



Haygarth Pulse



June 2017

www.hay-garth.co.uk

Number: 7

Reception opening hours

Hay-on-Wye

01497 822100

8:30 am – 6.30 pm

Closed for lunch 1-2pm

Monday and Tuesday

Talgarth

01874 713000

8:00 am – 6:00 pm

Closed for lunch 1-2 pm

Wednesday, Thursday &
Friday.

Dispensary opening hours

Monday – Friday

9.00am to 5.15 pm

Contact Us

Haygarth Doctors
The Medical Centre
Forest Road

Hay-on-Wye

Hereford HR3 5DS
01497 822100

The Medical Centre
Hay Road

Talgarth

Powys LD3 0AW
01874 713000

Practice Manager

Mrs Gwyneth Gore

***Please note all
telephone calls to
or from Haygarth
Doctors are now
recorded.***

Can I go back to work before the end date on my fit note?

Yes.

You do not always have to be 100% "fit" to be able to do some work – in fact, work can help your recovery from health problems or support your overall wellbeing if you have a long-term health condition.

You should go back to work as soon as you feel able to and, with your employer's agreement. This may be before your fit note runs out.

For example, you may want to go back to work sooner if:

- you've recovered from your illness or injury more quickly than expected
- your employer can offer you support to help you return to work

Your employer's agreement

If you want to go back to work before the end date on your fit note you should discuss your return to work with your employer.

In some cases, your employer may not be able to agree to your early return. If this happens you should stay off work until the end date of your fit note.

For example this might happen if your employer is unable to make the required workplace adjustments. They will need to carry out a suitable risk assessment.

Your GP's advice

You should not go back to work before the end date on your fit note if your doctor has advised that you should stay off work for the full period covered by the fit note, and wants to see you again.

Do I need a note saying I'm fit for work?

No.

You do not need to see your doctor again to be signed fit to go back to work.

The fit note does not have an option to say that you're fit for work. If your doctor wants to assess your fitness for work again, they will say this on your fit note.

Some employers have their own policy that requires employees to obtain medical evidence that they are fit for work. If this is the case, your employer should help you arrange this privately with a GP or occupational health specialist. A doctor cannot issue a fit note for this purpose.

Staffing changes

Farewell to

Dr Jodi West MBChB,
GP Returner

Dr Katie Walbeoff, GP
Registrar

Dr Martin Lam, GP
Registrar

They will all be leaving
the practice in July.

Welcome to

Dr Sophie Bennett who
will be joining us as a
part-time Salaried GP in
August 2017

Future editions

... is there something you
would like us to cover here?
Please let us know – pop a
card in our suggestion box

Shropdoc out of hours
contact number is

0333 2226655

Going back to work

You do not need to be fully fit to go back to work. For example:

- your employer may agree to make some changes to help you return
- if your health condition no longer affects your ability to do your normal duties, you may be able to return even though you've only partly recovered

Below are some examples of changes that your employer could consider:

- returning to work gradually – for example, by starting part-time
- working different hours temporarily
- doing different duties or tasks
- having other support to do your job, such as avoiding heavy lifting

Depending on your job, you may need to meet other requirements before you can return to work. For example, DVLA rules will apply if you drive:

a large goods vehicle (LGV), such as a lorry
a passenger-carrying vehicle (PCV), such as a bus

Read more on GOV.UK about [driving with a disability or a health condition](#).

Your employer will tell you if special requirements apply to your job.

Travel Clinic

Haygarth Doctors offer travel clinics from Hay-on-Wye Medical Centre. **Important – please note that there are limited places available for travel clinics. Please contact the Medical centre to book an appointment before completing the Travel Health Questionnaire.**

- Once you have secured a travel clinic appointment, please complete a Travel Health Questionnaire (available from Hay-on-Wye or Talgarth Centres and return it to Hay-on-Wye Medical Centre at least 2 weeks before your appointment.
- Please allow at least 6 weeks prior to departure to help us meet your travel vaccination and medication needs.
- Please note that some travel medications and vaccinations may attract a fee which is payable in advance of your appointment.
- We are unable to offer a travel service if you are planning last minute travel.

August Bank Holiday

Please note the surgeries will be closed for the August bank holiday as below: -

Hay-on-Wye

Monday 28th August 2017

Closed

Talgarth

Monday 28th August 2017

Closed

Normal opening times resume on Tuesday 29 August 2017