**DOCTORS**

**Dr SANDAR HLAING** (Female) Special Interests: Care of the Elderly, Palliative Medicine, Women’s Health, Heart & Lung disease

**Dr SAPAN SAMAIYA** (Male) Special Interests: Diabetes & Men’s Health

**Dr LIZ BERNARD** (Female)

**GP Registrar – Qualified trainee GP Doctor**

**Practice Staff**

**Mrs Liz Llewelyn Practice Manager**

**Mrs Gemma Bowen Business Manager**

*Dawn Thomas Receptionist*

*Karen Eynon Receptionist*

*Helen Williams Receptionist*

*Susan Williams Receptionist*

*Health Care Assistant*

*Hannah Mcgimpsey Receptionist*

*Jan Thomas Receptionist*

*Trudy Martin Receptionist*

*Holly Mainwaring Receptionist*

*Caroline Ashwood Nurse Practitioner*

*Rachael Bosson Practice Nurse*

*Gail Hughes Systems Supervisor*

*Andrea Stacey Data Clerk*

*Shirley Sullivan Data Clerk*

*Katherine Bevan Workflow Administrator*

*Paula Cox Data Clerk*

For any feedback or complaints, please contact Practice Manager, Mrs Llewelyn at Harbourside Health Centre.

**Pharmacy Details**

**Well Pharmacy 01792 654635 (on-site)**

**Ysgol Street 01792 655353**

**Tawe 01792 458682**

**Sainsbury 01792 480926**

HARBOURSIDE Health Centre

**(Main Surgery)**

@The Beacon, Langdon Road, Swansea Waterfront, Swansea, SA1 8QY

**01792 481456**

**ST DAVID’S MEDICAL CENTRE**

(**Branch Surgery)**

@36, Caldicot Close, WinchWen, Swansea, SA1 7HT

**01792 702700**

[**www.harboursidehealth.co.uk**](http://www.harboursidehealth.co.uk)

***Appointments & Repeat Prescriptions can be accessed on-line.***

***Please register for ‘My Health Online’ at Reception and update your contact details regularly to receive reminder services.***

***Language translation services and special provision for disability is available***



**Reception Opening Times**

**Weekdays: 08:00 – 18:30**

**Doctor Surgery Times**

**Morning 08:30 - 11:30**

**Evening 14:30 - 17:30**

**Phone Numbers**

**Main surgery Reception: 01792 481456**

**Branch surgery: 01792 702700**

**APPOINTMENTS**

**ASK MY GP ONLINE SYSTEM**

**(See website for link)**

**Main surgery: 01792 481456**

***For same day appointments***

***Submit request between 8am to 10am***

**RESULTS: 01792 481456**

*between 1:30 pm- 3pm*

**PRESCRIPTION LINE: 01792 481432**

*Please ring between 10:30 to 12:30 am*

**Main Fax Line: 01792 464914**

**HOME VISIT REQUESTS**

**Please contact surgery before 11am on the day to arrange visit as appropriate**

**NHS 111**

**This service is available 24 hours a day, seven days a week, and you can use it both for health information and advice and to access urgent care.**

**APPOINTMENTS**

**Appointments are available Mon- Fri 8:30 - 11:30 am & 02:30 - 5:30pm. We offer urgent/same day appointments every day. Please request via Ask My GP online system or ring between 8:00 to 10:00am to be added to the triage list. Please give the Receptionist as much information about your condition for the GP to ring you back.**

**You can pre-book routine appointments up to 4 weeks ahead, please provide reason so as to book with the most appropriate professional.**

**Requests for Home visits are to be made before 11 am. Please only request home visits if you are incapable of attending the surgery. Whenever possible, try and come into the surgery as facilities here are far better for examination and treatment.**

**Investigation Results**

**Please always ring back for investigation results.**

**Please allow one week for blood results and two weeks for X-rays, scans and other imaging results**

**Directions**

**Harbourside Health Centre is in the new SA1 Development in Waterfront & Docklands Area, entrance to the area is off Fabian’s Way, signposted SA1 Development, turn right at the roundabout, and right again into Pudsley Road, where there is a sign indicating onsite parking (limited for 2 hours). There is also a payable parking site opposite the surgery.**



# St David’s Medical Centre is in Caldicot Close, Winch Wen, on left turn before Cefn Hengoed School. There is free onsite parking.

# Map of St Davids Medical Centre

# Repeat Prescriptions

**You may order the items up to a week early via My Health Online/ Prescription Line/ drop request at Reception . Please note the date of review of your medication, indicated on the bottom right hand part of your prescription. Please make an appointment for review with appropriate professional at least 2weeks prior to review date. All Pharmacies offer a free delivery service.**

**Website:** [**www.harbourside.co.uk**](http://www.harbourside.co.uk)

**We have provided more details of our services on our website. We welcome your feedback, please use the appropriate suggestions boxes or email us**

**We accept patients in the following areas of Swansea**

**Jersey Marine (Including University Bay Campus), SA1, Marina, Docklands, St Thomas, Port Tennant, Grenfell Town, Plasmarl, Copper Quarter, Bonymaen, Winchwen, Llamsamle & Birchgrove, If you are unsure you can register, please ask our reception staff.**

# Services

P**re-bookable Appointments (up to 4 weeks in advance)**

**Triage Appointments with the GP for same day and emergency appointment**

**One stop student & Youth Clinics**

**Women’s Clinics & Family Planning ( Coil /Implants ) Sexual Health**

**Joint injections**

**MOT General Health Checks for over 40**

**Child Health & Vaccination Clinics Wednesday 13:30 at Harbourside and Tuesday 11.30 at St David’s**

**Asthma, Lung Diseases & Heart Failure Clinics**

**Diabetes Clinics**

**Heart Disease and High Blood Pressure**

**Travel Advice & Vaccinations with Nurses**

**Osteopathy Clinics**

**Stop Smoking Support Clinics on Monday Mornings at Harbourside (Walk-in)**

**Antenatal Clinics Thursdays 13:30 at Harbourside and Mondays 9am at St David’s - Midwife led.**