



Welcome

We are very pleased to be able to welcome Dr Bethell to the practice. Dr Bethell has been a GP in Suffolk for the last 20 years, he has particular interests in cardiovascular medicine and care of the elderly. He will be working at the practice on Mondays, Tuesdays and Wednesdays.

Did you know you can self refer for:

- **Physiotherapy**

Visit <https://www.ahpsuffolk.co.uk/referral/>

You will be asked a series of questions about your problem. This information will then be triaged by the senior physiotherapists and you will be contacted via email within 3 working days with further information or an appointment.

- **Podiatry**

Visit <https://www.podiatryreferrals.co.uk/>

This service is available for patients aged 5 years and over and are able to attend an appointment at clinic..

- **Support to improve wellbeing and manage stress, low mood and anxiety.**

If you are aged 16 and over, you can contact the service by phone **0300 123 1781** or via the website: www.wellbeingnands.co.uk

Electronic Repeat Dispensing Service

If you or someone you care for uses the same medicines regularly, you may be able to benefit from using the NHS Electronic Repeat Dispensing (eRD) service. This means you won't have to re-order or collect your repeat prescriptions from your GP practice every time you need more medicine. With this new service you can collect them directly from a chemist. Please visit the practice website for more information or contact Gemma or Kirsty on 01473 271122.



PPG NEWS

We have finally purchased the 24hour ECG monitor for Ravenswood medical practice. We would like to say a big THANK YOU to everyone that supported our events and for all the help and support in raising the money.

Our next project to raise money for the practice will be published in the near future.



BLOOD TESTS– LOCATION CHANGE

New Premises

476-478 Landseer Road, Ipswich, IP3 9LU

How to book a blood test appointment

Book an appointment Online- Visit ESNEFT website:

<http://www.esneft.nhs.uk/service/bloodtests/>

Patients who are not familiar with making on-line appointments can have a relative or carer to make this on their behalf.

OR

Book an appointment by telephone- Contact **0333 103 2220**

ONLINE APPOINTMENTS

The practice offers a number of online appointments that can be booked at your convenience. When booking appointments online please ensure you are aware of what type of appointment you are booking. GP online appointments are telephone consultations – telephone calls are made anytime during surgery hours. Nurse Practitioner appointments are face to face appointments at the surgery.

Nurse practitioners can provide and advice for many problems for which you may have seen a doctor for in the past. The nurse practitioners can assess and examine you, make a diagnosis and provide advice and treatment including a prescription if required. They can make referrals to hospital doctors or other health care professionals and admit patients into hospital when necessary. Some examples of what a nurse practitioner can deal with are:

- Acute back pain, joint sprains, joint aches/pains
- Acute chest infection
- Acute asthma, COPD
- Conjunctivitis, STYE
- Urinary tract infections
- Diarrhoea, constipation/piles
- Rashes, including shingles
- Tonsillitis, cough, sore throat, cold/flu
- Vaginal thrush
- Menstrual disorders
- Breast lump
- Dizziness, unusual headache
- Ear ache
- Oral thrush
- Chest pain
- Wounds, soreness, lumps or discharge

If you haven't already registered for online services this can be done by completing an online registration form at reception. You will need to provide identification to enable your registration to be processed. Online access can also be obtained by using the NHS APP. For more information on the NHS APP go to www.nhs.uk/nhsapp.



The practice will be closed for essential clinical training from 1pm on **Thursday 18th July 2019**. Contact NHS 111 if you need medical advice when the surgery.