



# Dysart Surgery Newsletter

## CONTACT DETAILS

Telephone: 0208 464 4138  
 Fax: 0208 464 9248  
 Out of hours: 111  
 Email: [brocc.dysartreception@nhs.net](mailto:brocc.dysartreception@nhs.net)

SPRING 2019

## PLEASE USE THE RIGHT SERVICE AT THE RIGHT TIME!!

### Self-care

If you have a cough or cold, graze or upset stomach you can treat these symptoms at home-in fact staying at home and getting plenty of rest is the best place for you

### Pharmacy

Your pharmacist is a qualified clinician who can help you with common health problems including sore throat, diarrhoea and headache

### General practice (GP) doctor's surgery

Whether you feel ill or not it is essential that you register with a GP local to you. Registering is easy and means you have access to a doctor 24 hours a day, 365 days a year. You should visit your GP for injuries and ongoing illnesses, they will also be able to assess your needs and refer you to a specialist if needed **If your GP surgery is closed call 111 for out of hours advice.**

### Urgent care centre

Use these centres if you have an urgent and severe, but not life threatening, illness or health problem including wounds, cuts and sprains.

### Accident and Emergency (A&E)

These are hospital emergency centres and treat people with life threatening injuries or illness, for example

- Loss of consciousness
- Very confused state and fits that are not stopping
- Persistent and severe chest pain
- Severe bleeding that cannot be stopped.

**For life saving emergency care call 999**

## CARE NAVIGATOR CORNER

Hello! My name is Sarah Murphy and I am your Care Navigator at Dysart Surgery. What is A Care Navigator I hear you cry?!

Well, I can help patients at the surgery with non-medical things. This can be anything from helping with benefits, filling out forms, checking you are on the right benefits, referrals to local services in Bromley such as Bromley Well, help organising hospital transport and just general help, advice or someone to just talk to!

I am your link between you and any services you may be interested in and need help accessing. I hope to take the stress out of looking after your health and wellbeing, and generally helping you all if you need it.

You can pop in to the surgery and ask for me at reception as I am always there hovering, you can call on the main surgery number, and I even have an email: [broccg.dysartcarenavigator@nhs.net](mailto:broccg.dysartcarenavigator@nhs.net)

I look forward to meeting many more of our lovely patients here at Dysart and helping you in any way I can

## NATIONAL AWARENESS EVENTS

**13 MARCH IS  
NO SMOKING DAY**

**April:** Bowel Awareness Month

**11 April:** World Parkinson's Awareness Day

**22-28 April:** Allergy Awareness Week

**14-20 May:** National Epilepsy Week and Sun Awareness Week

**21<sup>st</sup>-27 May:** Dementia Action Week

## DYSART PARTICIPATION GROUP (PPG)

If you are interested in joining the PPG please ask at Reception or download a leaflet from the link below

[PPG Leaflet](#)