

## PPG Newsletter for July 2023

### July – Things to look out for

#### 1. Alcohol Awareness Week - 3-9 July 2023

It's a chance for the UK to get thinking about drinking; a week of awareness-raising, campaigning for change, and more. This year it is based around **Alcohol and cost**.

Find out more at: <https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1>

#### 2. Hay Fever

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. Community Pharmacies will be able to supply a range of Over the Counter medicines to help manage symptoms.

The NHS has helpful information at: <https://www.nhs.uk/conditions/hay-fever/>

#### 3. Sunburn

Whilst it is always lovely to see a bit of sunshine, this can result in Sunburn, if preparations are not made. Wearing a good sunscreen and a hat can save hours of pain. Please take extra care with children and young people.

Further details can be found at: <https://www.nhs.uk/conditions/sunburn/>

#### 4. Insect Bites

As the weather warms up and especially if one goes on holiday abroad, we may see a number of different insects which can bite and sting. We recommend that all home medicine cabinets have an appropriate preparation e.g. repellents and cream to assist.

Further information can be found at:

<https://www.nhs.uk/conditions/insect-bites-and-stings/symptoms/>

### Accessing Your Practice

We recently put a detailed information sheet on our web site about how best to access Watership Down Health. We would wish to thank all of those who contacted us to say Thank you. In case anyone missed it, it is available at:

<https://www.watershipdownhealth.com/practice-information/statement-on-accessing-the-practice/>

If anyone has difficulty accessing this and would like a printed version, please ring Reception.

### Cancelling an Appointment

Thank you to those patients who cancel any appointments no longer needed from their Appointment Reminder that we send out. If anyone does not need an appointment that is booked, please let us know ideally the day before, so that the appointment can be offered to another patient. If you do not have a smart phone, please message us through the web site to cancel.

## **Medication Requests**

Please make sure that you leave up to 5 working days to request medications. Medication is best ordered via one of the Online Apps and/or the NHS App

<https://www.watershipdownhealth.com/wp-content/uploads/2023/05/NHSAppRepeatPrescriptionsA5leaflet.pdf>

or via our web site at:

<https://www.watershipdownhealth.com/navigator/request-a-repeat-prescription/>

## **Telephone system upgrade**

WHD is making a number of enhancements to the Cloud based telephone system which will make accessing the surgery better going forward. We are looking to implement the changes around the 20/21<sup>st</sup> July.

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