## Park & Thorntree Surgery

Park Surgery, One Life, Linthorpe Road, Middlesbrough, TS1 3QY – 0300 111 2300 Park Surgery, North Ormesby Branch, 131 Kings Road, Middlesbrough, TS3 6EY – 0300 111 2300 Thorntree Surgery, 11 Beresford Buildings, Middlesbrough, TS3 9NB – 0300 111 2300 DECEMBER 2024-JANUARY 2025







We pride ourselves on offering first class health care and as such, we are always happy to receive any comments or suggestions about what we are doing well and what we can do to improve our service.

For non-urgent advice or treatment, send us your query via the E-consult banner on our website. Online Consultation requests can be made at any time and will be responded to as soon as possible, usually within 2 working days.

Alternatively, you can visit your local pharmacy for clinical advice on minor health concerns.

For urgent issues or out of hours, you can also call the NHS on 111 or go online to seek NHS advice 111.nhs.uk

#### **FLU SEASON 2024**

Support your practice and protect your Health.

Have you received your flu vaccination this year? Appointments available please ask at reception.

#### Welcome to the Team

We would like to welcome Dr Fatima Hassan who started working with us at beginning of December.

#### **Enhanced Access**

Central Middlesbrough PCN will be providing appointments from Park Surgery Monday – Friday 6:30pm-8pm and Saturday 9am-5pm. We will be offering a range of appointments with a wide range of clinicians such as GPs, ANPs, Physiotherapists, Pharmacists, Nurses and Healthcare Assistants.

#### Better Health – Let's do this

#### Get active

It's the perfect time to get active. No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still.

## **Appointments**

- Here at Park and Thorntree Surgery we offer a range of same day and routinely bookable appointments.
- Appointments can be made via our telephone line 0300 111 2300, Online services or you can submit an E-Consult linked on our website - <u>https://www.parksurgery.co.uk/</u>

#### e consult

Thorntree Surgery

For patients registered at Thorntree Surgery, click here to contact your doctors online, for free, with eConsult.



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### Park Surgery



GET STARTED

# Not sure what to do?



