**Lloyds Pharmacy** - The Brook Health Centre, Swinneyford Road, Towcester, NN12 6HD  
Tel - 01327352417

**Lloyds Pharmacy** - 108 Watling Street, Towcester, NN12 6BT  
Tel - 01327350433

**Road Pharmacy** - 5 South View, High Street, Road, Northamptonshire, NN7 2NS  
Tel - 01604 864665

**Bugbrooke Pharmacy** - Levitts Road, Bugbrooke, Northampton, NN7 3QN  
Tel - 01604 833400

**Come and Join Us**

**WE NEED NEW PPG MEMBERS**

Would like to become a PPG Member and join us at our monthly meetings ?

For more information about what the PPG do for our practice, please contact Karen Wheeler, the Practice Manager on 01327 359953.

Meetings for start on Tuesday 10<sup>th</sup> January, 14<sup>th</sup> February, 14<sup>th</sup> March and 11<sup>th</sup> April

**New Faces**

Please join us in welcoming the latest new members of the TMC team;



**Karen Sidhu** is our newest clinical pharmacist to help with medicine queries and fulfilling your annual medication reviews



**Dr Gazmend Haxa** is our newest salaried doctor to join us



**Sammar Siddique** has joined us as our newest physiotherapist, available on Thursdays and Fridays

## Cold and Flu Season

There are plenty of self-help remedies and resources available to help you feel better and get you through the season. Knowing who to turn to for help starts with knowing what you have.

**If you have a cough, cold, sore throat, flu, ear ache, blocked sinus etc.  
ANTIBIOTICS ARE NOT FOR YOU**

### To Help You Get Better Quickly

Make sure you have plenty of rest, stay warm and keep yourself hydrated with plenty of fluids. Take paracetamol or ibuprofen to help with a temperature and aches. Consult a pharmacist or 111 for further advice if symptoms persist or you are concerned by any of your symptoms.

### COLD Symptoms

#### **Symptoms**

usually appear gradually over a few days

**Slight** aches & pains – muscles aches, chest discomfort

**Mild to Moderate** fatigue & weakness

**Stuffy** or runny nose, sneezing and sore throat

**Hacking cough** but able to move around without shortness of breath

Infectious period is usually 4-7 days after symptoms first appear

### FLU Symptoms

#### **Symptoms**

appear quickly and are more severe

**Fever** - usually high

**Severe aches & pains** - muscles aches, chest discomfort and sickness

**Moderate** to severe fatigue & weakness

**Stuffy** or runny nose, sneezing, sore throat, chills and headache

**Cough** - common but can become severe

Infectious period is usually 1 day before symptoms first to 3-7 days after

### When Should I Worry ?

#### **Your guide to Coughs, Colds, Earache & Sore Throats**

Are you a parent or older child dealing with a common infection in a child who is normally healthy? Have a look at the booklet below for the best advice regarding colds or infections.

A downloadable guide from the TMC website.

### FLU Clinics

You can book onto our flu clinics via our website or the Patient Access app. Please book into the age appropriate clinics, either 'Aged Over 65' or 'Eligible Under 65'. These clinics are for flu vaccinations only.

Date of last bookable clinic:

**Wednesday, 18th January 2023**

## SOCIAL PRESCRIBING APPOINTMENTS

As of the 1st of September, patients will be able to book with our Social Prescribers online via Patient Access

#### **Melissa Marsden and Tessa Matthews**

can help a wide range of people, including but not limited to those with:

- who have complex social needs
- with one or more long-term conditions
- who need support with their mental health
- who are lonely or isolated

Please use this QR for more information and to make a social prescriber appointment or please call your normal surgery number

