

PATIENT INFORMATION

# Oaklands Health Centre

Dr Y S Shamsee, Dr J C Ward and Associates



*Patientia cum misericordia*

Huddersfield Road, Holmfirth HD9 3TP

Tel: 01484 689111

Fax: 01484 689333

Repeat Prescriptions: 01484 689222

FOR FURTHER INFORMATION PLEASE VISIT OUR WEBSITE

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

**KEEP THIS BOOKLET BY YOUR TELEPHONE**

# Welcome To Oaklands Health Centre

## Patient Information

Oaklands Health Centre, Huddersfield Road, Holmfirth HD9 3TP

Tel: Appointments 01484 689111

Repeat Prescriptions: 01484 689222 or by Fax: 01484 689333

Drs Shamsee, Ward and Associates practise together as a non-limited partnership.

## Partners

Dr Yusuf S Shamsee	(male)	MB ChB (Leeds 1992)
Dr James C Ward	(male)	MB BS (Newcastle 1997) MRCP (2001)

## Associate Doctors

Dr Emma Spencer	(female)	MB BS (London 1998) MRCP
Dr Sheelagh Kay	(female)	BSc (Leeds 1981) MB ChB (Leeds 1984)
Dr David Oliver	(male)	MB ChB (Birmingham 1998) MRCP (2003)
Dr Louise Oliver	(female)	MB ChB (Birmingham 1998) MRCP (2003)
Dr Chloe Dufton	(female)	MB BS MA (Cantabs) DRCOG MRCP (2018)
Dr Jonathan Hall-Jones	(male)	MB ChB (Birmingham 2011) MRCP (2016)

Dr Shutt does a regular Minor Surgery Clinics held on some Mondays which patients can be referred to by their GP.

Oaklands Health Centre opened in 2005 and offers a comprehensive range of health care services to local residents with adequate 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 and are the only Dispensing Practice in the Holme Valley. We are also a Training Practice and a variety of people eg GP registrars, medical students and nurses undertake part of their training while attached to this surgery. When you register with one of the doctors it takes some time before we receive your medical records from your previous surgery.

All of our patients are allocated a Named Accountable GP. Your Named Accountable GP will either be Dr Yusuf Shamsee or Dr James Ward. You do not have to see your Named Accountable GP; you can see the doctor of your choice.

## 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.

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.

Results, please telephone the surgery between 11.00am - 4.00pm when the surgery is less busy and the doctors have had time to look at the results and write their comment.

## Doctors' Surgery Consulting Times

Monday 8.00am - 8.00pm

Tuesday and Wednesday 7.30am - 6.30pm

Thursday 8.00am - 8.00pm

Friday 7.30am - 6.00pm

Saturday morning surgeries details available on request

There are extended hours surgeries for doctors and nurses on Monday, Thursday and Saturday am. Please phone/ask for details.

For non-emergencies and general health enquiries, advice from trained nurses may be obtained via NHS 111 - simply dial 111 on your telephone or online at NHS 111.

## Nurses' Consulting Times

Monday and Thursday 8.00am - 8.00pm

Tuesday and Wednesday 7.30am - 6.30pm

Friday 7.30am - 6.00pm



## Clinics

Monday Minor Surgery 11.30am - 2.30pm

Friday Antenatal 8.40am - 5.00pm

Baby Clinic/Postnatal clinic 9.00 - 11.00am

We hold monthly consultant-led Out Reach Clinics here for the following

Mr Bryan BMI Urology

Mr Fawole One Health General Surgery

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 Tel: 01484 844289  
 98 Huddersfield Road, Holmfirth  
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## Tradition, honour and dignity

PEARSON Funeral Service traces its origins back to 1920, when 23-year old Alfred Bagley established a joinery business and funeral service in the village of Marsden.

Alfred's son Peter joined the business, eventually taking over in 1962. The company was bought in 2003 by Clive and Leanne Pearson, and together they uphold the traditions of service and respect that have been the Pearson cornerstones for over 85 years.

The company pride themselves on giving the highest standards of service at all times, with a reputation that has been built on trust and recommendation.

Every funeral is overseen by Clive personally, with each funeral tailored to the individual requirements of the deceased and their loved ones.

Pearson's are able to accommodate most requests, with each wish carried out with the utmost dignity and respect for the deceased and their family.

Clive and Leanne will help and guide each family through the difficult decisions they may face. Throughout the funeral arrangements they call upon their years of experience to point out procedures and legal requirements.

Pearson Funeral Service is able to offer traditional hearses and limousines, as well as a motorcycle hearse and a horse-drawn hearse. Whatever the individual requirement, they will do their utmost to carry out the family's wishes.

A catering service can also be provided, as can full floral services and monumental masonry work. A funeral pre-payment plan is also offered to help relieve the burden on those left behind.

For an independent funeral service based on respect and personal service, call Pearson Funeral Service on (01484) 688575.

ADVERTISING FEATURE

## 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. The practice will always endeavour to offer an appointment with the GP of your choice on your preferred day, but should this not be possible an explanation and an alternative will be offered. **Appointments are usually 10 minutes**, but if you feel your problem will take longer, please request a 20-minute appointment. Some urgent appointments will be dealt with by our nurse practitioner who will assess and treat your problem or refer you on to the duty doctor if appropriate.

Please be aware that taking another person into your consultation will enable them to see your computer records on screen.

We operate an on-line booking service for appointments. You can register on-line or ask at reception. Missed appointments - Due to an increase in the number of wasted appointments through patients failing to attend without informing the surgery, it has become necessary to implement the following policy. If you fail to attend for three appointments you may be removed from the practice list and will have to find an alternative doctor.

## Consult Your Doctor Online - Online Triage

Visit the surgery website [www.oaklandshealthcentre.co.uk](http://www.oaklandshealthcentre.co.uk) to get treatment and feedback from your own GP.

### How does it work?

- 1) Visit the surgery website and click on Online Triage
- 2) Find your health condition and fill out a simple online questionnaire
- 3) Your GP will get back to you with feedback and treatment options

## 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 book an appointment with the doctor/nurse to 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.

Please note the practice also funds a transport scheme to enable otherwise housebound patients to attend surgery for appointments rather than relying on home visits. Please ask the receptionist for details.

## Emergency Cases



For an urgent visit, please phone the surgery (**689111**). The receptionist will contact the doctor on call. If, however, your call relates to a life-threatening emergency, please call **999**.

## Evenings, Weekends And Public Holidays

When the surgery is closed a doctor from the local out-of-hours co-operative is always on-call and can be contacted on **689111** for emergencies only.

## Repeat Prescriptions

Medicines required on a regular basis can be ordered by handing in your repeat prescription to the dispensary or



- Via our website, [www.oaklandshealthcentre.co.uk](http://www.oaklandshealthcentre.co.uk)
- By posting with a stamped addressed envelope
- By faxing the surgery on 689333
- By telephoning 689222

The dispenser 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 two working days 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: Elmwood 681069, Honley 661818 and Holmfirth 683945. Alternatively, you can register with [medicines2home.com](http://medicines2home.com) who offer a free medicines delivery service to any registered patient, see [www.medicines2home.com](http://www.medicines2home.com) for more details.

## Dispensing Patients

We are only allowed to dispense medication to patients who live in rural areas, or more than a mile from the nearest chemist. If you don't qualify for this service you must take your prescriptions to one of the community pharmacies. Ask us about registering for our dispensing service if you think you qualify.

## Practice Staff



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

Nurse Practitioners

Caroline Shamsee RGN MSC Community Matron  
Nicola Cocker RGN Nurse Practitioner MSC  
Cath Filleul RGN BMedSci (Hons)

Practice Nurses

Janet Goodwin  
Gail Hunt

Health Care Assistants

Sarah Morris  
Becki Hanson

Midwifery

Red Team

Practice Manager

Julie Lambe

We also have a team of receptionists, secretaries and dispensers 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 practice manager, Julie Lambe, is always open to suggestions you may have regarding ways we could improve our services to you. If you would like to discuss ideas on new services or comment on existing services, please contact Julie via telephone, fax or email ([admin.oaklandshealthcentre@nhs.net](mailto:admin.oaklandshealthcentre@nhs.net)) or visit our website at [www.oaklandshealthcentre.co.uk](http://www.oaklandshealthcentre.co.uk)

## Services Offered By Our Nurse Practitioners And Practice Nurses

Our nurse practitioners and 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. Our nurse practitioners are able to examine patients, order tests, make a diagnosis and prescribe treatments like a GP!

Clinics offered include:

- Triage clinics for minor illnesses (nurse practitioner only)
- Travel and routine vaccinations
- Ear syringing
- Asthma and diabetes monitoring
- Family planning services
- HRT and menopause counselling/advice
- Over 75 health checks
- Cervical smears
- Blood tests and blood pressure checks
- Dressings
- Heart disease checks/screening
- Acupuncture for GP referrals
- Baby clinic
- Health promotion/health MOT

...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 diabetic patients
- Catheter care/stoma care
- Removal of sutures
- Incontinence care

... and many, many more services.

District Nurses Telephone Number: 03003 045555

## Staff Training

Please note that the practice closes on one afternoon per month either a Tuesday or a Wednesday for staff training and development. If you require medical assistance during these times please dial 01484 689111, when you will either be put through to the doctor on call or you will be asked to stay on the line and you will be put through to Local Care Direct.

Alternatively, please dial:

111 for non-emergencies

999 for life threatening emergencies.

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“We also carry a good range of tyres in stock at any one time, so motorists can be assured we’ll always have something in to suit their budget.”

Value for money is something Colin and his team have always been committed to, without cutting corners on quality. “Our reputation is built on doing an honest job for a fair price, which has seen different generations of local families entrust the maintenance and repair of their vehicles to us.”

Colin has invested in some of the latest technology to ensure the best possible service to their clients. “Our tyre service, for example, covers punctures, tracking and wheel balancing, which is done with modern computerised equipment,” he said.

It’s an approach that their clients have come to appreciate. “Times and styles have changed since I bought the business back in the seventies, but what remains the same is the great value and honest service we offer to everyone who comes through our door.”

Working alongside Colin is a team of dedicated professional mechanics. “We want to have our clients back on the road as quickly and reliably as possible.”

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## How To Register

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If you want to join the practice please complete a registration form which can be downloaded from [www.oaklandshealthcentre.co.uk](http://www.oaklandshealthcentre.co.uk) or can be picked up from reception. Please bring the completed form along to reception with your photo ID and utility bill. 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 previous 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 your records arrive here, then we have some information available.

## Special Clinics

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- Antenatal/Postnatal
- Diabetic
- Acupuncture
- Baby screening and immunisations
- Minor surgery
- Travel centre including Yellow Fever
- Family planning and cervical smears
- Teenage access
- Urology
- Over 75 clinic
- Respiratory clinic
- Chronic heart disease (CHD)
- Orthopaedics
- Elderly care
- Hidden Hearing (audiology)

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

## Vocational Training (GP Registrar)

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Our practice is involved in the further training of doctors for the special skills required in family medicine. Every six months we have a doctor attached to our practice who will initially see patients with one of the partners and then run their own surgery.

This doctor has the title of GP registrar. They are fully qualified doctors and will often have several years' experience of hospital medicine before joining us in general practice.

## Inspection Of Your Medical Records

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In order to retain our position as a training practice, we must be able to demonstrate that our record keeping is of a high standard.

To this end, we undergo regular assessments including the random examination of patient records by a senior training doctor. This is not related to your diagnosis or treatment and no copies of the records are made for other use.

If you do not wish your records to be included in this, or any other practice research, please inform the receptionist who will mark them accordingly. No other outside examination of your records will occur without your specific consent.

## Disabled Persons

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

## Patients' Comments, Compliments and Complaints

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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.

Any complaints or grievances should be made to our Practice Manager, Julie Lambe. These can be formal, informal or verbal. We have a complaints procedure leaflet at reception and we have a feedback form on our website. 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.

## Zero Tolerance

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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.

## Freedom Of Information

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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.

## Primary Care Trust Contacts

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This practice provides services for Greater Huddersfield CCG who can provide details of primary medical services in the area. Their address is:

GHCCG, Broad Lea House, Bradley Business Park, Dyson Wood Way, Bradley, Huddersfield, West Yorkshire HD2 1GZ Tel: 01484 464000 Website: [www.kirklees.nhs.uk](http://www.kirklees.nhs.uk)

## Nearest Walk-in Centre

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North Kirklees NHS Walk-in Centre

10.2 miles from Oaklands Health Centre

Dewsbury and District Hospital, Halifax Road, Dewsbury, West Yorkshire WF13 4HS

## Self Treatment Of Common Illnesses And Accidents

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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.

## The Family Medicine Chest

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Here is a list of useful medicines and dressings with a description of their uses. All are quite cheap and worth stocking at home in readiness for minor illnesses.

Keep them in a box or cupboard with a lock - or store them well out of the reach of children.

### Soluble Aspirin Tablets

For adults only. Good for headaches, colds, sore throats and painful bruises.

### Paracetamol Mixture

For relief of pain or fever in young children.

### Cough Linctus (for those aged over two only)

For dry or painful coughs - but not coughs caused by common colds.

### Menthol Crystals

Add to hot water to make steam inhalations for treating catarrh and dry or painful coughs.

## Vapour Rub

Again, for steam inhalations. Also useful for children with stuffy noses or dry coughs. Rub on the chest and nose.

## Ephedrine Nose Drops

For runny noses in children over one year old. Use before meals and at night but not for more than four days.

## Antiseptic Solution

One teaspoon diluted in warm water for cleaning cuts and grazes.

## Antiseptic Cream

For treating septic spots, sores in the nose and grazes.

## Calamine Lotion

For dabbing (not rubbing) on insect bites, stings and sunburn.

## Dressing Strips

For minor cuts.

## 3" Wide Crepe Bandage

To keep dressings in place. To support sprained or bruised joints.

## Cotton Wool

For cleaning cuts and grazes.

## Thermometer

For fevers.

## Tweezers

For removing splinters.

**Remember that your local chemist can give you advice about medicines.**

## 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 practice 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, practice manager or use the suggestions box in the waiting area.

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

## 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. 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. You have the right to access the information we hold about you. If you would like to see your medical records, please contact Julie Lambe.

## General Data Protection Regulation

Data Protection Law has changed from the 25th May 2018 and General Data Protection Regulation known as GDPR will apply.

Oaklands Health Centre aims to provide you with the highest quality of healthcare. To do this we must keep records about you, your health and the care we provide or plan to provide, this involves referrals to other healthcare providers and from time to time we may be asked to share your information with solicitors and insurance companies, but we will only do this with your specific consent.

We want you to know that Oaklands Health Centre respects the information we hold on you and that we take security of your information very seriously.

We have recently published a new Privacy Notice to give you more information on the data we hold on you, what we do with your data, who we share your data with and your new rights under GDPR.

## Non NHS Services

Certificates and forms, medical examinations and reports, access to records under data protection act, to whom it may concern letters, travel abroad (price on request).

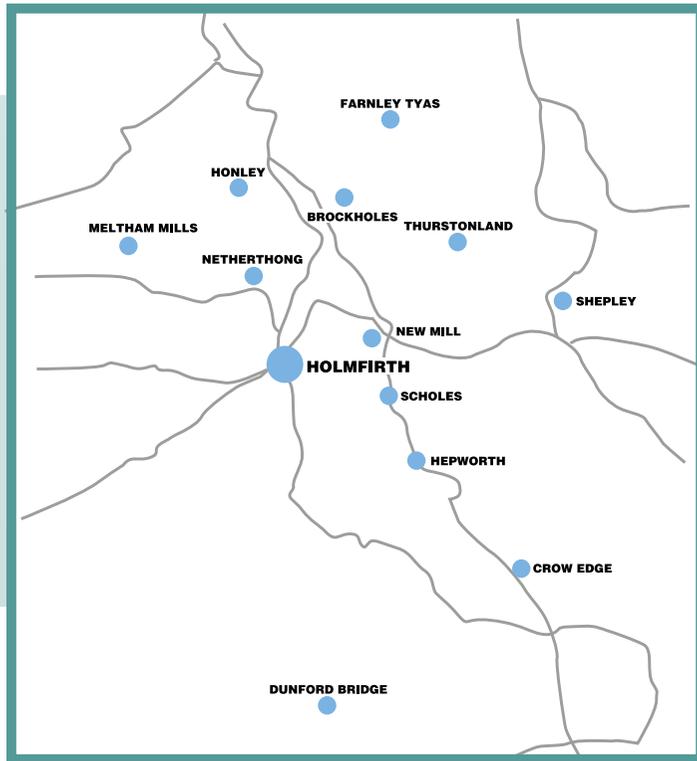
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## Practice Area



## Useful Telephone Numbers

Surgery .....	689111
District Nurses .....	03003 045555
Health Visitor.....	03003 309975
Midwife.....	355743
NHS 111 .....	111
Greater Huddersfield Clinic.....	464000
Huddersfield Royal Infirmary Commissioning Group.....	342000
Gateway to Care (Social Services) .....	414933
Citizens Advice Bureau .....	0844 8487970
Huddersfield Police.....	0845 6060 606
Samaritans .....	533388
On Track.....	437907
Victim Support.....	511112
Domestic Violence.....	03003 3031971
Friend to Friend .....	687773