



## Winter Holiday Opening Times

24th December	08.00 — 16.00
25th December	CLOSED
26th December	CLOSED
27th December	CLOSED
28th December	CLOSED
29th December	08.00—19.00
30th December	08.00—20.00
31st December	08.00—16.00
1st January	CLOSED
2nd January	CLOSED
3rd January	CLOSED
4th January	08.00 - 20.00
5th January	08.00 - 19.00
6th January	08.00—20.00
7th January	08.00—19.00
8th January	09.00—12.00

**Don't forget that at HGP we offer the appointment you want**

**...when you want it!**

- ✓ You can see a doctor within 48 hours (two working days)
- ✓ You can book an appointment in advance at a time to suit you
- ✓ You can book ahead to see the doctor of your choice
- ✓ You can see a GP on Saturday mornings if you book ahead
- ✓ You can book appointments online

**We are open longer**

**Monday, Wednesday, Friday**

**08:00-19:00**

**Tuesday, Thursday**

**08:00-20:00**

**Saturday**

**09:00-12:00**

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**HGP** Hampstead Group Practice

**NHS**  
Camden

Practice News

December 2010

**Merry Xmas and a Happy and Healthy New Year to all of our patients from the Doctors and Staff at Hampstead Group Practice**



## Surgery Health Pod

You may have noticed a new piece of equipment in the waiting area recently. This is our health pod. You can use the pod to perform your own tests without the supervision of a Doctor or Nurse. The results of the tests are sent directly to your medical record and will be available to your Doctor whenever you see them. The Pod can do the following:



- Blood Pressure Checks
- Height and Weight
- Body Mass Index
- Asthma Checks
- Epilepsy Checks
- Contraceptive Checks

## If you have High Blood Pressure

Use the pod to check your blood pressure when you order your repeat medication and you may save yourself an appointment with the nurse or doctor

## Minor Ailments Scheme

You can get advice and treatment for a range of conditions from your **local pharmacist** instead of visiting your GP practice.

This means that you do not have to wait for an appointment. When you join the scheme we will give you a **minor ailments patient passport**. When you take the passport to the pharmacy, the pharmacist will assess you and give advice and treatment as appropriate.

Any medicines dispensed will be **free of charge** if you do not normally pay prescription charges. If you normally pay for your prescriptions you will be charged the retail price of the medication or the prescription charge.....whichever is the cheaper.

The image shows a blue 'Camden PCT Minor Ailment Scheme Patient Passport' form. At the top left is a green cross logo. At the top right is the 'Camden NHS Primary Care Trust' logo. The title 'Camden PCT Minor Ailment Scheme Patient Passport' is in a dark blue box. Below this is a white box with fields for: Issue Number, Patient name, Patient Date of Birth, Emis Number, Date Card Issued, and GP Practice Stamp. At the bottom, a blue box contains the text 'ONLY VALID FOR PARTICIPATING PHARMACIES IN CAMDEN'.

Camden PCT Minor Ailments Scheme	• Athletes Foot	• Insect Bites & Stings
	• Constipation	• Minor Burns & Cuts
	• Cough	• Mouth Ulcers
	• Cystitis	• Sore Throat
	• Diarrhoea	• Sprains & Strains
	• Earache	• Teething
	• Fever	• Threadworm
	• Hay Fever/Allergies	• Vaginal Thrush
	• Head Lice	• Verrucas & Warts
	• Indigestion	• Viral URT Infection

## Seasonal Flu Jab

H1N1 is now circulating in the community



...this year's jab will protect against swine flu too.

Who is it for? Those aged 65 and over, carers, pregnant women or patients with one of the following: asthma, COPD, heart disease, liver disease, neurological conditions, kidney disease, diabetes or immune disorders.

## Concerned about chlamydia? Aged 15-25?

You are entitled to confidential **chlamydia screening** and don't even need to see anyone to have your test. Just pick up a pack from reception or ask a doctor or nurse.