**Riverside Surgery Newsletter**

**April 2019**

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| **Easter Holidays**  We would like to wish all of our patients a very happy Easter.  cartoon rabbit holding an easter egg  The surgery will be closed on Friday 19th April (Good Friday) and Monday 22nd April (Easter Monday).  We will reopen on Tuesday 23rd April at 8.00am.  Could all patients please ensure that you have ordered your medication in time and have enough to last over the weekend. |

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| **Pharmacy First**  Your local pharmacy can treat you for a common ailment or illness without seeing a GP.  A common ailment can be an illness or condition that can easily be treated with over the counter medication. Using your local pharmacy can help free up your doctor’s appointments for those with more serious conditions and also ease the pressure on the out of o service and A&E.  If you pay for your prescriptions you will be offered help and advice and will usually find that purchasing your medication over the counter is cheaper than the cost of an NHS prescription.  If you normally get your prescriptions free then visit your pharmacy and ask about the **common ailments service** which provides simple, effective medication **free of charge** when you complete the exemption form (see overleaf for more details of this service). |

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| **The surgery will be closed from 1.00pm on Tuesday 16th April for Protected Learning Time. We are sorry for any inconvenience caused .** |

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| **Common Ailment Service**  The common ailment service is a scheme for children and people who don’t pay for their prescriptions and are suffering with a common ailment.  Your local pharmacist can offer you expert advice without the need to visit your GP. No appointment is necessary.  The list below shows the common ailments covered by the service.   * [Bites and stings](http://www.nhs.uk/Conditions/Bites-insect/Pages/Introduction.aspx) * [Chickenpox](http://www.nhs.uk/conditions/chickenpox/Pages/Introduction.aspx) * [Cold/Flu-like symptoms/ Nasal congestion](http://www.nhs.uk/Livewell/Coldsandflu/Pages/Coldsandfluhome.aspx) * [Cold sores](http://www.nhs.uk/Conditions/Cold-sore/Pages/Symptoms.aspx) * [Conjunctivitis](http://www.nhs.uk/Conditions/Conjunctivitis-infective/Pages/Introduction.aspx) * [Constipation](http://www.nhs.uk/conditions/Constipation/Pages/Introduction.aspx) * [Cough](http://www.nhs.uk/conditions/cough/pages/introduction.aspx) * [Dermatitis/Dry skin/ Allergic type skin rash](http://www.nhs.uk/Conditions/Eczema-(contact-dermatitis)/Pages/Introduction.aspx) * [Diarrhoea (acute)](http://www.nhs.uk/Conditions/Diarrhoea/Pages/Introduction.aspx) * [Earache](http://www.nhs.uk/Conditions/Earache/Pages/Introduction.aspx) * [Fever management](http://www.nhs.uk/conditions/feverchildren/Pages/Introduction.aspx) * [Fungal skin infections](http://www.nhs.uk/Conditions/Athletes-foot/Pages/Introduction.aspx) * [Hayfever (Seasonal allergic rhinitis)](http://www.nhs.uk/Conditions/Hay-fever/Pages/Introduction.aspx) * [Haemorrhoids](http://www.nhs.uk/conditions/haemorrhoids/Pages/What-is-it-page.aspx) * [Headache/migraine](http://www.nhs.uk/conditions/headache/Pages/Introduction.aspx) * [Heartburn/ indigestion](http://www.nhs.uk/Conditions/Indigestion/Pages/Symptoms.aspx) * [Infant colic](http://www.nhs.uk/conditions/Colic/Pages/Introduction.aspx) * [Mouth ulcers](http://www.nhs.uk/conditions/mouth-ulcer/pages/introduction.aspx) * [Nappy rash](http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/Nappy-rash.aspx) * [Oral thrush](http://www.nhs.uk/Conditions/Oral-thrush---adults/Pages/Introduction.aspx) * [Scabies](http://www.nhs.uk/conditions/Scabies/Pages/Introduction.aspx) * [Sore throat](http://www.nhs.uk/conditions/Sore-throat/Pages/Introduction.aspx) * [Sprains & Strains](http://www.nhs.uk/Conditions/Sprains/Pages/Treatment.aspx) * [Teething](http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/teething-and-tooth-care.aspx) * [Threadworms](http://www.nhs.uk/Conditions/Threadworms/Pages/Symptoms.aspx) * [Vaginal thrush](http://www.nhs.uk/conditions/Thrush/Pages/Introduction.aspx) |