

Our new premises were purpose built in 2006. We have two full-time doctors (both male) and we employ a part-time doctor (usually female) to work two mornings a week.

We can dispense medication for the majority of our patients.

Our aim is to provide a friendly and efficient service for everyone.



EMERGENCIES 0844 477 3088

If you have a medical problem which you feel may require urgent attention, ring the surgery. At weekends and at night your calls will be automatically diverted to the doctors' answering service. Advice will be given, and if personal medical attention is required, you may be asked to attend the out of hours centre at Broomfield hospital to be seen by a doctor. If necessary a doctor may visit you at home.

HOME VISITS

(telephone before 11am if possible)

If you are able to attend the surgery, please do so. With the facilities and equipment at the surgery we can make a much better assessment of your problem.

If you can get to the surgery, but are too ill to sit in the waiting room, we can arrange for the doctor to see you on arrival at the surgery.

SURGERY OPENING HOURS

The surgery is open for telephone calls and collection of medication from:

8.00-12.00 and 2.00-6.30 Monday to Friday

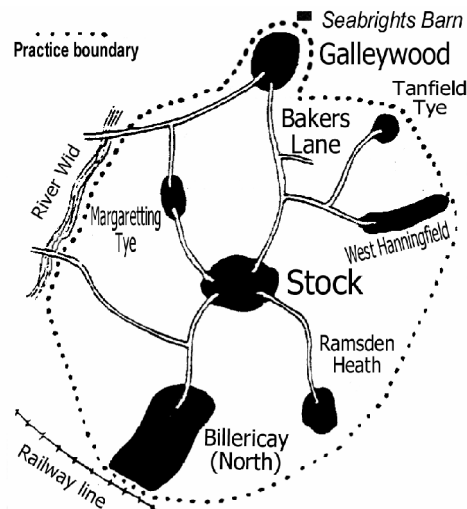
Surgeries are by appointment only and patients can see the doctor of their choice.

Urgent problems will be seen on the same day. It is helpful if you bring only one problem so that the problem can be given full attention. Appointments are normally for 10 minutes. If you feel you may need longer please tell the receptionist.

DOCTORS CONSULTATION TIMES

DAY	DOCTOR	AM	PM
Monday	JC	9.00-12.00	2.00-4.00 or 4.30-6.30
	DA	9.00-12.00	2.00-4.00 or 4.30-6.30
Tuesday	JC	8.00-11.00	4.00-6.00
	Locum	9.00-11.00	
Wednesday	JC	8.50-11.30	Clinics e.g. Antenatal Diabetic
	DA	8.50-11.30	
Thursday	DA	8.00-11.00	4.00-6.00
	Locum	9.00-11.00	
Friday	JC	9.00-12.00	2.00-4.00 or 4.30-6.30
	DA	9.00-12.00	2.00-4.00 or 4.30-6.30

AREA COVERED BY OUR PRACTICE



BLOOD TESTS AND X-RAYS

Blood tests and X-rays are performed at either St Andrews or St Johns Hospital. We encourage patients to take responsibility for obtaining their own results by telephoning the surgery during normal opening hours after 2 weeks.

PRESCRIPTIONS

We can usually dispense medication for all our patients that live more than 1 mile from a chemist. Repeat prescriptions can be ordered in person, by post, by fax (0844 477 3089) or on our website (www.stocksurgery.co.uk).

OTHER SERVICES OFFERED

Health Promotion

We encourage all our new patients to have a *health check* by the nurse. This service is also available for existing patients, on request. Preventative medicine, such as checking blood pressure, cholesterol, and advice on exercise, weight, smoking and alcohol, is performed during normal surgery times by both the doctors and the nurses.

If you would like help with *stopping smoking*, our specially trained nurse will be very happy to help you.



Child Health & Immunisation

Regular developmental checks are carried out by the doctors and the Health Visitor for the under 5's. When you receive an appointment for your child to be immunised please try to attend our clinic, if this is not possible please ring and make an appointment with the Practice Nurse.



Baby clinic

The Health Visitor holds a clinic at the surgery every second and fourth Thursday between 1.30 and 3.30 p.m. Here your baby can be weighed and you can discuss any problems.

Antenatal clinic

This is held every Wednesday afternoon with either the doctor or the community midwife, starting at 2.00

Contraception and Women's health

The doctors and nurses are happy to provide confidential advice on all methods of contraception, including coils, and emergency contraception, to all our patients.

Cervical smears are taken by either a doctor or a nurse during normal surgeries and should be repeated every 3 - 5 years unless a problem arises.

Diabetic clinic

A detailed check for diabetics is available at the clinic on Wednesday afternoons. Diabetic patients should attend twice a year.

Stop Smoking clinic

Our specially trained nurses can help you stop smoking. Normally you will be offered six appointments where you will receive support and useful advice. You can be prescribed nicotine replacement or Zyban.

Asthma and COPD

The asthma nurse has been trained to give people with asthma and COPD a thorough check-up at regular intervals. She can also perform a detailed check using a spirometer.

Minor surgery

If you have a lump or bump treatable by minor surgery, your doctor may ask you to make a longer appointment to perform the procedure using local anaesthetic.



Travel Immunisations

Please arrange an appointment with the nurse at least six weeks prior to travelling for advice and the necessary injections. If you intend trekking in a tropical country you should seek advice as soon as possible.

PRACTICE STAFF

Receptionists

Our reception team has been specially trained to help the doctors help you. They may enquire (in confidence) the nature of your problem so that you get the most appropriate help.

Practice nurses

Our three Practice Nurses perform vaccinations, dressings, ear syringing, smears, health checks and monitor blood pressures. They advise on asthma, diabetes, contraception and keeping healthy.



Dispensers Our dispensers prepare and check medication prescribed by the doctors.

Practice manager – Ms S Scott-Horne

Our Practice Manager oversees the day to day running of the surgery. She ensures that the service provided is efficient and that all problems are resolved swiftly.

District nurses

Provide home nursing care and incontinence advice.

Health visitor

Our health visitors offer advice and support for mothers with young (pre-school age) children.

Community midwife

Provides care and advice during pregnancy and after childbirth.

Counsellor – Wendy Ansell

If you feel that counselling could help you, please speak to one of us.

COMMENTS AND COMPLAINTS

We endeavour to provide the best possible service in a friendly and efficient manner. We welcome compliments for the service we provide as well as suggestions as to how we could improve. If you wish to make a complaint, you should always speak or write to the Practice Manager in the first instance, and she will explain how you should proceed.

STOCK SURGERY



Dr John Coffin
MB BS MRCGP
Qualified 1977, London

Dr David Acorn
MB BS DRCOG
Qualified 1988, London

Stock Surgery
Common Road
Stock. Essex
CM4 9NF

0844 477 3088

www.stocksurgery.co.uk

Fax 0844 477 3089