

Clifton House Medical Centre Newsletter

Spring/Summer 2018



We would like to say a massive belated thank you to everybody that brought the staff gifts at Christmas time, they were very much appreciated .

It looks like we are finally ready to ditch our big woolly jumpers and that spring/summer is definitely on its way.

We have included some helpful tips in this newsletter to help keep you safe this summer.

If you have any comments that would help us improve our service please complete one of our **family and friends surveys** available at reception. All comments welcome.



Going abroad this summer?



Remember to have your travel vaccinations!

If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. Vaccinations are available to protect you against infections such as yellow fever, typhoid and hepatitis A.

In the UK, the childhood vaccination programme protects you against a number of diseases, but doesn't cover most of the infectious diseases found overseas.

We have Travel Vaccination forms available from the surgery, just ask the front desk and we happily give you one to fill in. Once you have filed your information out we will then book you in to see one of our practice nurses. They may be able to give you the travel jabs you need, either free on the NHS or for a charge.

You should get advice at least eight weeks before you're due to travel, as some jabs need to be given well in advance.

Did you know you do not need to see the doctor for hayfever symptoms?

Community pharmacists can offer advice on how to avoid triggers and how to treat your hayfever

You do not need a prescription for hayfever medicines. Many treatments are available for little cost from a community pharmacy

Please help us save NHS resources which could be invested in improving local healthcare services.



If you need support to try something new, get active or speak to someone about benefits, housing or money worries, please join our **Well-Being Officer** at our surgery.

**Every Friday
13:00-17:00**

KNIT AND NATTER

If you like knitting, want to learn or just fancy joining a new group...look out for more information on social media and posters in the Practice. We are knitting 'twiddlemuffs' for dementia patients. If you have some spare time and would like to support us, please come along.

Every alternative Wednesday

1pm—3:30pm See reception for dates.

Here at Clifton House!



Connect Well helps people to manage their health better and improve their wellbeing by providing advice and supporting them to access local community groups, activities and services.

Connect Well are funded by NHS Hull Clinical Commissioning Group and Hull City Council, Connect well is delivered by Hull and East Riding Citizens Advice and North Bank Forum, working in partnership.

For more information about Connect Well please ask our reception team or visit their website www.connectwellhull.org.uk

Want to stop smoking?

Use your local NHS Stop Smoking Service and you're up to 4 times more likely to succeed.

Because life's better Smokefree.

We have a stop smoking service that runs on a Thursday afternoon 1.30pm—3.30pm at the surgery. Just ask at reception and we will get you booked in for an appointment to see our stop smoking advisor.

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Beat the Heat

Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: 201602 1

Choose the right care this summer



	Self care	Grazed knee Hangover Sore throat Cough
	NHS 111	Unwell? Unsure? Need help? GP surgery closed?
	Pharmacy	Diarrhoea Hayfever Painful cough Runny nose
	Your GP	Ear pain Fever Persistent vomiting Unexplained pains
	Urgent care centre or minor injury unit	Broken bones Severe sunburn Sprains Strains
	Emergency Department or 999	Chest pains Heavy bleeding Severe burns Stroke



Choose well.

Remember - The Emergency Department or 999 is for emergencies only

In the past 10 years, skin cancer rates in the UK have increased by 59% in men and 36% in women*

Use at least factor 15 in the sun and apply sunscreen to all exposed skin.

#CoverUpMate

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Please ensure that your mobile number is up-to-date, as the surgery is using SMS text messages to contact you regarding rescheduling appointments, results etc.

Please check our website for all updated information and changes.

We continue to not take prescription requests over the phone, here are a few ways to order prescriptions..

- 1 - You can fill in one of the repeat prescription forms in the surgery and pop in the repeat prescription box.
- 2 - You can sign up with your local pharmacy and order through them or set up a repeat collection with them.
- 3 - You can sign up to our online ordering system (only applicable for 16 years old and over), all you have to do to access this service is fill out a quick form at the reception, show some photo ID and then you will be given a username and password to log in to your online account.

Did you know..

In April we had 42 missed GP appointments and 68 missed nurse appointments.

These appointments are valuable and if for any reason you are unable to attend, would you kindly ensure you contact the surgery and let us know. By having your mobile number and consent, a reminder can be sent to you.

Clifton House Medical Centre

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