

Arrival Practice Newsletter

Summer 2018



Hooray, Summer's here! Yay, it's sunny!



Before you go skipping out the door to enjoy it though, make sure you're prepared. Every year the NHS sees an influx of heat-related illnesses that could have been easily avoided.

There's a bunch of simple stuff you can do to stay healthy in summer.

- **PROTECT YOUR SKIN** Remember to wear sun screen (at least factor 15) and top it up throughout the day. Try to stay somewhere cool and shady between 11am and 3pm and wear a hat and sunglasses to protect your head and eyes.
- **SUNBURN** Anyone who's ever been sunburnt can tell you that it's very unpleasant. If you do get sunburnt, stay out of the sun, cool your skin by having a cool bath or shower or by dabbing the area with a cool flannel. Drink plenty of water and use an after-sun lotion to soothe the burn. Take paracetamol or ibuprofen to relieve the pain.



• **HYDRATE** Dehydration can make you feel dizzy, tired and nauseous. **Drink plenty of water during the day in warmer weather.** If you're going for a run or doing exercise, try to do it in the morning or evening when it's cooler. Babies, kids and older people are more at risk from dehydration, so make sure you're looking out for them too. Avoid alcohol and sugary drinks.

- **HOLIDAY HEALTH** Going abroad? Make sure that you are up-to-date with any vaccinations you need before you travel. Some countries require you to have an International Certificate of Vaccination (CVP) e.g. Saudi Arabia requires proof of vaccination against meningitis for visitors arriving for the Hajj pilgrimage. Get advice about vaccinations at least eight weeks before you travel. Your GP should be able to help with this or visit NHS Choices for more advice. You can also ask at your local pharmacy for further information. **If you have regular prescription medicines, make sure that you have enough to cover the duration of your trip, and that you give your pharmacy enough notice to prepare it for you before you travel.** Speak to your GP beforehand if you are going to need extra to cover your trip.
- **INSECT BITES/STINGS** Generally, in the UK, insect bites and stings aren't anything more than a mild annoyance and can be treated at home with over-the-counter medicines or cream from your pharmacy. If you're worried about a bite or sting, or you think it might be infected, or you start to feel unwell, give **NHS 111** a call and explain your symptoms - they will give you some advice. If you have a severe reaction to a bee sting, call 999 right away.



GDPR - General Data Protection Regulation

The NHS wants to make sure that you and your family have the best care, now and in the future. Your confidential patient information will be used to support your individual care and it also helps us to research, plan and improve health and care services in England. There are very strict rules on how this information can and cannot be used and you have clear data rights. We are committed to keeping patient information safe and will always be clear on how it is used. You can choose whether or not your confidential patient information is used for research and planning.

Beating Diabetes & Changing Lives

DIABETES HEALTH FAIR

Diabetes, what you need to know

Wednesday 4th July 2018

10am - 2pm

Stockton High Street & Castlegate Centre

Free Event



Blood pressure
BMI
Free gift

Free drinks
Free information and recipes
Can you tell the difference taster session

Learn about: Healthy eating
Being active
Reducing risk

GPs, Locums and Rosie

As Arrival is a small practice, sometimes your usual GP may not be available. They might not be working that day due to holidays or training. The locum GPs are chosen to ensure that they understand the needs of the practice. They have access to your medical records, so that they can deal with any existing or new problems that you may have.

Rosie is our Primary Care Practitioner. She works in exactly the same way as a GP and will be able to give you any prescriptions/referrals that you may need. The only thing that Rosie is unable to do is issue a sick note if you are unable to work due to health reasons.

FEELING UNWELL? MAKE THE RIGHT CHOICE

- **Self-care in your home** - Have some basic first aid and medication at your home. These can be bought from shops, supermarkets and pharmacies.
- **Your local pharmacy** - visit your local pharmacy for advice and to buy medication. They have fully trained staff and can help with lots of ailments.
- **GP (doctor)** - contact your GP when open. If closed, **call 111** for advice.
- **Urgent care centre** - If you have a minor injury **call 111** or visit your local urgent care centre which is open all year round.
- **Emergency department (A&E) or 999** - you should call **999** straightaway if you are worried about a life threatening emergency or a serious injury.

Practice Opening Times:

Monday 08.00-18.00

Tuesday 08.00-18.00

Wednesday 08.00-18.00

Thursday 08.00-18.00

Friday 08.00-18.00

Telephone lines open at 08.30

CLOSING DATES DURING SUMMER The practice will be closed on the following dates:

- **Thursday 5th July 2018 from 1pm**
- **Bank Holiday Monday 27th August 2018**

Please remember to order prescriptions in advance!

If you require urgent medical care when the practice is closed, please ring 111. The NHS 111 service is free from both landlines and mobile phones.



