

PROMOTING GOOD HEALTH

A range of health checks and health promotion services are available in clinics run by the practice nurses. Please contact the Surgery for further details.

Practice Nurse Clinics

Practice nurses Gina Jones, Anne Keir, Jan Lewis, Elaine Sharp and Nicola Treacher hold clinics daily at the Health Centre. They are available for advice on health promotion, contraception, minor ailments and so on. You may refer yourself directly to these clinics. You do not need to see the doctor first. Please ask for details of clinic times.

Registration Health Checks

All newly registered patients are invited to a Health Check to include a discussion on your general health and a physical examination.

Over 75 Year Old Health Check

An annual Health Check is available for all patients over 75. Please let us know if you would prefer this to be carried out in your own home.

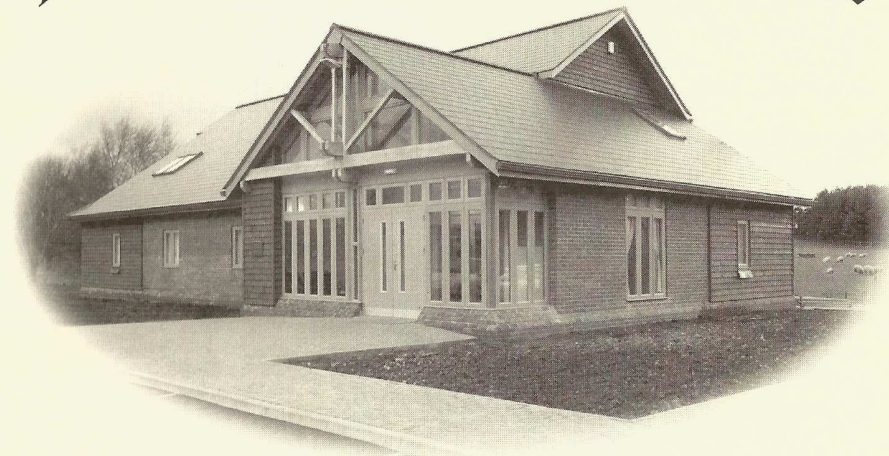
COMPLEMENTARY MEDICAL CLINICS

The Littlebourne and Bridge Complementary Medical Clinics have developed over a number of years and consist of a team of doctors and complementary medical practitioners, providing an extended range of services to patients in addition to general medical care.

Some of these services are available as NHS therapies for patients at the Littlebourne and Bridge practices, while others are available privately to patients from all areas.

For appointments and information please telephone: **01227 831900**

BRIDGE HEALTH CENTRE



PATRIXBOURNE ROAD, BRIDGE

TEL: 01227 831900

Dr. D.M. Jones MB BS MRCGP

Dr. P.H. Sykes MB BS DRCOG

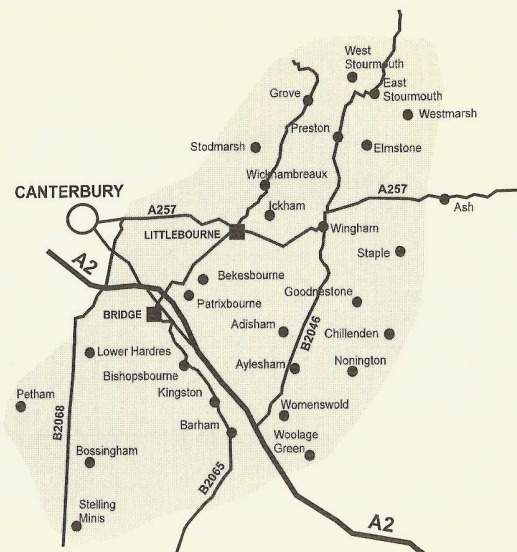
Dr. Mary Rafla DCH DRCOG MRCGP

Dr. Amanda Scarlett MRCGP MBChB

Dr. Pippa Dawber MB BCh MFGP

District Nurse:	Mrs. M. Lawrence SRN DN
Health Visitor:	Mrs. J. Rowan RGN RM RVH FP Cert.
Midwife:	Mrs. J. Withers RGN RM
Practice Nurse:	Mrs. G. Jones SRN DCHP

BRIDGE HEALTH CENTRE is situated in the centre of the village of Bridge and aims to provide medical services for Bridge, South Canterbury and the villages within a surrounding radius of approximately 5 miles.



DISPENSING FACILITIES (medicines) are available nearby at Bridge Chemist. A delivery service operates to the villages of Barham and Kingston.

SURGERIES ARE BY APPOINTMENT. We would hope to offer appointments within 24 hours and always on the same day, if you feel it necessary. Please telephone or call in at the Surgery for an appointment.

SURGERIES

MONDAY	8.45 – 10.30 am	4.30 – 6.00 pm
TUESDAY	8.45 – 10.30 am	4.30 – 6.00 pm
WEDNESDAY	8.45 – 10.30 am	4.30 – 6.00 pm
THURSDAY	8.45 – 10.30 am	
FRIDAY	8.45 – 10.30 am	4.30 – 6.00 pm

FOR EMERGENCY CALLS, Home Visits and Evening and Weekend Emergencies telephone the Surgery on **831900**. Requests for home visits should be made before 10.30 am.

The Practice is a Member of CANDOC, a co-operative of local GPs which provides out of hours emergency cover.

The Surgery is served by wheelchair access and toilet facilities for the disabled.

Please address any suggestions or complaints you may have to

Dr. Mary Rafla or Mrs. C. Marsh.

ADDITIONAL CLINICS

ANTE-NATAL	11.00 – 12.00 noon	THURSDAY
CHILDREN'S	1.30 – 2.30 pm	WEDNESDAY
DISTRICT NURSE	11.00 – 12.00 noon	MONDAY
	11.00 – 12.00 noon	FRIDAY

PRACTICE NURSE CLINICS are held daily. Please ask the receptionist for an appointment.

CHILDREN'S IMMUNISATIONS and CHILD HEALTH SURVEILLANCE with the Health Visitor are carried out at the children's clinic.

MATERNITY CARE is provided at the Ante-Natal clinic by the midwife and Dr. Mary Rafla.

CERVICAL SMEARS are available as part of a well woman check in the practice nurse clinics.

CONTRACEPTIVE SERVICES are available with family planning trained practice nurses.

MINOR SURGERY when appropriate, is carried out in the practice treatment room.

REPEAT PRESCRIPTIONS. Please deliver your Repeat Prescription Card to the Surgery 48 hours before the prescription is needed.