Hello

I hope you are all well and, if feeling under the weather, that you take the right precautions.

Remember that for colds and flu you can ask your pharmacist what is best to take for the symptoms that you describe to them either in person or on the phone.

Your local pharmacist is a highly trained healthcare professional who can also answer questions about your asthma as well as your GP or asthma nurse. Pharmacists are in your local or high street pharmacy, in supermarket pharmacies, GP surgeries and hospitals.

If you have any concerns about your asthma, it is easy to walk into any local pharmacy and ask to see the pharmacist. You do not need an appointment. As qualified healthcare professionals, they can also offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains. If symptoms suggest it is something more serious, they have the right training to make sure you get the help you need. For example, they will tell you if you need to see a GP.

All pharmacists train for 5 years in the use of medicines. They are also trained in managing minor illnesses and providing health and wellbeing advice.

Many pharmacies are open until late and at weekends. You do not need an appointment – you can just walk in. Most have a private consultation room where you can discuss issues with staff without being overheard.

All the things mentioned above make it so your doctor can respond to patients more effectively, as they can spend more time with them.

In one of my other blogs I did try to explain the appointment system and will have a go now.

This is only an example and not one that applies to Springfield but applies to all NHS run GP surgeries.

So, we have a day when there are three doctors on surgery duty. In a single session these doctors are covered by rules laid down by the NHS.

If Doctor 1 is seeing patients for 5 minutes each appointment they can see 36 patients in that session.

Doctor 2 is the same 5 minutes per appointment will give them 36 patients to see in that one surgery.

Doctor 3 is doing minor surgery work, so they are doing 10 minutes per appointment, so they can see 18 patients in that session.

So, for this example we see that the 3 doctors are allowed a total of 90 patients in that session. After that session they have telephone appointments and home visits.

The afternoon session is the same scale.

Most NHS surgeries operate at 10 minute appointments. The recommended number of patient contacts by BMA is 15 per session.

So, you can go to a pharmacist to get your non- prescription medicine. Either you or a friend or relative should try to do that.

If you have what you feel is a something more seriously wrong with you then by all means go to your GP surgery.

If you need a doctor in the night ring the free NHS number.

 **NHS 111**

This is the free number to call when you have an urgent healthcare need (for people aged 5 and over only). It directs you to the right local service, first time. It is available across the whole of England making it easier for you to access urgent healthcare services when you need medical help fast. It is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

If you have difficulties communicating or hearing, you can:

* call 18001 111 on a textphone
* use the [NHS 111 British Sign Language (BSL) interpreter service](http://www.interpreternow.co.uk/nhs111/) if you are deaf and want to use the phone service

If you use NHS 111 online, the [privacy policy](https://111.nhs.uk/Help/Privacy) describes how we use your information.

Calls to the NHS 111 phone service are recorded. A record is kept of all contact with NHS 111 and stored securely by the NHS. This information is only shared with others directly involved with your care.

Some of the information collected will also be shared with [NHS Digital](https://digital.nhs.uk/) to improve NHS 111 and 999 services.

You may be referred to an urgent treatment centre by NHS 111 or by your GP. You can also just turn up and walk in.

Conditions that can be treated at an urgent treatment centre include:

* sprains and strains
* suspected broken limbs
* minor head injuries
* cuts and grazes
* bites and stings
* minor scalds and burns
* ear and throat infections
* skin infections and rashes
* eye problems
* coughs and colds
* feverish illness in adults
* feverish illness in children
* abdominal pain
* vomiting and diarrhoea
* emergency contraception
* The nearest one to you is based at The Walk-in centre
* Stoney Stanton Road

[See photos](https://www.google.com/maps/uv?hl=en&pb=!1s0x48774bbc2d1a2d87:0x49e19029de74ece0!2m22!2m2!1i80!2i80!3m1!2i20!16m16!1b1!2m2!1m1!1e1!2m2!1m1!1e3!2m2!1m1!1e5!2m2!1m1!1e4!2m2!1m1!1e6!3m1!7e115!4shttps://lh5.googleusercontent.com/p/AF1QipP5GYL6oe5doh-WBDMX5EE9bO4cbLqqIwwCwKjU%3Dw355-h200-k-no!5swalk+in+centres+coventry+england+-+Google+Search&imagekey=!1e10!2sAF1QipP5GYL6oe5doh-WBDMX5EE9bO4cbLqqIwwCwKjU&sa=X&ved=2ahUKEwjEtonAi8_gAhW8VBUIHd3_C8UQoiowEHoECAMQBg)



[See outside](https://www.google.com/maps/uv?hl=en&pb=!1s0x48774bbc2d1a2d87:0x49e19029de74ece0!2m22!2m2!1i80!2i80!3m1!2i20!16m16!1b1!2m2!1m1!1e1!2m2!1m1!1e3!2m2!1m1!1e5!2m2!1m1!1e4!2m2!1m1!1e6!3m1!7e115!4s/maps/place/walk%2Bin%2Bcentres%2Bcoventry%2Bengland/@52.4144041,-1.5048217,3a,75y,310.53h,90t/data%3D*213m4*211e1*213m2*211skYq9cx8Rm8zKkxLOo2pFew*212e0*214m2*213m1*211s0x48774bbc2d1a2d87:0x49e19029de74ece0!5swalk+in+centres+coventry+england+-+Google+Search&imagekey=!1e2!2skYq9cx8Rm8zKkxLOo2pFew&sa=X&ved=2ahUKEwjEtonAi8_gAhW8VBUIHd3_C8UQpx8wEHoECAMQCw)

Coventry NHS Walk-in Centre

Skin care clinic in Coventry, England

[**Address**](https://www.google.com/search?q=coventry+nhs+walk-in+centre+address&stick=H4sIAAAAAAAAAOPgE-LWT9c3LElLqqiyLNSSzU620s_JT04syczPgzOsElNSilKLixexKifnl6XmlRRVKuRlFCuUJ-Zk62bmKSSDhFIVoKoAJrgXUVQAAAA&ludocid=5323694744028900576&sa=X&ved=2ahUKEwjEtonAi8_gAhW8VBUIHd3_C8UQ6BMwFnoECAUQAw)**:**Stoney Stanton Road Coventry CV1 4FS

[**Hours**](https://www.google.com/search?q=coventry+nhs+walk-in+centre+hours&ludocid=5323694744028900576&sa=X&ved=2ahUKEwjEtonAi8_gAhW8VBUIHd3_C8UQ6BMwGHoECBAQAg)**:**

**Open** ⋅ Closes 10PM

Phone 0300 200 0060

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Sometimes we can help our Doctor by helping ourselves, contacting the right person to treat what we have wrong with us. It maybe you need to see your Doctor, so by all means use them as it is your right to do so.

If you can use a pharmacist, then please go and see a smiling face you often see but never talk to. Be safe and be well. Use the facilities we have access to wisely and we can all be well.

I would like to thank the NHS websites in UK for the information I have used in this blog.

Will try and bring another interesting item to you next month.