



PATIENT NEWSLETTER- SUMMER 2024

**Partners:**

Dr Peter Evans  
 Dr Craig Embley  
 Dr Paula Baxter  
 Dr Catherine Kelly  
 Dr Prashanth Peddareddy  
 Dr Peter Mathias  
 Dr Monika Tomas  
 Mrs Anisha Chauhan

**Doctors:**

Dr James Hopkins  
 Dr Foluke Faturoti (GP Registrar)  
 Dr Christena Farag (GP Registrar)

Surgery Opening Hours  
 Monday-Friday 8am-6:30pm

Dispensary Opening Hours:  
 Monday-Friday 8:30am-1pm 2:30pm-6pm

This Winter (Dec-Feb) we had a total of 537 missed appointments. This cost an average of £16,110! Please let us know if you cannot attend your appointment, as we can then give this to someone else who would need it. You can do this by either cancelling your appointment on the NHS App, or by giving us a ring.

THINK PHARMACY FIRST!

The Pharmacy First service allows community pharmacists to supply medications so you don't have to book an appointment at the GP practice. There are 7 conditions they are able to help you with:

- Earache (1-17 year olds)
- Impetigo (1 year old+)
- Infected insect bites (1 year old+)
- Shingles (18 year old+)
- Sinusitis (12 year old+)
- Sore throat (5 year old+)
- Uncomplicated UTI (women 16-64 year olds)

Before you contact the GP about suffering with one of the above conditions... think Pharmacy First!

Remember you no longer have to wait in the queue to pick up your repeat prescriptions. Instead sign up to use our **vending machine** to pick up your prescription when it suits, 24/7! Pick up a form from our dispensary to sign yourself up.

HAYFEVER TOP-TIPS:



Pollen levels are high in the summer time, and with 49% of the UK population suffering from symptoms, we've decided to share our top tips with our patients!

One line of defence we recommend are antihistamines (also known as hayfever tablets). These can be bought for less than £2 in supermarkets. There are many types of antihistamines, so if you're unsure about which ones to take, ask a pharmacist, as not all antihistamines are suitable for everyone.

We would also recommend using nasal sprays. These again can be bought over the counter at supermarkets, and most actually work faster than tablets!

If you suffer quite drastically with hayfever, it may be an idea to monitor pollen forecasts and try to stay indoors when the count is high. On high pollen days, shower and wash your hair when you arrive home, avoid drying clothes on a washing line, and apply an allergen barrier balm around the edge of each nostril to block pollens.

## WHOOPIING COUGH VACCINE IN PREGNANCY

Whooping cough (pertussis) cases this year have been sky high. Last year in total we saw 858 cases. We are only half way through the year and we are already at a total of 4,793 cases! Pertussis can be fatal for babies as they are at greatest risk of disease as they are too young to benefit from complete vaccination. It is vitally important for pregnant patients to have the vaccine, so that baby can gain some protection from the vaccine you have, When old enough, it is also important to take baby to their routine immunisations, so that they can boost that immunity they received in tummy.



### REMEMBER YOUR SUN SAFETY THIS SUMMER

To protect yourself from sunburn and dehydration this summer follow these tips! Spend time in the shade between 11am and 3pm, cover up with suitable clothing and sunglasses, use at least factor 30 sunscreen and, drink plenty of water throughout the day. **Visit the NHS website for tips on sunscreen and sun safety.**

## NHS APP

Did you know you can access your GP health record from the NHS App?

You can order repeat prescriptions, see clinician consultation notes and view test results all from the comfort of your own home 24/7!

You can download the app on your phone or tablet from either the Apple App Store, or Google Play Store. Or you can even access your record from your computer or laptop by going to <https://www.nhsapp.service.nhs.uk/login>



Our NHS App ambassador Lauren will be doing drop in sessions 9am-12pm, 2pm-5pm on the below dates if you are having any issues with the app:  
**Friday 19th July**  
**Friday 16th August**



### CYCLE TO WORK DAY

On **Thursday 1st August** join the UK's biggest cycling commuting event. It's an event for everyone, encouraging all to cycle to work. A study found cycling to work reduces your risk of developing cancer by 45% and cardiovascular disease by 46%! Give it a go and join a community of cyclists sharing all that's good about cycling to work!