

# Quaypoints February 2017

The Patient Newsletter for East Quay Medical Centre

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## Getting to East Quay from January 2017 until summer

From January there are road works near East Quay Medical Centre that will affect how you travel to and from the surgery. This is likely to be until late summer.

During the road works there are number of things you can do to help:

- If you do not need to be examined, a telephone consultation may be appropriate. Reception can help you decide whether you need a face to face or telephone appointment.
- Please allow more time to get to the surgery for your appointment in case of traffic queues.
- Please avoid requesting home visits if you can get into the surgery as visits will take longer than usual for the GPs due to the traffic and this then reduces the appointments they can offer in the surgery, leading to longer waiting times.
- Please use online repeat prescription ordering and the electronic prescription service to avoid having to come into the surgery a number of times to order your prescription, collect it and then take it to the pharmacy. If you haven't yet been set up for this, please ask reception to do this for you.

The transport planners tell us that the traffic in the town will flow well. So whilst there will be a longer route for some, it should avoid getting stuck in traffic jams. We are working very closely with the Hinkley C team and the Workmen to ensure that any problems are identified and resolved quickly.

If you need to get to the surgery:

- You can still access the medical centre from both directions along East Quay.
- You can come up East Quay from the town centre
- You can turn right from the NDR/Homberg Way
- You can turn left from The Drove

**BUT you cannot come down Wylde Road as this is a one way system.**

**So, if you come from Junction 23/Puriton/Pawlett, please come down Bristol Road, turn right into the Drove and then left into East Quay.**

**To get OUT of the surgery:**

- **You have to turn left to go up to the town centre.**  
From there:
  - o To get to the west of town (Durleigh/Wembdon/Cannington etc) go through the town instead (either along The Clink up to Penel Orliou or the docks) or over the town bridge
  - o To get north (Pawlett/Puriton/J23) you need to turn left at the East Quay/Clink traffic lights, go past Sainsbury's, turn left at the Cross Rifles/Canon Roundabout. Then turn left into The Drove, then turn right by Riders onto Wylde Road, then turn left onto Bristol Road.
- **You can NOT turn right out of Symonds Way. This means you can NOT get to the NDR/Homberg Way or Wylde Road or The Drove directly from East Quay Medical Centre.**

**Bus services should continue run to East Quay Medical Centre.**

**Reception: 444666**

**Prescriptions: 446006**

[www.eastquaymedicalcentre.com](http://www.eastquaymedicalcentre.com)

**Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141**

## Self-Care

Self-care is the actions we undertake to look after ourselves, physically, emotionally and mentally.

It incorporates the essential acts of care that we all need to focus on-like eating, keeping ourselves clean and getting enough sleep.

On top of that though, self-care is what nourishes us personally: the things we do that comfort us, calm us and make us feel good. These vary from person to person-you might be drawn to creative activities, physical pursuits, mindfulness techniques, a combination of all three or something different altogether.

### Why is self-care so important?

- **It's good for our health**-some activities have physical benefits that can help our mental health. Exercise instantly triggers endorphins and taken regularly can offer a whole host of mood-boosting benefits.
- **It's good for our hearts**-some activities can directly impact on the stuff that brings us down. Decluttering our surroundings can leave us feeling lighter for example.
- **It reminds us we are worthy**-by taking time out to do something just for us we counter those negative thoughts. We are showing them that actually, we are worthy of attention and care.
- **It empowers us**-although medical and therapeutic assistance are vitally important in treating illnesses like depression, self-care is extremely helpful too. Whereas we are not always in control of the outside help we get, we can take control of our own self-care.
- **You can start now**-self-care is accessible to everyone; even the smallest acts make a big difference.

*Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort*

**Deborah Day**

## Whooping Cough and pregnancy

Help protect your baby

There is a lot of whooping cough around at the moment. Babies are at most risk, especially in their first weeks of life.

Expectant mothers can help protect their baby by getting themselves vaccinated against whooping cough, usually after their twenty week scan.

Don't take the risk. Act now to protect your baby from whooping cough from birth.

Ask at reception for an appointment.

## Who is eligible for the 2016/17 Shingles Vaccine?

**Age:** The age you were on 1 September 2016

**69 or under-NO**

**70-YES**

**71-YES**

**72-YES**

**73-YES**

**74-77-NO**

**78-YES**

**79-YES**

**80 or over-NO**

If you are the right age and haven't had a shingles vaccination, please book your appointment at reception