



## PATIENT NEWSLETTER- SUMMER 2025

### 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 Jess Thomas  
Dr Subash Gurung (GP Registrar)

### Surgery Opening Hours

Monday-Friday 8am-6:30pm

### Dispensary Opening Hours:

Monday-Friday 8:30am-1pm 2:30pm-6pm

This Spring (Mar-May) we had a total of 455 missed appointments. This is a total of around 210 hours! 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.

## HOW TO COPE IN HOT WEATHER: TIPS FOR STAYING SAFE

Heatwaves can be particularly challenging, especially those with underlying health conditions such as heart disease, respiratory issues, or diabetes. Extreme temperatures can put extra strain on the body, making it important to take precautions. Here are some essential tips to help patients stay safe and comfortable during a heatwave:

- **Stay Hydrated**

Drink plenty of water, even if you're not thirsty. Avoid sugary, caffeinated, or alcoholic drinks.

- **Limit Outdoor Activities**

Stay indoors during the hottest hours (11 a.m. to 4 p.m.). Wear lightweight clothing, sunscreen, and a hat if you must go outside.

- **Keep Cool Indoors**

Use fans, cool showers, or place a damp cloth on your forehead to help cool down. Keep curtains or blinds closed to block out direct sunlight.

- **Check on Vulnerable People**

Regularly check on the elderly or those with health conditions, ensuring they stay cool and hydrated.

- **Recognise Heat-Related Illness**

Be alert for symptoms like dizziness, nausea, or confusion. Seek medical help if needed.

By following these tips, patients can stay safe and manage the heat more effectively.

## TRAVEL VACCINATION ADVICE

With holiday season upon us, don't forget to book your travel vaccine appointments in advance to ensure you're fully protected for your upcoming trip! See our travel immunisation procedure below.

- 1) Get your **vaccination history** from us. You can ask for this by submitting an online request.
- 2) figure out **what vaccines** you need. You can find this information by using following link <https://travelhealthpro.org.uk/countries>
- 3) Come back to us with what vaccines you need and to book in with travel nurse. Again do this through submitting an online form.

### PLEASE NOTE:

We are only able to give vaccinations available on the NHS which are: polio (given as a combined diphtheria, tetanus, polio vaccine), typhoid, hepA, cholera.



## BREAST SCREENING

The Breast Screening Service will be inviting in our patients who are eligible for testing in the months of June and August,

Breast screening is a key tool for detecting cancer early, often before symptoms appear. It usually involves a mammogram, which can spot small changes in breast tissue. Early detection means treatment is more likely to be successful and less invasive.

Women aged 50 to 71 benefit most from regular screening, but anyone at higher risk should speak to their doctor. If you receive an invitation for screening, make sure to book your appointment—it could save your life. Staying informed and aware is a simple, powerful step toward better health.

## 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>



Book in with our NHS App ambassador Lauren if you need a helping hand setting up or if you are having issues with the app!



## NATIONAL BLOOD DONOR WEEK

16<sup>th</sup>-22<sup>nd</sup> June is National Blood Donor Week

Currently, stocks of blood are critically low! Donating blood is a simple act of kindness that can make a life-changing difference for patients in need, from accident victims to those battling serious illnesses. With blood donations in constant demand, your contribution is more vital than ever. Just one donation can help save up to three lives.

Head to the NHS Blood website <https://www.blood.co.uk/> to book in an appointment to donate.