

Practice Newsletter



Summer Edition 2018
Dr Freeman & Partners

**WORKING TOGETHER TO PROMOTE
WELLBEING FOR ALL**

Oulton Medical Centre

Quarry Hill

Oulton

Leeds LS26 8SZ

Tel: 0113 2822138

www.oultomedicalcentre.co.uk

Marsh Street Surgery

25a Marsh Street

Rothwell

Leeds LS26 0AG

Tel: 0113 2821571

www.marshstreetsurgery.co.uk

Please note the Surgery will be closed on the following dates:

Bank Holidays

Monday 27th August 2018 - closed all day

City Wide Staff Training

Tues 10th July - closed from 1pm

Tues 18th Sept – closed from 1pm

Practice news

Ashleigh (Health Care Assistant) left the Practice at the end of June to start her Nurse Apprenticeship at Leeds Teaching Hospitals. Everyone wishes her every success. She has promised to keep the Practice updated on her progress.

The Practice welcomes Bev, who will join our Health Care team, and Francine and Tracie who join our Reception team.

We are also delighted to confirm that Dr Khan will be with the practice until November 2019.

NHS Health checks

The practice takes part in the NHS Free Health Check programme which invites patients aged 40-74 to attend for a Health Check. The idea is to reduce risks associated with heart attacks, strokes and diabetes. If you receive an invite please telephone the surgery to book an appointment in one of our many clinics. These are available throughout the week and at our Oulton Surgery on Monday evenings and some Saturdays at our Rothwell surgery.

CQC Visit. (Care Quality Commission)

The Care Quality Commission is a public body of the Department of Health and Social Care. It was established in 2009 to regulate and inspect health and social care services in England. The Practice had their second inspection in May and are delighted to confirm the inspection has continued to rate our Practice as good in all areas, with an area of outstanding practice in our skill mix and comprehensive co-ordinated approach to support care and treatment to those patients who are elderly, frail or had mental health needs. The full report is available on our website and a paper copy in each reception area.

Patient Information

Chaperone: If you would like a chaperone present during your consultation with the doctor/nurse please advise reception on your arrival or when booking your appointment.

Confidentiality: If you would prefer to speak to a member of the reception team regarding a private matter please let them know and they will facilitate this.

Contact Details: If you have changed your contact numbers please ensure you have updated them via our reception team or website.

GDPR

In case you didn't already know, a new set of regulations; General Data Protection Regulation (GDPR), came into effect on the 25th May. It's been hard to avoid, you will have received numerous emails from every website you've ever visited, asking you to read their updated privacy policy and seeking permission to continue to send you emails!. The GDPR forms part of the data protection rules in the UK, and is designed for the data protection and privacy of all individuals within the European Union. The NHS is working hard to ensure that all areas of the health service are compliant with GDPR, and this includes primary care. If you would like more information on what data we collect about you and how we use it please visit our website, it is located under Further Information; Privacy Notice – GDPR.

Summer Health:

As we head into the summer months it is a good idea to check and update your medical cupboards so you can be prepared for the summer. Useful items include: Sun cream, Aftersun, Sun hats, Hayfever tablets, Insect repellent, Wasp/Bee sting repellent and plasters. Planning ahead and being safe will help everyone to have more fun in the sun!

Sun Safety

Babies less than 6 months old should always be kept out of direct sunlight as their skin contains too little melanin, which is the pigment that gives skin, hair and eyes their colour and provides some protection from the sun. All children should be kept out of the direct sun as much as possible, particularly at the hottest part of the day when the sun is at its strongest (11am-3pm).

Apply a sunscreen with a sun protection factor (SPF) **of at least** factor 15. Make sure the product also protects against both UVA and UVB rays. Many brands produce sunscreen specifically for babies and young children, as these are less likely to contain additives that irritate their skin. Apply sunscreen generously and regularly (as the protection will be less effective if you do not apply a sufficient amount), particular if you or your child are in and out of the water, or have skin that burns easily. Make sure your child wears a sunhat with a wide brim or a long flap at the back to protect their head and neck from the sun. Like adults, children and young babies need to drink plenty of fluids to avoid becoming dehydrated. If you are breastfeeding your baby, you don't need to give them water as well as breast milk, but they might want to breast feed more than usual. If you are bottle feeding your baby, as well as their usual feeds, you can give your baby cooled boiled water throughout the day.

Summer Ailments

Your pharmacist can help with advice for hay-fever, sunburn, stings and insect bites. You can:

- relieve pain with paracetamol or ibuprofen
- reduce swelling and redness with antihistamines or calamine
- relieve itching with antihistamines, or hydrocortisone cream
- prevent bites by using an insect repellent (those containing DEET are most effective)
- reduce hayfever symptoms with antihistamines

All of the above are available from your local chemist without a prescription.

Please contact the surgery if:

- your symptoms do not improve within a few days
- signs of infection appear, such as pus, swollen glands, or flu like symptoms
- signs of an allergic reaction appear, such as swelling or redness that is spreading
- you feel unwell and/or you are worried

The Partners and Staff wish all our patients a safe, healthy and happy summer!

**Dr Freeman, Dr Duvenage, Dr Gough, Dr Halligan, Dr Gatenby,
Dr Gascon Mora, Dr Sarveswaran and Dr Miah
Practice Manager: Mr Nick Gwatkin**