

Western Elms Newsletter August 2018

Hello Summer...



NEW WEBSITE!!!

Have you seen our new interactive website? You can now do all of the following things and much more!

- Ask a doctor a question
- Register for online services
- Change of personal details
- Ask reception a question
- Request medication

VISIT WWW.WESTERNELMS.COM TO FIND OUT MORE!

GIVE BLOOD

Most people can give blood. You can give blood if you:

- are fit and healthy
- weigh between 7 stone 12 lbs and 25 stone, or 50kg and 160kg
- are aged between 17 and 66 (or 70 if you have given blood before)
- are over 70 and have given blood in the last two years



To find out more details visit <https://www.blood.co.uk/>

BANK HOLIDAY: THE SURGERY WILL BE CLOSED ON MONDAY 27TH AUGUST. PLEASE CONTACT NHS 111 IF YOU SEEK MEDICAL ASSISTANCE.

NEWSLETTERS

Do you keep up with our monthly newsletters? If you would like one electronically please email us on we.patientgroup@nhs.net we can then add you to our virtual group and you will be sent one each month to your email along with a set of the PPG meeting minutes.

ONLINE SERVICES

We are rated by NHS England as to our usage of online services. Therefore we will be promoting that everybody needs to change from Vision Online and re-register with Patient Access. Please ask at the reception desk for a registration form...

PPG NHS 70 TEA PARTY

Thank you to everybody who came along to the Western Elms NHS 70 Tea Party. We hope you enjoyed yourselves as much as we did.

If you would like to become a member of our Patient Participation Group and attend our monthly meetings please inform reception or email we.patientgroup@nhs.net



Please let us know if you change your mobile number so we can update our records and ensure you continue to receive appointment reminders!

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

BUILDING WORKS PROGRESS UPDATE

We will be open Saturdays 08:30-16:30 for our prebookable appointments.

The patient car park will not be in use during this time as it will be used by heavy goods vehicles. We appreciate this limits parking options, we suggest to plan ahead and where possible use public transport. Whilst we appreciate this may be frustrating, please remember our receptionists did not decide to do this. As a team we are all contributing and working together to provide the same level of care to our patients. If you have any concerns please ask to speak to a Duty Manager.

Do you remember what it used to look like??



Before



In progress