

Riverside Medical Centre Summer 2018 Newsletter

Welcome to the Summer issue of our Practice Newsletter. The newsletter is to provide patients with any news, information or forthcoming events. If you have any suggestions as to what you would like to see in your newsletter please inform a member of staff.

Walk in clinics

Our Walk in Sessions are now provided each weekday morning, meaning that we are able to provide access within 48 hours.

If you do not need to be seen in person, don't forget that you can book a telephone appointment with a GP to discuss any health concerns you have.



Please ensure we have your up to date details. It is important that we are able to contact you in case of emergencies. It is also useful for us to hold details of your Next of Kin and their contact details too.



Paracetamol & Hay fever Medications

Did you know that medication such as Paracetamol & some Hay Fever medications cost four times more to the NHS when issued on a prescription.

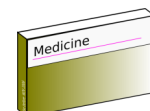
Our NHS is struggling to cope with the increasing demands: therefore we are advising patients that we will not provide prescriptions for minor self limiting conditions.

These items are available to buy over the counter from Pharmacies, most Supermarkets and beauty shops at a relatively small price.

Medication items no longer available on prescription

Wakefield Clinical Commissioning Group have decided to stop providing some products on prescription because they offer limited health benefits, are a low clinical priority, or can be bought at a relatively low cost in supermarkets and pharmacies.

- ◆ Sunscreen
- ◆ Cream for unwanted facial hair
- ◆ Moisturisers for minor skin conditions
- ◆ Camouflage products (eg make up for port wine stains birthmarks)
- ◆ Multivitamins (where no specific deficiency has been identified)
- ◆ Soya & thickened infant formula & formula for lactose intolerance



June 2018

Staff Training Days

Please make a note of the dates below when the surgery will close. Wednesdays

20 June

18 July

19 September

We will close at 12noon on the day of training and re-open the following day at 8.00am.

If you need a Doctor in an emergency please telephone

NHS 111

Staff News



We are delighted to announce that both Dr Lazzerini & Dr Rowley had baby boys on 18th May! Congratulations to both sets of parents.

We welcome Dr Usamah Taylor & Dr Anne-Marie O'Leary who will be providing cover during the Maternity Leave.

Unacceptable Behaviour



We value and care for our staff. We would ask that they are treated with courtesy and respect. Any individual not complying with this request will be asked to leave the premises and may be removed from the Practice List.



Patient Representation Group

If you would like to become a member of the PPG please contact the surgery either by asking at reception or sending an email to: riverside.mc@nhs.net

All patients over the age of 18 are welcome to become a member.

Please check our website for details of the next meeting

Make use of our On-line Services

GP online services—Quick, easy and secure

- ◆ Book GP appointments
- ◆ Order repeat prescriptions
- ◆ Access your GP records

If you have not registered for online services yet, contact the surgery for further information

Mobile Phones



Polite Reminder - Please can you switch off your mobile phone whilst on the premises and the GPs and nurses will

provide you with the same courtesy.

Bank Holiday—August 27th

Please make a note that we will be closed on Monday 27th August. If you need a doctor in an emergency please telephone NHS 111.

Monday 27th August 2018 Closed

GDPR

The new Data Protection rules which affect your personal data became law on 25th May 2018.

Please check out our updated Privacy Policy which is on display in the waiting room and also on our website.



Electronic prescriptions are now available at the surgery. Once we have received your repeat prescription at Reception (or you can request it electronically – please ask at Reception for details), it is then signed by your GP (please allow 2 days), and then sent electronically to your chosen pharmacy for collection or home delivery.

Patients do not need a computer to benefit from electronic prescriptions.

Patient Transport Service

If you have a MEDICAL condition which may stop you getting to your hospital appointment then you may be eligible for transport. The ambulance service has strict criteria which the surgery has to follow and we can therefore only book transport for your FIRST out-patient appointment if you meet this criteria.

Our staff will ask you questions to find out whether you are eligible for transport.



Cervical Cancer Awareness



Cervical cancer is the most common cancer in women under 35 in the UK, but can affect women of any age. Cervical Cancer is one of the most preventable cancer types. Screening, vaccination and lifestyle can all play a role. Cervical screening saves up to 5,000 lives from cervical cancer every year in the UK. Women aged 25-49 are invited for screening every 3 years. Women aged 50-64 are invited every 5 years.

What symptoms should you look for? No matter what your age and even if you have been for a cervical screening, it is important to see your doctor if you notice any bleeding: between periods, during or after sex, after the menopause.

Get to know your body and keep an eye out for these or any other changes that are unusual or don't go away—for example pain or change in vaginal discharge (fluid). It's more likely to be something less serious but it's best to get it checked out.

If you have any questions about cancer—Cancer Research UK can help:

FIND OUT information about cancer.cruk.org

ASK their specialist information nurses **0808 800 4040**

SHARE your experiences cancerchat.org.uk

Smoking Cessation Support

Do you want to stop smoking?



Yorkshire Smokefree Wakefield is based at Pontefract Health Centre and provide a variety of clinics throughout the entire district such as Airedale, Castleford, Hemsworth, Normanton and Wakefield. The offer advice and support for anyone wanting to quit.

Contact the Yorkshire Smokefree Wakefield office on 01977 465449 or visit yorkshiresmokefree.nhs.uk for further information

Stay Healthy this summer

Whether you're heading to the beach or having a BBQ with family and friends this summer, it's important that you stay healthy. Here are some tips to keep you and your family safe and well this summer.

Sun Safety

Warmer weather is known for making people smile, but it also brings a number of health risks. This advice will help you enjoy the summer sun safely.

- ☑ Stay out of the sun between 11am and 3pm.
- ☑ If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat.
- ☑ Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks.
- ☑ Keeping your living space cool is especially important for infants, the elderly or those with chronic health conditions or who can't look after themselves.
- ☑ Place a thermometer in your main living room and bedroom to keep a check on the temperature.



BBQ Food Safety



When cooking on your barbecue, there are two main risk factors: under cooked meat and spreading germs from raw meat onto food that's ready to eat. To avoid food poisoning, when you're cooking any kind of meat on a barbecue, make sure:

- ☑ The coals are glowing red with a powdery grey surface before you start cooking, as this means that they're hot enough.
- ☑ Frozen meat is properly thawed before you cook it.
- ☑ You turn meat regularly and move it around the barbecue to cook it evenly.
- ☑ The meat is piping hot in the centre, there is no pink meat visible and any juices are clear.

Feeling Unwell

What to do if you or a family member begins to feel unwell this summer:

- ☑ Try to get help if you or someone else feels dizzy, weak, anxious or have intense thirst and headache. Move to a cool place as soon as possible and measure body temperature.
- ☑ Drink some water or fruit juice to rehydrate.
- ☑ If you suffer painful muscular spasms after sustained exercise during hot weather, (particularly in the legs, arms and stomach), rest immediately in a cool place.
- ☑ Medical attention is needed if heat cramps last more than one hour.
- ☑ Consult a doctor if you feel unusual symptoms or if symptoms persist.



A&E and 999 services are for emergency and life-threatening conditions only.

Call NHS: 111—24 hours a day 365 days a year for fast free medical advice when it's not an emergency.