

Western Elms Newsletter June 2019

STAY SAFE IN THE SUN...

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy.



Sun Safety Tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October. Make sure you:

- Spend time in the shade between 11am and 3pm
- Make sure you never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 15 sunscreen

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest. When buying sunscreen, the label should have:

- A sun protection factor (SPF) of at least 15 to protect against UVB
- At least four star UVA protection

DATES FOR THE DIARY:

The surgery will be closed between 12.30 - 4.30pm for staff training on the following dates:

Wednesday 10th July
Thursday 24th October
Thursday 28th November

NHS APP

NHS England has launched an app which can now replace all of the other online services available. At the moment they are doing a soft launch releasing it gently and are not publicly advertising it, developing it further as it goes along.

You can:

- Check symptoms
- Book appointments
- Request medication
- Look at your medical records
- Register as an organ donor
- Access your NHS number
- Choose how the NHS uses your data



Future developments on the app include choosing your nominated pharmacy for your prescriptions to be sent electronically and book hospital appointments that you have been referred to via the app.

Search 'NHS app' on your smart phone app store and follow the simple steps to create an account, all through your phone.

If you need assistance with this speak to a receptionist who will help you to set up your account.

Would you like to receive our newsletters electronically?

Email we.patientgroup@nhs.net to be added to the mailing list!

**WE NOW HAVE PATIENT WIFI
- TRY IT WHILST YOU ARE IN
THE WAITING ROOM!**

PATIENT PARTICIPATION GROUP

Are there things you like or dislike about your experiences with Western Elms and the NHS currently? Well, we need your help; we would really like your views so that we can ensure that your experiences are to your satisfaction wherever possible.

The surgery has an active patient group which consists of patients, volunteers and surgery staff. We meet every month to discuss any issues which might need addressing. Sometimes we have guest speakers when all patients are invited to attend. In the past these have proved extremely popular, and occasionally the group help the surgery with questionnaires and information gathering.

We need more members... the meetings are held in the surgery early on a mix of Wednesday evenings and Wednesday lunchtimes and last around 90 minutes. If you cannot spare the time to attend the meetings then perhaps you would consider being a member of our virtual group where your views can be sought by e-mail. If you are able to help with either option please ask at reception for a form or email we.patientgroup@nhs.net

Our next meeting is on Wednesday 3rd July at the surgery 7pm. We would love to see some new faces. Please help us to help you.

FAMILY PLANNING CLINIC

As of June there will no longer be a family planning drop in clinic on a Monday evening.

If you need an appointment please speak to reception who will pre-book you an appointment.

If your clinician is running late please be patient.

As clinicians we see patients who may need emergency treatment or who may be distressed. Somebody you know may need the same care one day.

HAYFEVER SEASON

Hayfever season is upon us. Symptoms may vary from being a minor irritant to making life very miserable and uncomfortable. Hay fever is caused by an allergy to pollens or moulds. Grass pollen is the most common cause; less common causes are tree pollens and moulds. Symptoms are due to the immune system 'over reacting' to the pollen or mould.

Common symptoms are - runny and itchy nose, blocked nose, sneezing, itchy and watery red eyes and sore throat. Sometimes only the nose and eyes are affected. Less common symptoms are - loss of smell, facial/sinus pains, sweats and headache. Asthma symptoms such as a cough, wheeze and breathlessness may get worse.

Should you need help with hayfever, your first port of call should be the local pharmacy who can advise on medication available!

It's not a 999
emergency.
But you need
medical help fast.

There's now



number to call.



when it's less
urgent than 999