

The Church of St. Mary, Long Sutton

THE
SUTTONS
MEDICAL GROUP
Long Sutton and Sutton Bridge
A GUIDE TO OUR SERVICES AND STANDARDS



East Bank Lighthouse, Sutton Bridge

Telephone:
Long Sutton Medical Centre 01406 362081
Sutton Bridge Medical Centre 01406 350217
www.suttonsmedicalgroup.co.uk

WELCOME TO THE SURGERY

There have been medical practices in Long Sutton and Sutton Bridge since time immemorial but they were officially joined in the mid 1960s and are now working as the Suttons Medical Group.

The doctors, health visitors, district nurses and staff of this practice work closely together as a team to provide a high quality service that is sensitive to your needs and have agreed to the following standards:

Our Commitment To You

- Patients will be treated confidentially and with courtesy.
- We will keep you informed of the services we offer, your rights and any information that directly affects your health and treatment.
- Referral to a specialist acceptable to you when the doctor thinks it necessary.
- Patients have a right of access to their health records subject to any limitation in law. There may be a charge for this.

DOCTORS

Dr CCC Fung BM

Qualified Southampton 1981, joined the practice in 1988. Special Interests: Family Planning.

Dr CC Booth MB ChB MRCGP

Qualified Manchester 1985, joined the practice in 1990. Special Interests: Practice Administration.

Dr A Rudd MB ChB BSc MRCGP DGM

Qualified Birmingham 1986, joined the practice in 1993. Special Interests: Pharmacology.

Dr RH Jones BSc(Hons) MBBS

Qualified Guy's London 1977, joined the practice in 2000.

DR AR Gleave MB ChB MRCGP DFFP

Qualified Leicester 1994, joined the practice in 2000.

Dr A Chabbria MBBS MRCGP

(Salaried GP) joined the practice June 2010.

Dr R Hossany MRCGP MRCP (UK) DRCOG DFFP

(Salaried GP) joined the practice January 2011.

Drs Fung and Booth are mainly based at Long Sutton surgery whilst Drs Rudd, Jones and Gleave are mainly based at Sutton Bridge. Drs Chabbria and Hossany work between both practices. All doctors are on the minor surgery and child health surveillance lists.

MEDICAL CENTRE OPENING TIMES

LONG SUTTON - Trafalgar Square, Long Sutton, Lincs

MONDAY.....	8.30AM - 6.00PM
TUESDAY	8.30AM - 6.00PM
WEDNESDAY	8.30AM - 6.00PM
THURSDAY	8.30AM - 6.00PM
FRIDAY	8.30AM - 6.00PM

SUTTON BRIDGE - Railway Lane, Sutton Bridge, Lincs

MONDAY.....	8.30AM - 6.00PM
TUESDAY	8.30AM - 6.00PM
WEDNESDAY	8.30AM - 6.00PM
THURSDAY	8.30AM - 6.00PM
FRIDAY	8.30AM - 6.00PM

Outside the above hours the medical centres are not manned and therefore appointments cannot be made.

DOCTORS' SURGERY TIMES

LONG SUTTON AND SUTTON BRIDGE

MONDAY.....	9.00 - 11.30AM	4.00 - 6.00PM
TUESDAY	9.00 - 11.30AM	4.00 - 6.00PM
WEDNESDAY	9.00 - 11.30AM	DUTY DOCTORS ON CALL
THURSDAY	9.00 - 11.30AM	4.00 - 6.00PM
FRIDAY	9.00 - 11.30AM	4.00 - 6.00PM

Consultations by appointment, which can be made at the surgery or by telephoning Holbeach 362081 for Long Sutton patients and Holbeach 350217 for Sutton Bridge patients.

PRACTICE NURSES

The nurses are on duty as follows:

LONG SUTTON

MONDAY, TUESDAY, THURSDAY, FRIDAY.....	9.00AM - 1.00PM
WEDNESDAY	9.00AM - 12 NOON
MONDAY.....	4.00 - 5.40PM
TUESDAY	4.00 - 5.40PM
THURSDAY	4.00 - 5.40PM
FRIDAY	4.00 - 5.40PM

SUTTON BRIDGE

MONDAY, TUESDAY, THURSDAY, FRIDAY.....	9.00AM - 1.00PM
WEDNESDAY	9.00AM - 12 NOON
MONDAY.....	4.00 - 6.00PM
TUESDAY	4.00 - 5.40PM

OUT-OF-HOURS CALLS

The practice is a member of Lincolnshire Primary Care Trust Out-Of-Hours service.

If you need a doctor in an emergency between 6.30pm and 8.00am weekdays and from 6.30pm on Fridays to 8.00am Mondays, please telephone 111 or ring the practice line 01406 362081 for advice on how to contact emergency out of hours cover.

After your details have been taken, the doctor on call will contact you and assess your problem. You may be given advice or asked to come and see the doctor at the nearest emergency out-of-hours.

If the doctor feels your condition is critical, an ambulance may be dispatched immediately by the on-call doctor.

The out-of-hours service is for MEDICAL EMERGENCIES only and all minor, routine or non-urgent matters should be dealt with during normal surgery hours.

At night and weekends, in the case of a medical emergency, you may need to contact a doctor. Your phone call will automatically be diverted to the emergency doctors call centre where your details will be taken. If for any reason you cannot get through to the emergency call centre, dial 999 or attend the nearest casualty department.

NHS Direct is available for 24-hour advice by calling 111.

HOME VISITS

Home visits are at the discretion of the doctor. Please do not ask the doctor to call unless the patient is genuinely too ill to come to the surgery.

If the patient has a temperature or rash, coming to the surgery will do no harm and will not endanger others, but please inform the receptionist on arrival.

When the condition of the patient does require a home visit, please try to give notice before 11.00am on the same day the visit is required.

APPOINTMENTS

Appointments can be made by telephone at either surgery or in person. If your problem requires immediate treatment, arrangements will be made for you to be seen on the day. We work as a team at the practice offering the first available appointments with our clinical professionals. We will always advise you if for any reason your appointment is unavoidably delayed.

CANCELLATION OF APPOINTMENTS

If you cannot keep an appointment please inform us as soon as possible so that it can be used for another patient. Please help us to help you and others by ensuring that valuable appointment time is not wasted. Patients who persistently book appointments and do not keep them (without good reason) may be considered for removal from the practice list.

PRACTICE STAFF

The practice employs a practice nursing team who carry out chronic disease management clinics and open access minor injury or minor illness clinics. There are also health care assistants who support the nurses in many roles including taking of blood and ECGs.

The practice also employs a practice manager, receptionists, dispensary staff, medical secretarial staff, note summarisers and domestic staff.

The Lincolnshire Primary Care Trust team consists of a health visiting team consisting of two health visitors, an RGN and a nursery nurse who monitor children's health and provide health promotion and education for patients of all ages. The LPCT also provide midwifery services.

The district nursing team, also employed by LPCT, provide nursing care in the home to patients with mobility difficulties as well as some surgery based services.

The health visitors and district nurses may be contacted as follows:

LONG SUTTON MEDICAL CENTRE

Health visitor - 01406 364910

District nurses - 01406 364071

Clinic clerk - 01406 363016

SUTTON BRIDGE MEDICAL CENTRE

Health visitor - 01406 351841

Clinic clerk - 01406 350214

WELL BABY CLINICS: Thursdays 2.00 - 4.00pm with a doctor and health visitor

PODIATRY APPOINTMENTS AND WELFARE FOODS: 01406 350214

The district nursing team provide skilled nursing care to people in their own home.

For the district nurses please telephone 01406 364071.

SEEING THE DOCTOR AND APPOINTMENTS

Although you are registered with a specific doctor you are free to consult any of the doctors or the practice nurse.

It is obviously an advantage to see the same person regularly or for any one complaint so that progress can be assessed and continuity of treatment maintained.

Consultations are by appointment only and our receptionists will endeavour to give you a convenient appointment with the doctor of your choice.

Patients will be seen by a doctor as follows:

In an emergency: The same surgery (any GP or first available)

On an urgent matter: The same day (any GP or first available)

A routine problem: Within three working days by any GP or next available appointment by your GP

We will always give you an explanation if your appointment is delayed for any reason.

REPEAT PRESCRIPTIONS

SUTTON BRIDGE AND LONG SUTTON

Both of our practice dispensaries dispense medications for patients who live more than one mile from the chemist, and who are on our current dispensing list. There is a chemist in both Sutton Bridge and Long Sutton. Please post or hand in the computerised slip with the appropriate items ticked. We do not normally accept telephone requests for repeat prescriptions. Please allow **two WORKING days** (48 hours) for the practice to process your repeat prescription, or **three WORKING days** (72 hours) when the week includes a Bank Holiday. Particularly busy times are both the Easter and Christmas holidays; please hand in your repeat prescription in good time to ensure continuity of your medications. The practice dispensaries are open between the hours of 8.30am and 6.00pm from Monday to Friday.

EMERGENCY CHEMISTS ROTA

Nene Pharmacy, Sutton Bridge is open: 9.00am - 12 noon on Saturdays
Alliance Pharmacy, Long Sutton is open: 9.00am - 5.00pm on Saturdays
Sainsbury's Pharmacy in Spalding is open: Until 11.00pm every week night/Saturdays until 1.00pm/& Sundays 10.00am - 4.00pm

For emergency medication advice patients can contact NHS Direct on 111.

TELEPHONE ADVICE

Telephone advice is available from the doctors should you require it. Please contact the receptionist who will advise you of when the doctor will be free to speak with you.

TEST RESULTS/RESULTS OF INVESTIGATIONS

SUTTON BRIDGE

Please ring wherever possible between 11.00am and 12 noon Monday to Friday on 01406 350217.

LONG SUTTON

Please ring wherever possible between 10.00 and 11.30am Monday to Friday on 01406 362081.

OTHER SERVICES

MINOR SURGERY

The practice undertakes minor operations, to help save long waits for hospital treatment, by appointment. Please contact the receptionist for further details.

ANTENATAL CLINICS

LONG SUTTON AND SUTTON BRIDGE - By appointment with the midwife.

During the course of your pregnancy you will have shared care between the hospital and the practice. You will be seen regularly by our attached community midwife at our practice-based antenatal clinics and attend hospital for a scan.

WELL BABY CLINICS (PAEDIATRIC SURVEILLANCE)

NO APPOINTMENT NECESSARY

LONG SUTTON 1st and 3rd Friday of the month 2.00 - 4.00pm
SUTTON BRIDGE Thursday 2.00 - 4.00pm

There is a doctor and health visitor in attendance and vaccinations are given by the practice nurse. We recommend a full immunisation programme and developmental checks for all pre-school children. Our health visitors or practice nurses can advise you on the requirements.

The recommended regime is as follows:

When to Immunise	Diseases Protected Against	Vaccine Given
Two months old	Diphtheria, tetanus, pertussis (whooping cough), polio and Haemophilus influenzae type b (Hib) Pneumococcal infection	DTaP/IPV/Hib + Pneumococcal conjugate vaccine, (PCV)
Three months old	Diphtheria, tetanus, pertussis, polio and Haemophilus influenzae type b (Hib), Meningitis C	DTaP/IPV/Hib + MenC
Four months old	Diphtheria, tetanus, pertussis, polio and Haemophilus influenzae type b (Hib) Meningitis C, Pneumococcal infection	DTaP/IPV/Hib + MenC + PCV
Around 12 months	Haemophilus influenzae type b (Hib), Meningitis C	Hib/MenC
Around 13 months old	Measles, mumps and rubella, Pneumococcal infection	MMR + PCV
Three years and four months or soon after	Diphtheria, tetanus, pertussis and polio Measles, mumps and rubella	DTaP/IPV or dTaP/IPV +MMR
Girls aged 12 to 13 years	Cervical cancer caused by human papillomavirus types 16 and 18	HPV
13 to 18 years old	Diphtheria, tetanus, polio	Td/IPV

* Human papillomavirus vaccine

This vaccine was introduced into the routine immunisation programme in September 2008.

For more information, visit www.nhs.uk/hpv

CHRONIC OBSTRUCTIVE PULMONARY DISORDER HEALTH PROMOTION

On joining the practice all patients' registration forms will be screened.

The practice holds approval for health promotion in:

ASTHMA MANAGEMENT

DIABETES MANAGEMENT

CYTOLOGY CLINICS

SMOKING CESSATION

The aim of the practice is to encourage and support its patients in living a healthier life. Anyone who wants an appointment should ring Long Sutton Medical Centre on 01406 362081 or Sutton Bridge Medical Centre on 01406 350217. The nurses who organise and participate in these clinics are fully qualified in recognised and approved courses of Health Promotion Training.

HEALTHY EATING AND WEIGHT LOSS CLINIC

Wednesday (varying appointments) at Sutton Bridge Surgery

WEIGHT LOSS CLINIC is BY APPOINTMENT ONLY; all patients of any age are welcome.

FIRST TIME MUMS GROUP

Mothers and babies are invited to this group held at Sutton Bridge on Mondays between 11.00am and 12 noon. Various topics concerning parenting are covered and there is always a cup of coffee and a warm welcome.

SMOKING CESSATION GROUPS

These are held at various intervals during the year. If you are interested in giving up smoking, please ring reception for details of times and venues.

ADULT IMMUNISATIONS

This is dealt with by the practice nurse. We recommend that all adults have a tetanus booster every seven to ten years. If you have never had a tetanus injection it is important for you to have a course of three injections. Any woman who might be thinking of having children should consider having a blood test to check that she is protected against rubella (German measles).

TRAVEL VACCINATIONS

We also provide travel immunisation as required. Please try to plan these well in advance as you may need a course of vaccinations over a period of six weeks or more.

FLU VACCINATIONS

In October and November of each year, we offer "flu" injections to patients who are at particular risk. This includes the frail, the elderly and those with long-standing chest complaints (eg asthma), cardiac conditions and diabetes.

FAMILY PLANNING

All aspects of family planning are catered for. Patients requiring oral contraceptives are seen during routine surgeries.

REGISTERING AS A PATIENT

Please ask at the reception desk for a registration form. The receptionist will be happy to give you any further advice you need to register with the practice.

NEWLY REGISTERED PATIENTS

All new patients will be asked to complete a registration questionnaire form which will be screened by the nursing team. If necessary, the patient may be called for a patient screening check.

NON-NHS EXAMINATIONS

Medical examinations for special purposes eg elderly drivers, HGV medicals, PSV medicals, pre-employment medicals, fitness to undertake sports, fitness to travel etc, are not undertaken during surgery times. As special appointments must be made, a fee will be payable in advance of the appointment.

CHANGE OF ADDRESS OR OTHER PERSONAL DETAILS

Please keep us informed of any change of personal details for example, name, address, telephone number etc. If you move out of the practice area you will be required to register with another GP practice.

PATIENT CONFIDENTIALITY AND DATA PROTECTION

We ask you for personal information so that you can receive appropriate care and treatment. This information is recorded on computer and we are registered under the Data Protection Act. The practice will ensure that patient confidentiality is maintained at all times by all members of the practice team. However, for the effective functioning of a multi-disciplinary team it is sometimes necessary that medical information about you is shared between members of the practice team.

PARKING

There are designated parking areas next to the surgeries. Please do not park in the spaces marked for doctors and staff and do leave easy access to this area.

If at busy times the car parks are full and you need to park on the road, please do so safely and respect our neighbours' access to their properties.

ACCESS FOR DISABLED

As purpose-built medical centres we are fully equipped with facilities for the disabled with access ramps, double doors and disabled toilet facilities.

ACCESS TO MEDICAL RECORDS

Under the Data Protection Act 1998 and in accordance with the relevant legislation you are entitled to have access to your medical records. Please contact the practice manager who will advise you regarding access to your records. There may be occasions when your medical details are communicated to a third party, eg Insurance Companies; this will be done only with your written consent.

COMPLAINTS

If you have a complaint or concern about the services you have received from the doctors or any of the staff in this practice, please let us know. We operate a practice complaints procedure as part of the NHS system for dealing with complaints. Please let us have your complaint in writing wherever possible. Complaints should be addressed to the practice manager. In the majority of cases, concerns can be resolved quite easily. However, if you feel we have not dealt with the issues you have raised as you would wish, you can write to the Complaints & Risk Management Assistant, Lincolnshire Primary Care Trust, Cross O'Cliff, Bracebridge Heath, Lincoln LN4 2HN. Tel: 01522 513355.

COMMENTS AND SUGGESTIONS

Patient comments are welcomed as a means to help the practice to monitor and improve the services we provide. Please present your views in writing addressed to the practice manager.

ZERO TOLERANCE

We aim to treat our patients courteously at all times and expect our patients to treat GPs and staff in a similarly respectful way. We take seriously any threatening, abusive or violent behaviour and, along with other practices in Lincolnshire, adopt a zero tolerance policy on violent or abusive behaviour against any member of our practice team, or towards other patients on our premises. If a patient is violent or abusive we may exercise our right to take action to have them removed, immediately if necessary, from our patient list.

In extreme cases we may summon the police to remove offenders from the practice premises.

VISIT OUR WEBSITE

The surgery website is a most effective way of giving our patients access to help and the latest information 24 hours a day, seven days a week. It contains complete information about all the services we offer. It also details how the practice is organised and introduces our doctors, other medical and administrative staff and describes their various responsibilities. For easy, convenient access to our website, *bookmark* or place our website address in your favourites folder today.

PRIMARY CARE TRUST

Suttons Medical Group contracts to Lincolnshire Primary Care Trust to provide the services outlined in this booklet. The Trust is responsible for ensuring you get all the services you need and can be contacted at Lincolnshire Primary Care Trust, Boston West Business Park, Sleaford Road, Boston PE21 8EG, Telephone 01205 318000. They are also able to provide full details of general medical services in the area on request.

SELF-TREATMENT OF COMMON ILLNESSES AND ACCIDENTS

Many common aches and pains can be simply treated at home without the need to consult a doctor.

BACK PAIN

Back pain causes 13 million working days to be lost in Britain each year. The spine, being made up of 24 fragile bones and associated cartilage and tendons, supports the whole weight of the upper body, and therefore it is understandable that it sometimes goes wrong. Because of the complex nature of the spine it is advisable to consult your doctor if back pain persists for more than a few days. If, as is usual, the pain has been caused by abuse, ie lifting too heavy weights etc, be sensible and take things easy. Take care to sit as upright as possible with a support for the small of the back.

Take paracetamol, which will not only relieve the pain but will help to relieve inflammation. Your doctor may well prescribe stronger drugs, gentle exercise or supportive corset, or refer you for further advice.

BEDSORES

Bedsore are far easier to prevent than cure. They are caused by prolonged pressure to certain parts of the body when lying in bed for long periods. They can be prevented by encouraging the patient to shift position as often as possible and taking care to smooth out creases in the bottom sheet which could lead to localised irritation. Keep your eye open for red marks appearing at the pressure points such as heels, elbows, buttocks and hips. If they begin to appear, inform the district nurse before they get worse.

BURNS

Apply large quantities of cold water to the affected area as soon as possible and maintain this until the pain subsides. This may take as long as 15 minutes! If the skin is unbroken but blistered, apply a loose, dry dressing. If the burn is larger than four or five inches in diameter, or if the skin is broken, consult your doctor as soon as possible.

COLDS

Even in this day and age there is still no magic cure for the common cold. Go to bed, take plenty of drinks. If you have a headache or are feverish, take paracetamol. Do not bother to take any antibiotics you may have in the house - these will have no effect!

CHICKENPOX

On the first day a rash appears as small red patches about 3-4mm across. Within a few hours of these developing, small blisters appear in the centre of these patches.

During the next three or four days further patches will appear, and the earlier ones will turn 'crusty' and fall off. Oily calamine lotion may be applied to soothe the often severe itching. Cool baths may also help. The most infectious period is from two or three days before the rash appears and up to five days after this date. Children may return to school as soon as the last 'crusts' have dropped off.

MINOR CUTS AND GRAZES

Wash the wound thoroughly with water and a little soap. To stop bleeding, apply a clean handkerchief or dressing firmly to the wound for about five minutes.

Cover with a clean dry dressing.

DIARRHOEA

In adults, diarrhoea is usually caused by a viral infection and is therefore unable to be treated directly. The symptoms can usually be eased by the traditional kaolin and morphine mixture or by medicines containing codeine.

Holiday diarrhoea is often due to bacteria. Again, kaolin and morphine mixture can be taken. In both the above cases, consult your doctor if the symptoms persist for more than a few days. Diarrhoea in very young children and babies needs careful attention. Most babies have loose bowel action during their first six months, due to their predominantly liquid diet. Sudden bouts of unusually watery diarrhoea should be treated by taking the baby off solids and feeding it either a cooled solution of boiled water with a teaspoon of sugar and half a teaspoon of salt to the pint, or Rehidrat (alternatively Dioralyte). Again consult your doctor if symptoms persist for more than 24 hours.

GERMAN MEASLES (RUBELLA)

The rash appears during the first day and usually covers the body, arms and legs in small pink patches about 2-4mm across and doesn't itch. No other symptoms are usually present, apart from occasional aching joints. It is infectious from two days before the rash appears, until the rash disappears in about four or five days from that date.

The only danger is to unborn babies, and therefore it is important that all contacts are informed in order that anyone who may be pregnant can contact their doctor.

Immunisation can prevent this disease.

MEASLES

The rash is blotchy and red and appears on the face and body around the fourth day of illness. It is at its most infectious from two or three days before the rash appears until eight or ten days after that date.

Immunisation can prevent this disease.

MUMPS

Symptoms are swelling of the glands in front of one ear often followed, after a couple of days, by swelling in front of the other ear. It is infectious from two or three days before the swelling appears until eight or ten days after that date. If the pain is severe you should consult your doctor.

Immunisation can prevent this disease.

NOSEBLEEDS

Sit in a chair (leaning forward with your mouth open) and pinch your nose just below the bone for approximately 10 minutes, by which time the bleeding should have stopped. If symptoms persist, consult your doctor.

SPRAINS

First, apply a cold compress, containing ice if possible, for 15 to 30 minutes to reduce the swelling. Apply, firmly, a crepe bandage, and give the sprain plenty of rest until all discomfort has subsided. Further strain will inevitably lead to further swelling and a longer recovery period.

SUNBURN

Treat as for other burns with cold water to remove the heat. Calamine lotion will relieve the irritation, whilst paracetamol will also help. Children are particularly susceptible to sunburn and great care should be taken to avoid overexposure to the harmful effects of the sun.

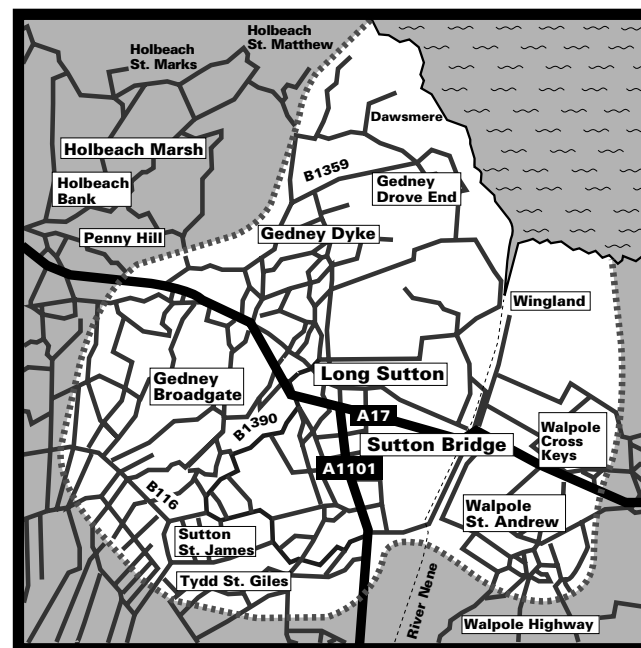
HEAD LICE

These creatures, contrary to popular belief, prefer clean hair and are, therefore, not a sign of poor personal hygiene. Medicated head lotion can be obtained from the chemist without prescription. Treatment for head lice is available on prescription via the practice nurse.

INSECT BITES AND STINGS

Antihistamine tablets can be obtained from the chemist without prescription and will usually relieve most symptoms. Note: bee stings should be scraped away rather than 'plucked' in order to avoid squeezing the contents of the venom sac into the wound.

OUR PRACTICE AREA



The Practice
Boundary

USEFUL TELEPHONE NUMBERS

Long Sutton Medical Centre	01406 362081
Sutton Bridge Medical Centre	01406 350217
NHS Direct.....	111
Registrar of Births, Marriages & Deaths.....	01406 363874
Lincolnshire Primary Care Trust.....	01205 318000
West Norfolk Primary Care Trust	01553 816200
East Cambridgeshire & Fenland Primary Care Trust	01945 469400
Queen Elizabeth Hospital.....	01553 613613
Pilgrim Hospital.....	01205 364801
North Cambs Hospital	01945 585781
Police Station (Boston).....	01205 366222
South Holland District Council.....	01775 761161
Social Services.....	01775 725751
Samaritans (Grantham)	01476 591551
Relate	01476 592921
Citizens Advice Bureau	01775 769693
Library (Long Sutton)	01406 362944
Library (Sutton Bridge).....	01406 350915
Midwife.....	(via surgery)
Cruse Bereavement Care	0870 1671677
Parentline.....	0808 8002222
ChildLine.....	0800 1111
NSPCC Child Protection Helpline.....	0808 8005000
Alcohol Advice Line.....	0800 9178282
Drugs Helpline.....	0800 776600
National Debtline.....	0808 8084000
Victim Support	0845 3030900



NENE PHARMACY
184 BRIDGE ROAD, SUTTON BRIDGE
Tel: 01406 351166
(Pharmacist Manager: Paul.M.Denwood)

- Repeat Prescription Collection
- Residential and Nursing Home Service
- Community Monitored Dosage System Offered
- Providing Help and Advice on Medicines and Common Ailments to The Local Community

COAKLEY Assoc. OPTICIANS
11 MARKET PLACE, LONG SUTTON

• **Tel: 01406 363348** •

Long lost Blood Donors.

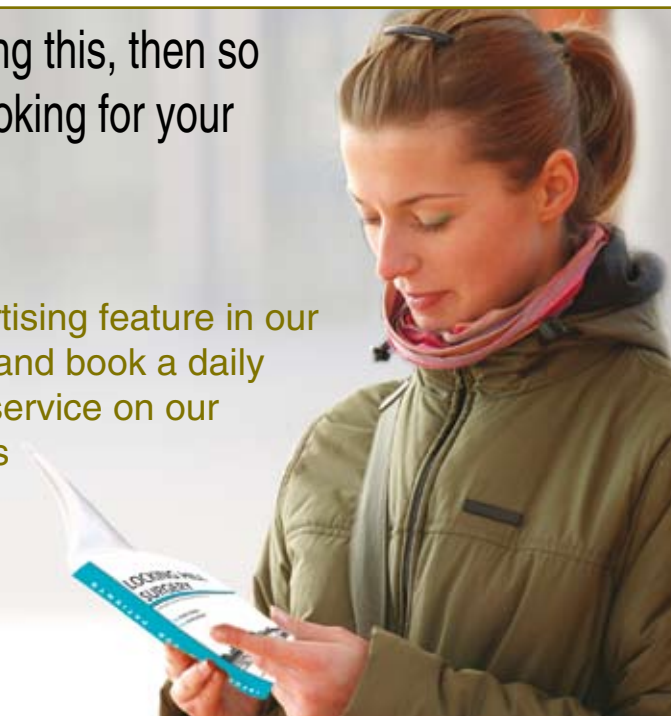
Get in touch with your dependants.

Simply telephone 0845 771 1711

If you've moved house or for some reason lost touch with us, we'd like to hear from you again. Patients still depend on your gift of blood. If you'd like to give again, it's easy. Just pick up the phone and dial our number. We'll tell you the time, date and location of the next session nearby. Please don't stop giving blood. The demand never goes away.

If **YOU** are reading this, then so could patients looking for your kind of service.

To place an advertising feature in our practice booklets and book a daily reminder of your service on our appointment cards and website simply phone Jenny Mellenchip now on **0800 612 1516**



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THE
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LONG SUTTON MEDICAL CENTRE

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SUTTON BRIDGE MEDICAL CENTRE

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FOR EMERGENCIES OUT OF HOURS

TELEPHONE: 01406 362081

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