

Redgate and Somerset Bridge Medical Centre

Patient Group News

Summer 2017- Issue 117

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REDGATE COMMUNITY GARDEN

JOIN US AT OUR OFFICIAL OPENING ON

TUESDAY 18TH JULY 2017 AT 12.30 PM



A PLANT AND PRODUCE SALE WILL ALSO BE HELD.

ALL DONATIONS MOST GRATEFULLY RECEIVED.

ALL PROCEEDS OF THE SALE TO GO TOWARDS THE GARDENING PROJECT.

Hearing Aid Batteries

Did you Know?



NHS Hearing Aid batteries are available free of charge from Reception

ZING HEALTH TRAINERS Sheila and Megan hold weekly clinics at our practice. Health Trainers can provide help and support with:-

Healthy Eating

Weight Management

Becoming more Physically Active

Sensible Drinking

Managing Stress

Freephone 0800 412 5502 Email: lifestyle.hub@sompar.nhs.uk



ELECTRONIC PRESCRIPTION SERVICE IS COMING IN JULY

If you get regular prescriptions the Electronic Prescription Service (EPS) may be able to save you time by saving you unnecessary trips to your GP.

EPS makes it possible for your prescriptions to be sent electronically to the pharmacy or dispenser of your choice.

Choosing a pharmacy or dispensing appliance contractor to process your EPS prescription is called nomination. This means, you will no longer have to collect a paper repeat prescription from your GP practice and instead you can go straight to the nominated pharmacy or dispensing appliance contractor to pick up your medicines or medical appliances.

HAVEN'T YET NOMINATED A PHARMACY? YOU CAN DO THIS AT ANY TIME BY SIMPLY POPPING INTO THE PHARMACY OF YOUR CHOICE.



SINGING FOR BETTER BREATHING

There's increasing evidence that singing regularly as part of a group is good for your health and general well being. And there's research that suggests group singing also has benefits if you have a long-term lung condition such as asthma, COPD or emphysema. It can help reduce your feelings of being short of breath by strengthening the muscles you use when you breathe and help you to feel more in control of your breathing. Singing can increase the strength of your voice, improve your posture, increase your lung capacity and boost your body's response to infection.

Would you be interested in joining a singing group at the Practice? If this is something of interest to you, please leave your contact details at Reception.

APPOINTMENTS

Somerset is currently running a pilot which looks at changing the opening hours of some GP practices. We have decided to take part in this pilot, along with our colleagues in all other local practices.

From 1 June 2017 we will be moving some of our GP appointments so that appointments are available every Tuesday evening, instead of on Saturday morning once a month. In addition to this we will also be providing nurse appointments on a Tuesday evening.

For now, whilst we sort out IT and governance issues we will be offering these appointments to our own patients only. In due course this may change and patients registered with local practices may be able to visit other practices for appointments. There are challenges with this as we think your continuity of care is important and where possible it is best if you see your own GP or practice. So, as we develop this service we will be looking to protect the quality of care you receive.

Do we have your up-to-date contact details ?

Please do let us know if you change your mobile phone number. Change of Details forms are available in reception or you can update your details via our website.

PATIENT GROUP MEETINGS IN 2017

10.30 am — 12 noon

Wed 2nd August at Redgate M/C

Wed 20th September at Somerset Bridge M/C

Wed 1st November at Redgate M/C

In Charley's Memory

Making Mental Health Matter

Charley was a popular, kind and charming young man. With a loving family, a large group of friends and plans for the future, he had a lot to live for.

However, what you couldn't see was his everyday fight against his mental health conditions. Only those closest to him knew about his struggles with anxiety, depression and OCD.

This 'invisible' illness began taking over his life, he distanced himself from friends and some days couldn't even step out the front door. For years Charley reached for help from Counsellors, Doctors, support groups and other professionals, determined to get better.

Despite this, everything became too much and he took his own life on 10th September 2014 at just 18 years old. His family and friends were determined not to let this illness take another life and that's when In Charley's Memory (I.C.M) was founded

If you are aged 11-25 years and have concerns with your mental health – perhaps you are anxious or depressed or lacking in confidence – these are all issues that I.C.M can help support you with too.

***** STARTING SOON *****—Drop-in Sessions and I.C.M Counsellors will soon be available at Redgate & Somerset Bridge Medical Centre for 11-25 year olds. See Reception for details.

I.C.M Contact Information

Call or Text: 07927 017 683

Email: in_charleys_memory@outlook.com

<https://facebook.com/InCharleysMemory>

<http://www.incharleymemory.org.uk/>



For all the latest news and information visit our website

www.redgatemedicalcentre.co.uk or www.somersetbridgemc.co.uk

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

What factor sunscreen (SPF) should I use?

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

And at least four-star UVA protection. UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

How to apply sunscreen

Most people don't apply enough sunscreen. As a guide, adults should aim to apply around:

- two teaspoons of sunscreen if you're just covering your head, arms and neck
- two tablespoons if you're covering your entire body while wearing a swimming costume

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- Just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears – and head if you have thinning or no hair – but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

This includes applying it straight after you've been in water – even if it's "water resistant" – and after towel drying, sweating, or when it may have rubbed off.