

PATIENT INFORMATION

# Slaithwaite Health Centre

Dr Y S Shamsee, Dr J C Ward, Dr P Wilding and Associates  
(practise together as a non-limited partnership)



New Street, Slaithwaite HD7 5AB

Tel: 01484 846674

Fax: 01484 841602

Repeat Prescriptions: 01484 846674 or

Online: [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)

FOR FURTHER INFORMATION PLEASE VISIT OUR WEBSITE

[www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)

**KEEP THIS BOOKLET BY YOUR TELEPHONE**

# Welcome To Slaithwaite Health Centre Patient Information

Slaithwaite Health Centre, New Street, Slaithwaite HD7 5AB

Tel: Appointments 01484 846674

Repeat Prescriptions: 01484 846674 or by Fax: 01484 841602

## Partners

<b>Dr Yusuf S Shamsee</b>	(male)	MBChB (Leeds 1992)
<b>Dr James C Ward</b>	(male)	MB BS (Newcastle 1997) MRCP (2001)
<b>Dr Paul Wilding</b>	(male)	MBChB (Leeds 1988) MRCP (UK) 1991

## Associate Doctors

<b>Dr Gemma Simcox</b>	(female)	MB ChB (Leeds 2000) MRCP DP DFFP
<b>Dr James D Morton</b>	(male)	MC Chir MA (Cambridge 2004)
<b>Dr Nick Henry</b>	(male)	MB BS (Newcastle 2000)
<b>Dr Sheelagh Kay</b>	(female)	BSc (Leeds 1981) MB ChB (Leeds 1984)
<b>Dr David Shutt</b>	(male)	MB ChB (Leeds 2001) MRCS (England) MRCP

Slaithwaite Health Centre opened in 1981 and offers a comprehensive range of health care services to local residents with good access and facilities for the disabled.

We endeavour to provide a happy, friendly, family service, whilst at the same time aiming to be at the forefront of general practice and to provide a one-stop health service to our patients. We are fully computerised.

## Practice Charter – Helping Us To Help You

### What We Will Do For You

We are always committed to providing a compassionate, friendly and professional service.

We will treat you with respect and will always listen to your concerns.

We will always offer you the most appropriate treatment and advice.

We will arrange a home visit if you are too ill to attend the surgery.

We will make every effort to see you promptly.

We will inform you how to obtain the results of tests and x-rays.

We will try to deal at once with any problems or complaints.

A doctor is on call at all times for emergencies.

You have the right to see your health records subject to any limitations in law.

Your records will be kept confidential.

We will answer the phone promptly and politely. If you need to speak to a doctor you will be advised when you can do this.

### What You Can Do For Us

Please treat staff with courtesy and respect.

If possible, please phone before 10.30am if you need a home visit unless in an emergency. Please, however, attend surgery wherever possible.

**For the latest information click to: [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)**

Please tell us if you cannot keep your appointment.

Please think carefully before calling us, or our deputising service, out at night.

Ask if you are unclear about your treatment.

Let us know if you change your name, address or telephone number.

Please remember most delays are usually due to emergencies. Please be patient.

Please treat your fellow patients courteously by keeping your appointment to time.

## Doctors' Surgery Consulting Times\*

<b>Monday, Tuesday, Wednesday &amp; Friday</b>	8.30am – 6.30pm
<b>Thursday</b>	8.30am – 8.15pm
<b>Saturday</b>	8.30 – 11.30am (alternate Saturdays)

There are late opening surgeries for doctors on Thursday and alternate Saturday mornings. Please phone/ask for details.

\*Please also see individual doctors' surgery times overleaf.

For non-emergencies and general health enquiries, advice from trained nurses may be obtained via the nationwide NHS Direct service on 0845 4647.

## Nurses' Consulting Times

<b>Monday</b>	8.30am – 5.30pm
<b>Tuesday</b>	8.30am – 5.00pm
<b>Wednesday</b>	9.00am – 3.00pm
<b>Thursday</b>	9.00am – 3.00pm
<b>Friday</b>	8.30am – 3.00pm

## Clinics

<b>Friday</b>	Phlebotomy Clinic (Bloods)	8.30 – 10.15am
<b>Tuesday</b>	Baby Clinic with Health Visitor	1.30 – 3.30pm
<b>Tuesday</b>	Postnatal/Eight Week Baby Checks PM	
<b>Wednesday</b>	Antenatal with Midwife	9.00 – 11.30am
<b>Thursday</b>	Baby Clinic with Health Visitor	9.00 – 11.00am
<b>Last Friday in each month</b>	Minor Surgery	8.30 – 11.30am

## Surgeries By Appointment

	am	pm
<b>Dr Paul Wilding (GP Partner)</b>		
Monday	8.30 – 11.00am	3.00 – 5.30pm
Friday	8.30 – 11.00am	
<b>Dr James Ward (GP Partner)</b>		
Thursday		5.30 – 8.15pm (Extended Hours)
<b>Dr Gemma Simcox (Associate GP – part time)</b>		
Thursday	8.30 – 11.00am	2.30 – 5.00pm
Friday	8.30 – 11.00am	2.00 – 4.30pm

**For the latest information click to: [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)**

**Dr James Morton (Associate GP – full time)**

Monday	8.30 – 11.00am	3.00 – 5.30pm
Tuesday	8.30 – 11.00am	3.00 – 5.30pm
Wednesday	8.30 – 11.00am	
Friday	8.30 – 11.00am	3.00 – 5.30pm

**Dr Sheelagh Kay (Associate GP – part time)**

Wednesday	8.30 – 11.00am	1.30 – 3.30pm
-----------	----------------	---------------

**Dr David Shutt (Associate GP – part time)**

Wednesday		3.00 – 5.30pm
Thursday	9.00 – 11.30am	3.00 – 5.30pm

**Dr Rachel Thomlinson (Sessional/Locum GP)**

Tuesday	9.00 – 11.00am	3.30 – 5.30pm
---------	----------------	---------------

**Dr Nick Henry**

Alternate Saturdays 8.30 – 11.30am (extended hours)

**Dr Gemma Simcox (Minor Surgery)**

Friday (Last one in each month)		8.30 – 11.30am
---------------------------------	--	----------------

## Appointments

An appointment system is in operation in our surgery. Please note, one patient per appointment. Although you may see any doctor in the practice, it is better to see one doctor consistently. URGENT cases will always be accommodated. Ideally you should try to consult the same doctor for recurrent/ongoing medical problems.

Appointments are usually 10 minutes, but if you feel your problem will take longer, please request a 20-minute appointment.

## Telephone Slots

If you wish to speak to your doctor or nurse for advice then please let our receptionists know. They will take your details and the doctor/nurse will return your call between surgeries and visits. Please be patient as the practice can be very busy from time to time and your query will need to be prioritised.

## Home Visits

Home visits should only be requested by elderly and/or infirm patients too ill to travel to the surgery. We would be grateful if you could phone before 10.30am to enable the doctor to plan their rounds. Requests are usually vetted so that the doctor can attend cases according to their urgency. In some cases you may be asked to attend the surgery.

## Emergency Cases

For an urgent visit, please phone the surgery (846674). The receptionist will contact the doctor on call. If, however, your call relates to a life-threatening emergency please call 999.

**For the latest information click to: [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)**

## Evenings, Weekends & Public Holidays

When the surgery is closed, please contact NHS out-of-hours service on 0345 605 9999.

## Repeat Prescriptions

Medicines required on a regular basis can be ordered by handing your repeat prescription into the practice or

- By telephoning 846674
- By post with a stamped addressed envelope
- By faxing the surgery on 841602
- Via our website, [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)

The receptionist may, at certain intervals, ask you to make arrangements to see the doctor or nurse before another repeat prescription is issued. This is to ensure that your medications are working safely and effectively and allows you an opportunity to ask us any questions about your condition or medication.

Please allow 48 hours' notice before collecting your prescription.

If you wish to have your medications delivered by the chemist, you must ring the chemist direct and arrange this. The telephone numbers are: Cohens 01484 842803, Cowersley 01484 652938

## Practice Staff

Modern medical care is not provided by doctors alone. Working together as a practice team we have:

**Three Practice Nurses**

Nicola Gilbert  
Julia Cook  
Sarah Makin

**District Nurses****Health Visitor****Midwife****Counsellor**

Kath Scrimshaw

**General Manager**

Jonathan Himsworth

**Operational Manager**

Debra Whitehead

We also have a team of receptionists and secretaries who are here to help you as much as possible. They will do many things for you including making appointments, taking messages, ordering prescriptions and ambulances, and will inform you of your test results when the doctor has seen and approved them. Sometimes they will ask for details of your condition in order to assess the degree of urgency. Such information is dealt with in complete confidence and at the direction of the doctors.

Please be patient with our team members - they are trying to keep everyone happy!

Our operational manager, Debra Whitehead, is always open to suggestions you may have regarding ways we could improve our services to you. Please contact her on [debra.whitehead@gp-b85059.nhs.uk](mailto:debra.whitehead@gp-b85059.nhs.uk) or visit our website at [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)

**For the latest information click to: [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)**

### Services Offered By Our Practice Nurses

Our practice nurses are all fully qualified and are registered with the Royal College of Nursing. They provide a comprehensive service and run their own surgeries. They are able to examine patients, order tests, make a diagnosis and prescribe treatments like a GP!

Clinics offered include:

- Cervical smears
- Blood tests and blood pressure checks
- Dressings
- Heart disease checks/screening
- Sexual health screening and counselling
- Health promotion/health MOT
- Travel and routine vaccinations
- Ear syringing
- Asthma and diabetes monitoring
- Family planning services
- HRT and menopause counselling/advice
- Baby clinic

....and many, many more services

### Services Offered By Our District Nurses

Our district nurses are responsible for all domiciliary visits, ie patients who are completely housebound. They provide the following comprehensive service:

- Care of chronically sick and disabled patients
- Give injections eg flu vaccinations etc
- Leg ulcer dressings
- Bowel care
- Ear syringing
- Care of terminally ill patients
- Care of housebound diabetic patients
- Catheter care/stoma care
- Removal of sutures
- Incontinence care

... and many, many more services

### Staff Training

Please note the practice closes on the afternoon of the last Wednesday of the month for staff training and professional development. During this time, urgent calls will still be dealt with and the doctor on call notified.

Please note - Slaithwaite Health Centre is not a GP training practice.

## New Patients – How To Register

We welcome all new patients to the practice. Our list is OPEN. If you want to join the practice please complete a registration form which can be picked up from reception. Please bring the completed form along to reception with your medical card, if you have it. The information on the medical card will speed up the process of getting your records from your previous practice. Once you have been accepted as a patient, your medical records will be transferred to us. You do not need to inform your existing practice that you are moving, although it may be courteous to do so.

When you register, we will ask you to make an appointment to see the practice nurse for a new patient health check and to complete a medical history form. This will make sure that our records are accurate and all routine checks to promote your health and wellbeing (such as blood pressure/smear tests/mammograms) are up to date. Receipt of your clinical records from a GP can take some considerable time, and not only does this appointment allow a relationship to be made with our practice, it also allows details of your history and any current medication to be detailed. Should you require to see the doctor or nurse before our records arrive here, then we have some information available.

**For the latest information click to: [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)**

## PENNINE PHYSIOTHERAPY & SPORTS INJURY CLINIC

CHARTERED PHYSIOTHERAPISTS

Your local, experienced  
physiotherapy specialists

For help with:

- Back pain
- Whiplash and neck pain
- Joint pain and injury
- Over use/repetitive strain injuries
- Core stability
- Sports injuries
- Post-operative rehabilitation



12 Lewisham Road, Slaithwaite, Huddersfield, HD7 5AL

Tel: **01484 843455**

[www.penninephysio.co.uk](http://www.penninephysio.co.uk)



## More than just sports

There is something comforting about receiving treatment from an experienced professional, and at the Pennine Physiotherapy and Sports Injury Clinic the resident physiotherapists can certainly claim to have worked at the highest levels.

“I attended both the 1996 and 2000 Olympics as physiotherapist to the Great Britain cycling team,” said Alison Whiteley, who qualified in 1994 and gained her first experience working in the NHS.

“My partner, Karen Hellowell, a physiotherapist since 1990, worked with the Huddersfield Giants Rugby Club for nine years, and spent a decade working with various top rugby league players.”

With both Alison and Karen supplementing this experience with time spent in both the NHS and private practice, they were keen to stress that physiotherapy is not just about treating sports injuries.

“We see clients of all ages and backgrounds, suffering from a variety of musculoskeletal-related complaints and conditions,” Alison explained. “In simple terms this means treating pain and correcting problems connected with the muscles, joints and nerves of the body.

“These may well be the result of a trauma or injury, but can also just as well be work or lifestyle related, or just aches and pains that come with getting older.”

Whatever the problem, Pennine Physiotherapy offers a professional, personalised service from comfortable, modern premises in the centre of Slaithwaite. “We take the time to get to know our clients through a thorough initial consultation, in which we design a personalised treatment plan for their individual circumstances.”

For more information or an informal telephone consultation please call (01484) 843455, or see [www.penninephysio.co.uk](http://www.penninephysio.co.uk)

Attract **more business** by placing your advert **here**. Simply call 0800 0234 196.

## Jennie Coxon Golcar Independent Funeral Directors Ltd

Serving Huddersfield & Surrounding Areas

24hr Service Private Chapel of Rest  
Burials Cremation's & Memorials

**Tel: 01484 644650**

FOR FUNERALS OF QUALITY & DISTINCTION

*Our Memories build a special bridge,  
When loved ones have to part,  
To help us feel we're with them still.  
And soothe a grieving heart,  
They span the years and warm our lives,  
Preserving ties that bind,  
Our Memories build a special bridge,  
And bring us peace of mind.*



Emily Mathews  
Registered Office  
17 North Drive Golcar  
HD7 4AX.  
Registered in England  
No. 07379355

## Golcar Independent Funeral Directors Ltd

Whether it's Burial or a Cremation, here at Golcar Funeral Directors you can have peace of mind that your loved one is taken care with the upmost respect, dignity and courtesy that should be afforded to all. We pride our self on the service we offer as being personal, tailored to individual needs, however simple or otherwise your request are, we will guide you from your first point of contact, and be with you every step of the way, making the arrangements for a funeral for your loved one as stress free as possible for you. We are also able to take care of the floral tribute, newspaper announcements, catering, and monumental masonry as part of our service.

We offer a 24 hour service 365 days a year, for a funeral of quality and distinction at an affordable price or for no obligation advice please feel FREE contact either Jennie Coxon or Kimberly Halstead on 01484 644650 for a informal chat.

Advertising Feature

## SLAWIT + GOLCAR CARS

- Airport and Minibus Service
- 4 & 8-seaters Available
- Reliable Service
- Local & Long Distance
- Contract Work Undertaken

# 01484 847222

1a Market Place, Slaithwaite HD7 5AP

## On Time, Every Time

SLAWIT and Golcar Cars have been proud to offer a high standard of friendly and helpful service to clients throughout Huddersfield, whatever the length of their journey.

"Our six and eight-seater vehicles are always here to help, whether it's a short trip shopping or into town or a holiday or airport transfer," said owner George Fellows, pointing out that the firm was founded in 2000.

"What makes us different is our commitment to providing the best possible service to each and every client, whether they travel a mile or a hundred miles."

George's drivers ensure prompt call outs and a little extra assistance where needed.

"We'll carry luggage and shopping, for example, and if someone needs help into and out of the vehicle, we'll lend a hand there, too," added George, proud of his company's competitive rates.

"We'll always give a quote for longer journeys, so our passengers know exactly what the cost will be.

"They'll also find that our cars are clean, well-maintained and on time, every time."

To book a Slawit and Golcar Cars taxi, please call (01484) 847222.

Advertising Feature

## Best feet forward

PRACTISING from the multi-disciplinary Colne Valley Clinic, Matthew Butters, born and bred in Marsden, offers a qualified podiatrist service to patients throughout Yorkshire. "Being a qualified podiatrist means that alongside the usual general foot care treatments such as corns, calluses, hard skin removal and nail care, I am also trained to carry out minor surgery on the lower limb," said Matthew, who graduated in 2005 from the University of Huddersfield with a BSc Honours in podiatry.

"I cover all aspects of foot care, from nail trimming to biomechanics, which studies how well the lower limbs function.

"I also prescribe orthotic devices for patients, which are specially designed insoles that give support to the foot, and can improve posture and related lower limb problems." Matthew offers his services flexibly both from the clinic and in his patients' own homes. "Looking after our feet is often something we overlook, but they are an important part of our everyday life," he said.

"Wherever I see a patient I'll always offer an individual, personal service that's based on that patient's foot health." For more information, call Matthew on 07767 746433 or 01484 846275.

## Matthew Butters

BSc (Hons)

### Podiatrist/Chiropodist

For all your foot  
health needs

Colne Valley Clinic  
11 Station Road  
Marsden  
Huddersfield  
HD7 6DG

Phone:

**Mob: 07767 746433**

**Landline: 01484 846275**



## Why your business needs a website

WITHOUT a website, your business or practice is invisible to the two thirds of prospective clients that use the Internet to locate products and services, and this figure grows daily.

Worse still, if your competitors have a website and you don't, then they are picking up your share of the prospects for your type of business when they search online.

Pay As You Go websites are proving to be a godsend to small and medium-sized businesses across the UK and Ireland.

Introduced by OPG Ltd, who have been building websites for more than eight years, and who have been helping businesses grow and prosper for over 30 years, they provide businesses and professional practices with 24/7 access to their targeted market.

Uniquely, the Pay - Monthly service comes with Web Partner support. This 'phone-a-friend' facility will provide answers to your queries and help you develop your site.

So if you don't yet have a website, or are unhappy with the one you have, call today for a chat on 0800 612 1408. You'll be glad you did!

Advertising Feature

## Generate more business with a Pay - Monthly website from OPG



We will design and launch a top quality bespoke business generating website for you, update it regularly at your request and provide on-going advice and support every working day.

**from £20  
per month**

There is no up-front payment and no extras, with an option to choose a pay-as-you-go, stop-when-you-like service.

**To find out  
more simply call  
0800 612 1408  
or email us at  
payasyougo@opg.co.uk**

**OPG - HELPING THE SMALL BUSINESS  
GROW FOR OVER 30 YEARS**

Advertising Feature

If **YOU** are reading this, then so could patients looking for your kind of service.



To place an advertising feature in our practice booklets and book a daily reminder of your service on our appointment cards and website simply phone Jenny Mellenchip now on 0800 612 1516.

## Special Clinics

- Antenatal/Postnatal
- Diabetic
- Chronic heart disease (CHD)
- Baby screening and immunisations
- Minor surgery
- Respiratory clinic
- Family planning and cervical smears
- Dietician

The clinics are held at the surgery on various days. Please enquire at reception for further details.

## Disabled Persons

Our premises have suitable access for disabled persons and ample parking is available in the main car park.

## Patients' Comments

Comments on any aspect of the practice will be received with interest. Please pass on any such comments to the staff or doctors. We are keen to provide a high standard of service - please help us to do so.

Complaints or grievances should be made to our operational manager, Debra Whitehead. We follow national guidelines regarding complaints and you will receive acknowledgment of your complaint within two days of receipt. We aim to resolve all complaints within 10 working days whenever possible.

## Inspection Of Your Medical Records

Leaflets are available which give information about your rights with regard to your medical record and the information included therein. Please ask the receptionist if you would like a leaflet.

## Patient Confidentiality

We respect your right to privacy and keep all your health information confidential and secure. It is important that we keep accurate and up-to-date information about your health and treatment so we can give you the best possible advice and care. It may be necessary, in certain circumstances, to share information with other members of the health care team listed. We would not disclose any information to any outside agencies without first obtaining your consent. This information is only available to those involved in your care and you will never be asked for personal medical information by anyone not involved in your treatment and care.

## Freedom Of Information - Publication Scheme

The Freedom of Information Act 2000 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the 'classes' of information the practice intends to routinely make available.

This scheme is available from reception.

## Practice Area

The practice boundary stretches for a three-mile radius around the Health Centre and covers Slaithwaite, Pole Moor, Golcar, Marsden, Linthwaite, Cowersley and Milnsbridge. In addition, the practice also accepts patients living in Helme and Meltham.

For the latest information click to: [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)

## Zero Tolerance

We strongly support the NHS policy of zero tolerance. Anyone attending the surgery who abuses the GPs, staff or other patients be it verbally, physically or in any threatening manner whatsoever, will risk removal from the practice list. In extreme cases we may summon the police to remove offenders from the practice premises.

## Primary Care Trust Contacts

This practice provides services for NHS Kirklees. NHS Kirklees can provide details of primary medical services in the areas.

### Kirklees PCT

St Luke's House  
Blackmoorfoot Road  
Crosland Moor  
Huddersfield  
HD4 5RH  
Tel: 01484 466000  
Website: [www.kirklees.nhs.uk](http://www.kirklees.nhs.uk)

### Nearest Walk-in Centre

North Kirklees NHS Walk-in Centre  
Dewsbury Et District Hospital  
Halifax Road  
Dewsbury  
West Yorkshire  
WF13 4HS

NHS Direct – 0845 4647, [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## Self Treatment Of Common Illnesses And Accidents

Many common aches and pains can be simply treated at home without the need to consult a doctor.

### Back Pain

Back pain is very common and is usually caused by spasm or cramping of the muscles. It can occasionally pass into the buttocks or upper leg. Unless the pain passes into your legs you should remain as active as possible. Simple painkillers such as paracetamol or ibuprofen should be taken and a warm water bottle applied to the painful area will help soothe it.

If your back pain persists for more than a few days it is advisable to contact the doctor who may advise alternative painkillers, exercises or physiotherapy.

### Burns

Immediately cool down the area with cold water or ice sealed in a plastic bag. Continue for at least 20 minutes. Burns heal best if left open to the air.

Blisters should not be burst but left intact. Should blisters accidentally burst they should be covered with a dry sterile dressing to help prevent infection.

Medical attention should be sought if the burnt area is bigger than the burnt person's hand, if there is blistering or if the burn is deep, causing the skin to be white or charred black.

### Colds

Unfortunately, there is still no cure for the common cold. Paracetamol or ibuprofen can help for fever and general aches and pains, and regular drinks should be taken to replace fluid lost by sweating. Gargling with soluble aspirin or paracetamol can help ease a sore throat, as can various remedies available from the chemist. Inhalation remedies from the chemist may help provide relief from a blocked nose.

The common cold is a viral infection and so antibiotics are not needed and do not help.

### Diarrhoea

Most diarrhoea is caused by viral infections and treatment is by replacing lost fluid by taking plenty of **non-milky** drinks. Rehydration solutions available from the chemist are useful for small children and also in adults with excessive diarrhoea. Milk and milk-based foods are best avoided for 24 hours and babies' formula feed can be diluted to half strength.

If diarrhoea persists for more than 24 hours or if it is red in colour, a sample should be brought to the surgery (suitable containers are available from reception).

The doctor should be consulted if you have a high temperature or if symptoms persist more than two days in children or more than one week in adults.

### Vomiting

The most common causes of vomiting are irritation by a viral infection, or eating food that has gone off. Treatment is replacing lost fluids by very frequent sips of water and very diluted fruit juice.

### Sprains

Sprains are treated by raising the injured part and applying a cold compress, containing ice if possible. This should be done for 15-30 minutes to reduce swelling as much as possible. A firm bandage such as Tubigrip should then be applied (but removed at night) and the affected part kept raised as much as possible. Paracetamol may help for pain and ibuprofen may help speed recovery.

### Nosebleeds

Sit upright and breathe evenly through the mouth while holding the nose closed.

Pinch the soft part of the nose just below the bone for a continuous period of 10 minutes. Apply ice in a plastic bag to the bridge of the nose. Avoid blowing your nose for 24 hours. Consult the doctor if you are on blood thinning drugs, if you have high blood pressure, or if children have frequent nosebleeds.

### Minor Cuts And Grazes

Wash the wound thoroughly with water and a little soap. To stop bleeding apply a clean handkerchief or dressing firmly to the wound for five minutes. Cover with a clean dry dressing. See the nurse if your tetanus is not up to date.

### Insect Bites And Stings

Antihistamine tablets can be obtained from the chemist without prescription and will usually relieve most symptoms or use topical creams.

Note: bee stings should be scraped away rather than "plucked" in order to avoid squeezing the contents of the venom sac into the wound.

### Head Lice

These creatures, contrary to popular belief, prefer clean hair and are, therefore, not a sign of poor personal hygiene. Medicated head lotion can be obtained from the chemist without prescription. To help prevent infection, condition hair once a week and comb through with a fine toothed or special nit comb.

### Cystitis

Cystitis is an infection of the urine which makes you need to urinate (pass water) more frequently and can cause stinging on passing urine. If you think you have cystitis bring a urine sample to the surgery in a clean container (available from reception). The sample can then be tested at the surgery and, if necessary, sent away for further testing. You should also drink plenty of fluids - lemon barley and cranberry juice can be particularly effective.

To help prevent cystitis occurring, regularly drink plenty of fluids, wear cotton underwear and avoid using bubble bath. If you are prone to cystitis always urinate before going to sleep and after love making.

### Chickenpox

On the first day a rash appears as small red patches about three to four mm across. Within a few hours of these developing small blisters appear in the centre of these patches. During the next three or four days further patches will appear and the earlier ones will turn "crusty" and fall off. Calamine lotion may be applied to soothe the often severe itching. Cool baths may also help.

Antihistamine tablets or suspension can be bought from the chemist. The most infectious period is from two or three days before the rash appears and up to five days after that day. Children may return to school as soon as the last "crusts" have dropped off.

### Earache

Earache can be caused by eczema in the ear, by ear wax or by infection in the middle ear. Symptoms of a middle ear infection are earache, a feeling of a blockage in the ear and a temperature. Many ear infections are caused by viruses and do not need antibiotics.

Treatment is by taking simple painkillers and laying with the head a little higher in bed. Holding a warm towel against the ear can also help provide pain relief. A doctor should be consulted if symptoms persist for more than 48 hours or if there is any discharge or bleeding from the ear.

## Health Promotion

Many illnesses can be prevented through healthy living. At the end of the day everybody has a responsibility for themselves and their health.

If you wish to make constructive comments, suggestions or complaints about the care we offer, please contact our operational manager.

## Making It Work

We hope that you have found this booklet useful. If you have any suggestions on how we may improve the service, please feel free to speak to your doctor, operational manager or use the suggestions box in the waiting area.

Information regarding the in-house complaints procedure is available on request at reception.

**For the latest information click to: [www.slaithwaitehealthcentre.co.uk](http://www.slaithwaitehealthcentre.co.uk)**

**PRACTICE BOOKLETS** ARE SPECIALLY PREPARED BY  
**Neighbourhood Direct Ltd** A MEMBER OF THE OLDROYD PUBLISHING GROUP LTD

Keenans Mill, Lord Street, St Annes-on-Sea, Lancs FY8 2ER  
 Tel: 01253 722142 Fax: 01253 714020

Website: <http://www.opg.co.uk> Email: [info@opg.co.uk](mailto:info@opg.co.uk)

COPYRIGHT WARNING: All rights reserved. No part of this publication may be copied or reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopy, recording or otherwise without the prior written permission of the publisher.

*The practice would like to thank the various advertisers who have helped to produce this booklet. However, it must be pointed out that the accuracy of any statements cannot be warranted, nor any products or services advertised, be guaranteed or endorsed.*




## Useful Telephone Numbers

Surgery .....	846674
NHS Out of Hours.....	0345 605 9999
NHS Direct .....	0845 4647
Huddersfield Royal Infirmary .....	342000
St. Luke's Hospital .....	343000
Princess Royal Community Health Centre .....	344000
Kirklees Primary Care Trust (PCT) .....	466000
Social Services .....	221000
Citizens Advice Bureau .....	08701 264851
Huddersfield Police .....	0845 6060 606
Samaritans .....	533388
Lifeline.....	353333/510826
Victim Support.....	511112
Domestic Violence.....	223221

## Useful Websites

NHS Choices .....	<a href="http://www.nhs.uk">www.nhs.uk</a>
Our website .....	<a href="http://www.slaithwaitehealthcentre.co.uk">www.slaithwaitehealthcentre.co.uk</a>