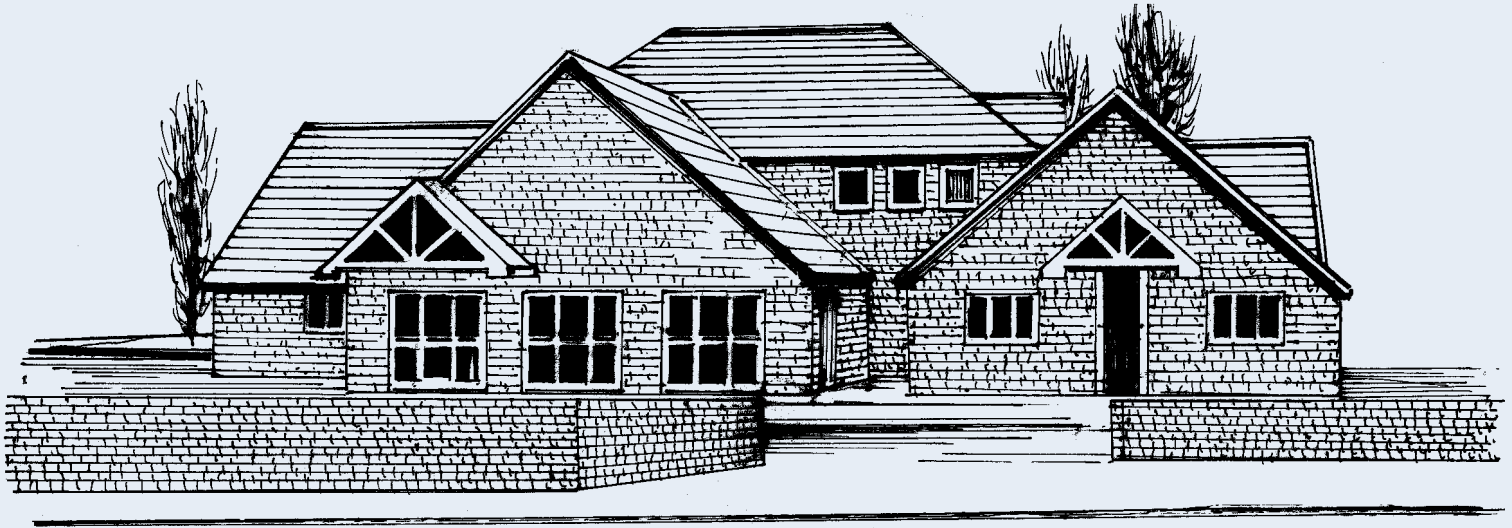


Newmarket Medical Practice



Louth • Lincolnshire • LN11 9EH

Tel: 01507 603121

Please visit our new website, updated regularly with patient information
www.newmarketmedicalpractice.co.uk

Welcome to Newmarket Medical Practice

Newmarket Medical Practice aims to provide high quality, patient centred health care and to embrace future challenges in order to sustain the NHS and improve health services for the local community.

GENERAL INFORMATION

Newmarket Medical Practice opened at its present site in the spring of 2001. The partners had previously practised in Bridge Street Surgery where there had been a practice for over 150 years. We have an open list and accept patients living up to nine miles from the surgery. The doctor's work as a partnership and you may usually consult the doctor of your choice.

THE GPs

Dr Michael Dwyer	Qualified 1982 - London University	MBBS FRCGP DCH DRCOG DGM Dip IMC
Dr Neal Parkes	Qualified 1993 - London University	MBBS MRCGP DFFP
Dr Kerry Tyerman	Qualified 1993 - Leicester University	MB ChB MRCGP
Dr R Kamath	Qualified 1995 - Kasturba Medical College, Mangalore, India	MBBS MRCGP
Dr H Gujadhur	Qualified 2000 - Sheffield University	MB ChB MRCGP

SALARIED GP

Dr U AL- Hamarneh Qualified 2011 - MBBS MRCS DOHNS

PRACTICE MANAGER

Angela J Jesney

THE NURSING STAFF

Debbie Snell	RGN BSc Nurse Prescriber
Kay Gosney	RGN Nurse Practitioner
Michelle Morley	RGN
Claire Patterson	RN
Carole Hill	RN
Jackie Richardson, Mandy Pope and Victoria Clare	Health Care Assistants
Collette Gibney	BSc SRD Dietician
Dawn Waring	RN Adult and Child RHV
Vicky Scott	Nursery Nurse
Fiona Hoyle	District Nurse
Clare Thornley	Complex Case Manager

SURGERY TIMES

The surgery telephone number is 01507 603121.

The surgery is open:

MONDAY TO FRIDAY - 8.00am - 6.30pm

LATE SURGERIES

Monday 6.30 - 8.30pm. These appointments are for same day appointments and pre-bookable.

EARLY SURGERIES

Thursday 7.00 - 8.00am

If you wish to see the doctor please contact the receptionist either in person or by phone - tel: 01507 603121 - and arrange an appointment. A card with the current surgery times is available from reception.

Under the terms of the GP contract, the GPs are no longer responsible for out-of-hours care for their patients. This care is now the responsibility of the Lincolnshire Primary Care Trust.

The surgery opening hours may be subject to review and changes may be made. Patients will be kept as fully informed as possible. We produce a newsletter and update our website for our patients to ensure all updated information is available throughout the year.

DISABLED ACCESS

The surgery is easily accessible to wheelchairs. If you can get to the surgery but have difficulty walking, a wheelchair can be provided. Please ask the receptionists.

PATIENTS' CHARTER

1. Routine/prebookable appointments are available with the practice team, these can be booked in advance via the receptionist ie clinics, nurse appointments. In the case of the GP, routine appointments can be booked following a previous consultation or following a telephone consultation/conversation. Should you require further information please visit our website - www.newmarketmedicalpractice.co.uk
2. Patients with medical problems that they consider urgent will ALWAYS be given an appointment on the SAME day. This will be with the most available doctor at that time.

To help us achieve this aim we would ask patients to help us by:

- Using the 'book on the day' appointments whenever possible
- Take the opportunity to speak to the duty doctor for a telephone consultation
- Being prepared to wait on those occasions when the doctor is busy
- Being polite and patient with our staff, who always do their best, often under very difficult conditions
- Remembering to attend their appointment or cancel in good time should it no longer be necessary

We always welcome any suggestions from patients that may help us improve our practice. Please feel free to talk to a member of staff or the practice manager.

Suggestions boxes are available in each waiting room. These are presented to our patient participation group to action as appropriate.

Make your view count. When you are in the surgery you will have an opportunity to answer the question of the month.

TELEPHONE ADVICE

The doctors are happy to give advice over the phone. If you wish to talk to a doctor please tell the receptionist.

Telephone advice is incorporated into the duty day.

If the doctor is not immediately available, the receptionist will take your telephone number and ask the doctor to call you back within two working days for non-urgent requests.



EMERGENCIES

Dial 999 for an Emergency.

Emergencies occurring out of hours, ie evenings, nights and weekends are dealt with by the Ambulance Service.

WHEN THE SURGERY IS CLOSED DIAL 111 DIRECTLY .

When the surgery is closed OUR telephone lines are diverted to the out-of-hours answer machine which will ask you to replace your handset and re-dial 111.



HOME VISITS

Home visits are offered to patients who are disabled or too ill to travel to the surgery. They are very time-consuming for the doctor so we encourage patients to come to the surgery wherever practical. Please phone early and **be prepared to tell the receptionist how urgent** you consider the request to be.

DISPENSARY

We are permitted to dispense drugs at the surgery to those patients who live more than one mile from the chemist as the crow flies. The dispensary is open from 8.45am to 6.30pm (these times may alter slightly on occasions for staff training). There is a dedicated telephone line - 01507 603695. We offer a dispensing review of used medicines (DRUM). Please ask our dispensary team for details of this service.

REPEAT PRESCRIPTIONS

With the doctor's prior agreement, authorised repeat prescription items can be obtained from the surgery without seeing the doctor. Why not register to order your repeat medication online. Please ask the team for an information sheet to access this process.

Authorised repeats can also be ordered at the dispensary hatch, via the prescription answering machine, post or via the chemist of your choice.

Using order forms makes for a safer and more efficient system. It is vital that no mistakes are made where medicines are involved.

All the local chemists collect prescriptions daily from the surgery. If you wish to use this service please indicate your preferred chemist on your repeat order form.

PLEASE ALLOW A MINIMUM OF 48 HOURS WHEN RE-ORDERING SCRIPTS. (PLEASE ALLOW TIME FOR WEEKENDS AND BANK HOLIDAYS).

The dispensers are not authorised to issue medication that are not listed on the authorised order form. In such cases the doctor must be contacted directly. A medication review must be done on a regular basis for all repeat items. The date when a repeat prescription item requires a review will be indicated on your repeat prescription paper. Please ensure you make an appointment in good time.

URGENT MEDICATION REQUESTS

Should you ever require urgent medication outside of the surgery opening hours. Please contact NHS Direct on 0845 4647 or dial 111 (the new urgent care number).

RESULTS

For test results please call **01507 353609** to access the results answer phone. Full instructions are available on the line. The doctor/nurse will always explain when to telephone for results as timescales may vary.

NEW REGISTRATION

Prior to registering with the practice, we will arrange for you to have a **NEW PATIENT HEALTH CHECK**. This will normally be with the nurse assistant. Following this check you will be fully registered to the service. Only in urgent cases will medication be provided prior to this process.

At registration you will also receive information about the summary care record scheme.

PRIVATE MEDICAL SERVICES

A number of services provided by the doctors are not available as part of the NHS. The receptionists have a scale of charges for these which include private certificates, insurance medicals, HGV licences, forms for private medical work etc. The practice is registered for VAT and therefore this will be added to the charge where applicable.

GENERAL NURSING CLINICS

There is a daily nurse clinic for various procedures eg ear syringing, blood pressure checks etc. This is by appointment and can be booked with the receptionists.

PHLEBOTOMY

WALK-IN - this clinic runs Monday to Thursday 8.00 to 9.15am for patients who have had a blood test requested by the practice. Please use the Greta Ross entrance.

There are appointments available daily to take blood tests. From time to time the clinical team may require patients to have blood tests and these can be booked via reception.

ANTICOAGULANT MONITORING

The nurse team run clinics for patients taking Warfarin (oral Anticoagulant therapy).

COMMUNITY NURSING SERVICE

The district nurses and health visitors are employed by the Lincolnshire Primary Care Trust (PCT) for the benefit of our patients. The district nurses can be contacted on **01507 617702**. The health visitors can be contacted on **01507 617790**.

MATERNITY

The doctors all undertake maternity and postnatal care in conjunction with the local hospitals. The midwife employed by the PCT and available to the practice is **Karen Needham**. Antenatal clinics are run on Thursday mornings between 9.00am and 12 noon.

The six week postnatal check with the doctor should be arranged with the receptionist. Antenatal classes for new mothers are run by the midwife.

SPECIALISED CLINICS

GU/SEXUAL HEALTH CLINIC - GRETA ROSS CLINIC

The clinic is open to all patients; you don't even have to register at the surgery.

The surgery team pride itself on high quality confidential service. This service is provided by two of our GPwSI partners. They are assisted monthly by a Dr A Rae Consultant Physician.

WALK-IN - Tuesday 3.30 to 5.30pm and Friday 3.00 to 6.00pm (the last Friday of the month the clinic is available both am and pm).

TELEPHONE 01507 603121 for advice.

MINOR OPERATIONS

A number of our doctors perform minor operations in specific clinics. It is necessary to see the doctor for prior assessment.

FAMILY PLANNING

The surgery offers a family planning clinic, which is held on Tuesdays. Various family planning procedures are done during this clinic eg coil fittings, implanons etc. We encourage patients to use these clinics for contraceptive advice. All the doctors are able to prescribe 'morning after' contraception at any consultation. This can be taken up to 72 hours after intercourse and the service is of course completely confidential.

TEENAGE HEALTH ADVICE CENTRE

Tuesday 12.30 - 2.00pm and 4.00 - 6.00pm

Drop-in sessions are available at these times where teenagers can discuss health issues and contraception with a practice nurse.

WELL PERSON SCREENING

The doctors and nurses of the practice are all committed to health promotion, believing it is better, where possible, to prevent illness rather than treat it. Our practice nurses run well man and well woman sessions. You may book a health check any time you wish.

Well woman checks include a **SMEAR TEST**, which is an examination of the neck of the womb (cervix) for changes which occur before cancer develops. We strongly recommend this test for all women aged 25 to 64 years who are or who have been sexually active and a recall system for this examination is in operation.

We offer NHS health checks to people between the ages of 40-74 years (who do not have a chronic disease such as diabetes, heart disease or hypertension). The NHS health check comprises of blood pressure, cholesterol, glucose monitoring and any relevant lifestyle advice. We are actively inviting patients in but you do not need to be invited, please ask for an appointment at reception.

CHILDREN'S CLINICS

The doctors and health visitors undertake all the necessary **Child Health Surveillance** and **Immunisation** at child health clinics which they run jointly (details available from reception or the health visitor).

In addition to home visiting, the health visitors offer massage sessions that include advice and support for women with young babies. Our nursery nurse is available to discuss any issues or concerns you may have relating to the under fives.

TRAVEL

We offer a nurse's clinic to deal with advice and inoculations for travelling abroad. Please tell the receptionist which countries you are visiting when you book your appointment. Please arrange the appointment six to eight weeks prior to travel.

DIABETIC/CHD/STROKE CLINIC

We run clinics which recall our patients on a regular basis. These clinics are nurse-led alongside our practice-based dietitian, Mrs Collette Gibney, who is available to offer dietary advice.

The practice is regularly visited by the mobile retinopathy camera to complement our care of diabetics.

ASTHMA CLINIC

This clinic is run by the nurse and offers help and advice over lifestyle, inhaler technique and medication. Patients are seen regularly and referred back to the doctor when appropriate.

SPIROMETRY

We offer lung function tests to patients over 40 years of age and who smoke. This is a test that enables the clinicians to diagnose lung conditions.

DIETETIC CLINIC

Our dietician runs regular clinics to help with all types of eating problems. Referrals are made via a GP or a practice nurse.

WEIGHT MANAGEMENT

Referral into this service can be arranged via the clinical team.

SMOKING CESSATION

For those patients wishing to stop smoking, we offer advice, support and encouragement in our one-to-one sessions. We can refer to other services for group counselling at local venues.

NON-NHS SERVICES/PRIVATE CLINICS

Debbie Watt offers osteopathy and acupuncture on a private basis here at the surgery. To book an appointment please telephone the surgery on 01507 603121.

Lincoln Physiotherapy and Sports Injuries Clinic specialise in the treatment of all joint and muscular pain and are able to offer expert advice on rehabilitation and effective exercises. To book an appointment please telephone 01507 353602.

Foot Health Practitioners, JULIE ALCOCK DipCFHP MPSPract(FHP)RN and SARA COULSON DipCFHP MPSPract(FHP) are fully qualified and insured private practitioners able to treat the following foot conditions:

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Advice on treating fungal infections and veruccas Stocklists of Laufwunder, C.C.S and Mykored products that protect and care for your feet

For more information or to book an appointment please contact us on the following numbers:

Sara Coulson - 01507 359102/07925216662

Julie Alcock - 01507 603849

Holistic Therapist, Valerie Hopper (MAR IIIHHT MGHT Reiki Master/Teacher) specialises in reflexology, reiki, massage and ear candling.

To book an appointment or for further information please contact Valerie on:

tel - 01507 343711, mobile - 07950465729 or e-mail - vhtherapies@aol.com

This is a private service which is offered at Newmarket Surgery, a brochure including pricing is available at the reception desk - please ask for detail.

SUGGESTIONS/COMPLAINTS

We are constantly reviewing the services we offer and always appreciate comments from our patients. There are forms available from reception. Any complaints, which should be addressed to the practice manager or one of the doctors, will be dealt with promptly. Our complaints procedure is displayed within the 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.

ZERO TOLERANCE

Newmarket Medical Practice supports the NHS 'Zero Tolerance' campaign. GPs and their staff are entitled to carry out their duties without fear of abusive, racist or violent behaviour. We will take steps to remove from the practice list any patient who behaves abusively or violently towards doctors, practice staff or other patients. This policy applies equally when offending behaviour takes place off the premises, eg during a home visit.

WHEN THINGS GO WRONG

We respond to all complaints within 3 working days. The practice manager and clinicians monitor complaints and critical events to ensure that lessons are learnt. We aim to keep you fully informed and adhere to the 'Being Open' principles. Complaints forms and information are available on our website or at reception.

PATIENT PARTICIPATION GROUP

This Group was formed by the practice alongside the introduction of the 'Quality Outcomes Framework' for general practice. The group meets quarterly here at the practice 2.00 to 5.00pm.

AIMS AND OBJECTIVES

- To develop and extend patient involvement
- To encourage people to engage with the NHS at the same time as engaging in their own health care
- To provide practical support for the practice
- To contribute to the improvement of the services

MEMBERSHIP

Any patient may nominate themselves throughout the year for election by writing to the practice manager. These nominations will be taken to the next arranged meeting.

All nominees will be considered in their own right, equally and without prejudice. When making a decision we will be looking to add benefit and diversity to the group. Successful candidates will be contacted by the manager.

Removal of the patient from the practice list for whatever reason will disqualify continuing membership of the group.

PATIENT REFERENCE GROUP - MAKE YOUR OPINION COUNT

All patients are invited to sign up for our Patient Reference Group as this runs in parallel to the Patient Participation Group. Forms are available at the surgery reception or via our website. This group is encouraged to comment on the service we provide. All comments and suggestions are presented to the Patient Participation Group for discussion.

FREEDOM OF INFORMATION – PUBLICATION SCHEME

The Freedom of Information Act 2000 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the 'classes' of information the practice intends to routinely make available. This scheme is available from reception.

MINOR ILLNESS

We hope that the following will help you to cope with minor illness at home and give you guidance as to:

1. When you can safely treat yourself and how.
2. When it is sensible to see the doctor.

THE COMMON COLD

Colds usually start with a stuffed-up feeling and dry throat causing the patient to feel achy and generally unwell. After a day or two the nose starts running with a clear liquid that may turn yellow after three or four days. There may be a slight temperature and the whole illness may last seven to ten days. There is no cure but simple household remedies can relieve the discomfort.

ADULTS are recommended to take regular paracetamol or aspirin and drink plenty of fluids. A stuffy nose is best relieved by inhaling steam, perhaps with a teaspoon of vapour rub added.

CHILDREN often suffer repeated colds, but these may be important in building up good resistance to infection in adult life. Paracetamol syrup in the correct dose for age, plenty to drink, and the use of a little vapour rub may help with the symptoms. Cough medicines should not be used (see Coughs). If parents are unduly worried about children, especially small babies, it is always worth telephoning the doctor for advice.

COUGHS

The cough that often accompanies a cold is a helpful reflex action which prevents mucus entering the air passages and causing a chest infection. Using cough medicines in these circumstances may suppress this protection and do more harm than good. Steam inhalation is probably the best treatment. This will also help a dry cough in the absence of a cold, but here the addition of a soothing cough linctus from the chemist may be useful particularly at night. It may be wise to contact your GP if:

1. A cough continues more than a week after a cold has cleared up.
2. A cough produces yellow or green spit or blood.
3. A cough is accompanied by pain in the chest or shortness of breath.
4. There is undue worry about the patient, especially if a child.

SORE THROAT

Most sore throats are caused by viruses and are accompanied by swollen glands in the neck. Antibiotics cannot cure viral infections and the vast majority will get better by themselves in four or five days. Simple pain relief with paracetamol in a dose suitable to the age of the patient will help the discomfort.

The doctor should be contacted if:

1. A sore throat is still getting worse after two days and swallowing is becoming difficult.
2. The sore throat is accompanied by earache, especially in a child.
3. The patient or parent is unduly worried.

THE FUTURE

Changes can be seen within all aspects of the NHS in order to meet current demands. Newmarket Medical Practice is constantly assessing the needs of the local population and evaluating the services it offers. Therefore you may find that services change from time to time to reflect local demands. We aim to communicate these to you through our regular newsletters or website www.newmarketmedicalpractice.co.uk

USEFUL NUMBERS

AT NEWMARKET MEDICAL PRACTICE

Reception	603121
Visit Requests (day and night)	603121
Test Results	353609
Dispensary (Tel).....	603695
(Fax).....	353605
District Nurses.....	617702
Health Visitors	617790

HEALTH AUTHORITIES

Lincolnshire Primary Care Trust (PCT).....	01205 318000
Lincolnshire Health	01522 523355

HOSPITALS

Diana, Princess of Wales Hospital, Grimsby	01472 874111
Lincoln County.....	01522 512512
Louth County.....	01507 600100

PHARMACIES

Boots, Mercer Row	602578
Your local Boots Pharmacy, East Gate	603527
Lincoln Co-op	603130

MISCELLANEOUS

AA 24-hour Helpline.....	0845 769 7555
Alcohol & Drugs Counselling Service.....	01522 521908
Community Psychiatric Nurse	607383
Lincoln Family Planning Clinic (Vasectomy Service)	01522 514814
Antenatal Assessment Centre	01522 573138
Midwife Message Service	01522 573772
NHS Direct.....	0845 4647
(www.nhsdirect.nhs.uk)	
Police 01507 604744	
RELATE (Relationships Counselling).....	01522 524922
Samaritans.....	01522 528282
Social Services.....	01507 600800
Dental Helpline.....	01522 515328
Wheelchair Transport.....	01522 793816
Voluntary Car Service.....	01507 609535
Age Concern	01507 609642
Greta Ross Clinic.....	01507 603121

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YOUR LAWYER IN LOUTH

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Wilkin Chapman Solicitors is the largest law firm in Lincolnshire with 7 offices based in Louth, Grimsby, Cleethorpes, Lincoln, Horncastle and Beverley and a total of 271 staff. The firm offers a full range of legal services to private, corporate and publicly funded clients from house sale and purchase, home information packs, to making a Will, inheritance or probate enquiries, as well as family, personal injury and commercial issues.

Wilkin Chapman is a modern forward thinking law firm whose reputation has been built up over many years. Exceeding clients' expectations in terms of quality of service is very important to them which is why they have specialist lawyers who deal exclusively in their respective areas of the law.

To assist you when attending the first appointment, write down all the questions that you want to ask and take the list along to the meeting. Collect together any relevant paperwork you will need in your meeting to make it easier for your solicitor to understand your situation and advise you more quickly.

If you have suffered an injury, are having problems at home or need to discuss issues relating to your Will, remember Wilkin Chapman is your local law firm in Louth and is happy to advise what is best for you on any legal issue.

To advertise **your** business to **our** patients on low cost, easy payment terms call 0800 0234 196.



Compass is a professional estate agents whose aim is to use the latest technology and internet marketing whilst keeping the traditional aspects of an effective and friendly agency. We achieve this by having the owner of the business working hands-on meaning swift decisions can be made.

No red tape or "jobsworth" corporate policies. It also means that as we only get paid on results you can be sure we have the incentive to work hard for you.

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It has been widely reported that one of the greatest causes of stress is moving house.

The trauma of selling your home and packing everything up is likely to cause stress to the most placid person. That of course is on top of the problems which can arise from the initial viewing until the time you move in your 'new home'.

The best way to minimise the problems is to instruct Compass, your local Estate Agent, to act on your behalf. They have a wealth of local knowledge and a good understanding of the house prices that prevail in every area of the district.

So they are in the best position to be able to assist you in finding your dream home by matching your requirements on size, location, price and amenities. It may be that what you are looking or hoping for will not be readily available for one reason or another, and your estate agent will be able to save you hours of time searching and perhaps be able to offer you a more than acceptable compromise.

Your estate agent is a ready point of contact for you, and will provide you with a whole range of services from an initial, usually free of charge, market appraisal through accompanied viewing of your own property, on to completion of the sale – and of course purchase of your new home – all with as little stress as possible – and, because you are their client, keeping you informed at every step of the process and advising on any action you can take to speed up the process.

So if you are considering moving home, check out the services offered by Compass Estate Agents.

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JOINER

Many people derive great pleasure from working and improving their home undertaking many and various projects, and indeed the current trend with all the house makeovers actively encourage us to 'DIY'.

However, when it comes to any form of carpentry or joinery quite often it is cheaper to get in a tradesman to undertake the jobs for you. You will, almost certainly get a better job, and they will have all the necessary tools (which you may have to go out and buy – and then use only once) to hand.

Perhaps you have decided to makeover a room because an older or disabled person is going to use it and needs easy access to all the cupboards and appliances. Or maybe you have just decided you want a new look. Your local joinery specialist will have a wealth of experience and will be able to offer advice and ideas as to what will work for you and your family.

So whether it's a whole make-over for a room, that laminate flooring you have been promising yourself or a couple of new and secure locks for the front door, contact your local joiner for a quotation.

ADVERTISING FEATURE

To advertise **your** business to **our** patients on low cost, easy payment terms call 0800 0234 196.

TRADITION OF CARE

There are many reasons why people choose Louth's Stewton House Nursing Home when they need rehabilitation or palliative care, not least of which are the historic building and picturesque surrounds.

"We are set in a country house that has been specially adapted for the care needs of elderly residents," explained manager Dawn Whitt.

"Our relaxing, countryside setting and traditional country home feel make Stewton House a uniquely relaxed space in which to gently recuperate and return to fitness."

With an experienced team of nursing and support staff on duty 24 hours a day, the home focuses on helping residents to get well enough to return to their own home.

"We have a specialist team who offer individually tailored care, including in-house physiotherapists who specialise in elderly rehabilitation."

Each resident is assessed on arrival and a personalised treatment plan is prepared. "Everyone is unique, so we make sure that all the care we offer is appropriate for individual circumstances."

Whilst staying at Stewton House, residents can enjoy the wide variety of facilities on offer, including comfortable lounges, attractive gardens and a specially prepared menu of wholesome food.

"We have employed chefs who come from a restaurant background, which ensures our menus are not only nutritious, but also offer a variety of tastes and styles to suit every palate," Dawn said.

In order to offer the highest possible standards of care, two new extensions have been added to the existing building. "We are a one-level home with disabled and wheelchair access throughout."

To find out more, please call (01507) 602961.

ADVERTISING FEATURE

- **Peace of mind**

The responsibility for the overall home management is taken by our group manager with our appointed nurse in charge leading the nurse team. Prior to admission, clients are invited to meet the nursing manager to discuss their nursing requirements and for their nursing needs to be assessed.

Once admission is arranged, a provisional plan of care is drawn up and staff are made aware of the content. The client's care is reassessed on a regular basis and alterations to the care are made to reflect the client's changing needs.

- **Full recreational programme with regular outings.**
- **We not only provide a varied menu but cater for clients with special dietary needs.**
- **Majority of bedrooms have en suite facilities, with direct dial phones and TVs.**
- **Professional and friendly staff. Full complement of trained nurses.**
- **Trained physiotherapist visits weekly, hairdresser visits twice weekly.**

Stewton House Nursing Home

28 Stewton Lane, Louth, Lincolnshire LN11 8RZ

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Email: stewtonhouse@btconnect.com



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CHEER SOMEONE UP!

Have you ever watched the reaction of someone who has just received a gift of flowers?

Their eyes light up and a smile is almost automatic – a gift of flowers can brighten almost any day. One of the pleasures of ordering flowers is that you can rest assured that the recipient will receive a unique gift.

Your local florist can help you with a floral gift for all occasions – what better way to say thank you or just cheer someone up than by giving them a gift of flowers? It's always nice to let someone know that you are thinking about them, even though they may be at the opposite end of the country. Just imagine their face as the florist's van draws up!

Once inside the home flowers make a huge impact, creating a warm, welcoming atmosphere and adding life and colour to any room.

Your local florist is able to supply really fresh flowers, in a variety of styles. So bring some light and sunshine into someone's life - send some flowers. Oh, and while you are in the florists, why not buy yourself some? Go on – spoil yourself – you're worth it!

ADVERTISING FEATURE

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A PROFESSIONAL, friendly and reliable service is what is promised by Stuart Ewing and his company, Ewing Plumbing. No job is too small and all aspects of heating and plumbing are covered - from leaking taps to full boiler installations and repairs.

In the four years since the company was established, Ewing Plumbing has gone from strength to strength and now boasts a growing client base of domestic and commercial customers, who are happy to use Stuart's professional service for all of their plumbing requirements.

Prior to setting up his own business, Stuart spent many years gaining experience in the plumbing trade, learning the vital skills and qualifications necessary to undertake any job. Stuart is CORGI-registered, OFTEC-registered, approved by Anglian Water, and is even qualified to install solar panelling.

Ewing Plumbing also specialises in full bathroom installations and offers a professional wall and floor tiling service. Of course, Stuart will happily provide you with a free quote prior to undertaking any work.

For a plumber you can trust to do the job right, call Stuart on **07717 781756**.

ADVERTISING FEATURE



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THERE are many benefits to visiting an independent optometrist when in need of an eye examination or new glasses, and, at Stephen J Hewitt Optometrists, the friendly and welcoming team are proud to offer a service based on individual care and attention for all.

“Our independence means that we can offer our clients the high standards we’d expect to receive ourselves, backed up by thorough examinations and an extensive range of frames and lenses from some of the biggest names in the business,” said Stephen.

Using some of the very latest equipment and techniques, Stephen offers examinations that focus as much on eye health as vision correction.

“We have modern retinal scanning equipment, as well as the very latest scanning ophthalmoscope, the GDX, which makes a thorough check for glaucoma and diabetes symptoms,” he added.

Once an examination is complete, clients are free to choose frames and lenses from the wide range in store. “We have everything from budget frames to designer names, and we can order in any specialist frames that we don’t have in stock,” Stephen said.

For more information or to arrange an eye examination, call (01507) 607276.

ADVERTISING FEATURE



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MERIDIAN MEATS is Lincolnshire's only Traditional Breeds butcher situated beside where the Meridian Line passes through Louth. The shop has been a butchers since the 1920s, passing through the generations.

It is still a family-run business where Jim and Debbie Sutcliffe now run the shop on Eastgate. Charles Sutcliffe runs their farm in Tetford, in the heart of the Lincolnshire Wolds, where a third of their beef and lamb come from. They are naturally reared producing safe, healthy and traceable meat from British breeds with a quality and flavour rarely available these days.

They offer a full range of Lincolnshire specialities including their very own award winning stuffed chine, Lincolnshire sausages, pork pies, haslets and much more! Jim also cures their bacon and gammon and produces a range of ready meals using their Longhorn beef and lamb, catering for today's modern demands.

Why don't you call into Meridian Meats, where Jim and Debbie Sutcliffe welcome you and aim to enhance the pleasure of your eating experience, by offering nothing but the finest quality and natural produce for you and your family.

ADVERTISING FEATURE

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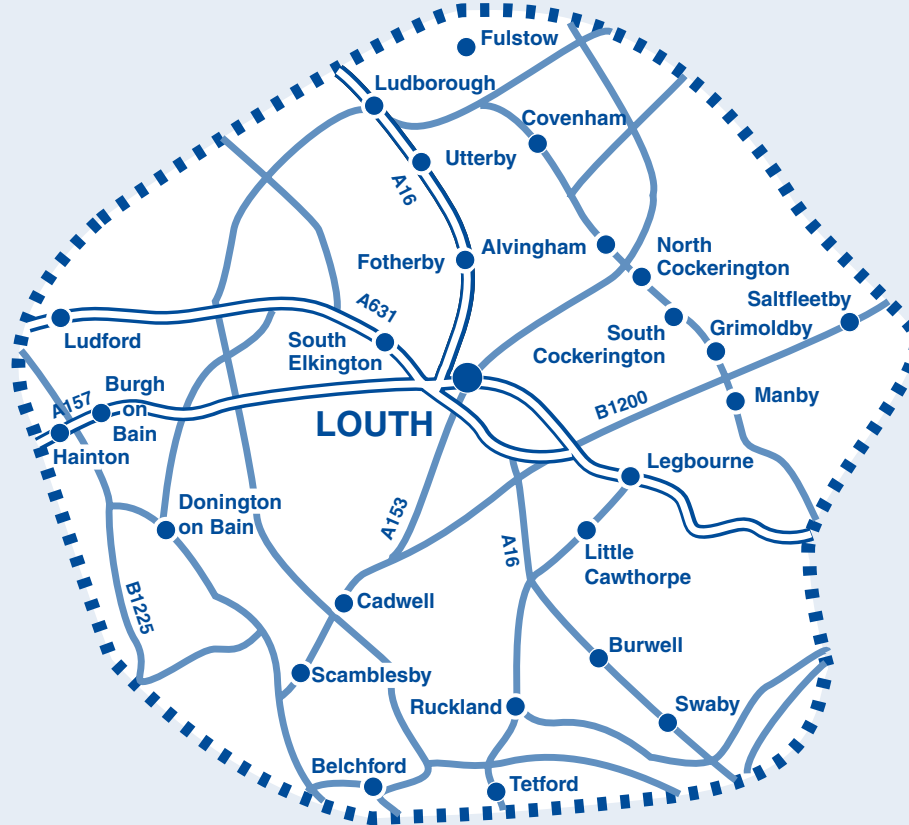
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The Practice Area



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