

The Selhurst Medical Centre

Our Telephone Line is open **Monday – Friday**
from **8am to 6:30pm** except Bank Holidays

Consulting Hours

Monday	0830-1130	1600-1830
Tuesday	0830-1130	1600-1830
Wednesday	0830-1130	PM closed
Thursday	0830-1130	1600-1830
Friday	0830-1130	1600-1830

Extended hours

Alternative Mondays and Tuesday
6:30-7:30pm

Appointments

All consultations are *by appointment*.

To make an appointment please telephone the Surgery on **020 8684 2010**. Every effort will be made to offer you an appointment on the same day, Urgent cases and patients without an appointment will always be seen but you may have to wait. If you are unable to keep an appointment let us know so we can offer it to another patient.

Home Visits

If you are unable to visit the Surgery please telephone before 10.00 am with full details. Please do not ask for a doctor to visit unless really necessary. If you can come to the Surgery you will be seen early. This may be quicker than a visit.

Out of Hours

If Surgery is close and you need to speak to a Doctor outside these times please telephone **NHS 111**.

NHS Walk-In Centre: **2 Edridge Road**
 Impact house
 Croydon
 CR9 1PJ

From 0800 - 2000 hours
7 days a week

NHS Direct **Tel: 02030400800**
(For telephone advice)

South West London Urgent Dental Care
020 3402 1333

Mon to Fri 5:00pm – 10.00pm
Weekends & Bank Holidays 9:00am – 10.00pm

Prescriptions

If you take any medicines regularly you will be issued with a computerised list. Repeat Prescriptions can be requested in person or by Post (if a self-addressed envelope is included). We regret it is not possible to accept requests by telephone. Please collect after 11 am and allow two working days for processing.

Test Results and Telephone Calls

If you want to speak to the Doctor or the Nurse the best time to telephone is between 1200 - 1300 hours. Tell the receptionist if you are Telephoning about a Test Result.

Receptionists

The reception desk is open from 08:00 to 13:00 hours and from 15:00 to 18:00 hours on weekdays. The receptionists will be happy to help you by answering your queries, explaining the organisation of the practice, taking

messages for the doctor as well as arranging appointments and dealing with requests for repeat prescriptions.

Practice Nurse: Mon & Thurs (Full day)

If you wish to see the nurse please make an appointment at the reception desk, or by Telephone.

District Nurses

District nurses are attached to the practice. At the doctor's request they provide nursing treatment and advice to the housebound and patients recently discharged from hospital.

Health Visitors

Health visitors visit all families with children under five years. They also provide information, advice and support to all age groups, particularly at times of physical or emotional stress.

Community Midwife

A Community midwife is attached to the Practice and together with the doctor she provides antenatal care. Following delivery she provides care for the mother and baby for the first two weeks.

Special Clinics

Child Health Surveillance
Thursday 0900 to 1300 hours
Dr R DABO/Health Visitor

Antenatal/Postnatal clinic
Friday 9:00 to 9:30 AM
Dr R DABO

Additional Clinics

Health Checks

On registration all patients will be given an appointment for a general health check.

Every person over 75 years is advised to have an annual health check.

Health Promotion

The practice places special emphasis on the promotion of good health. The following clinics are organised by the practice nurse under your doctor's supervision:

Well person **Family Planning**
Asthma **Over 75 Health Checks**
Diabetes **Coronary Heart Disease**

The practice nurse also gives advice on ways of reducing smoking and alcohol intake, as well as diet, exercise and stress management.

Cervical Smears

It is the policy of the practice to recommend that all women have a cervical smear at least every three to five years. If you have not had a smear within this period, please make an appointment with the practice nurse. Smear results are posted to you in approximately one month. Please bring SAE to the appointment.

Immunisation for Foreign Travel

You will need to seek advice from your travel agent or look in 'Yellow Pages' for the nearest Travel Clinic. Please make an appointment with the practice nurse.

Family Planning & Family Welfare Service

Family planning is undertaken by the doctor and the practice nurse.

Diet

Please see the receptionist for details.

X-Rays

When requested by the doctor, X-rays should be arranged by appointment at Croydon University Hospital, London Road, Croydon (Tel: 8401 3494) or Purley Hospital, Brighton Road, Purley (Tel: 8401 3240).

Blood Tests

These are done at the request of the doctor and taken by courier to Croydon University Hospital Alternatively, the Croydon Walk-In Centre provides a service between 0715 – 0815 Monday to Friday. You must take a form from the doctor with you.

Complaints

If you have any complaints/suggestions, please contact the practice administrator.

Zero Tolerance Policy

This practice operates a zero tolerance policy towards aggressive or abusive behaviour.

Disabled Access

We have full and easy access for those using wheelchair.

The Selhurst Medical Centre

DR RABIA DABO (f)
BM. MRCGP (London)

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London SE25 5QA

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FAX: 020 8665 1228

www.selhurstmedicalcentre.co.uk

