**Welcome to our summer newsletter. We hope you**

**find the content useful.**

**PRACTICE NEWS** Dr Bolt has now left the practice and we are actively working to find her replacement. Our new HCA had to leave for personal reasons and in the interim we have Kimberly back working as a locum.

**Happy Birthday NHS** On 5th July 2023 the NHS will be celebrating their 75th birthday. I am sure you will all agree that we wish them a very happy birthday and thank them for all the hard work they carry out every day.

 **Congratulations NHS**

**Patient Participation Group (PPG)**If you want to get more involved in the Practice and be a patient advocate we have positions on our PPG. If you are interested in joining we meet bi-monthly at the practice. Please email chandra18@gmail.com who will be happy to give you more information.

**Minor Surgery & Joint Injections** The practice are able to carry out some minor surgery procedures and joint injections. If you require this service you will need to see a GP first who will then refer you to the practice GP to have the procedure carried out.

**Cervical Screening** Please remember to book your appointment to have your cervical smear done. It is important for you to have this done as it can help to detect early signs of cancer. You can book an appointment with our practice nurse or you can book in the extended access service in the evening or the weekend if that is more convenient for you.

**Hayfever Season** Hayfever season is now in full swing. The symptoms of hayfever can include runny nose, itchy throat, sneezing, itchy and watery eyes, wheeziness, and cough. These symptoms can be miserable for some, so it is worth taking note of when in the year your symptoms tend to start. It is better to commence a daily antihistamine tablet a few weeks prior to your symptoms developing as this gives you the best opportunity to control your hayfever.

Eye drops and nose sprays are very effective additions to the antihistamine tablet. Pharmacists are a wonderful source of advice regarding what can be purchased to combat hayfever over the counter.

Here are some tips to help you manage this.

* Monitor pollen forecasts daily and stay indoors wherever possible when the count is high (generally on warmer, dry days).
* Avoid walking in grassy, open spaces, particularly during the early morning, early evening, and during mowing, when the pollen count is high.
* Avoid drying washing outdoors when the pollen count is high.
* Keep windows shut in cars and buildings.
* Plan holidays to avoid the pollen season, where possible.
* Shower or wash hair following high pollen exposures.

**Childhood Immunisations**

Please remember to book your Childs immunisations. It is important to have these done at the recommended intervals so as to keep your Childs protection up to date. You can book with our practice nurse to have these or we can book into the extended access clinic in the evening and at weekends if this is more convenient for you. Please advise our receptionists if you require an evening or weekend appointment. . For more information about immunisations please visit [Why vaccination is safe and important - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important/)

**Protect yourself in the sun** The recent weather has been extremely hot. Please make sure you protect yourself from the sun and use a high factor protection when going out. Here are a few tips to help you protect yourself.

* Stay in the shade.
* Use sunscreen.
* Wear a wide-brimmed hat.
* Wear clothing to the ankles.
* Wear a long-sleeved shirt.

**Want to give up smoking?**

**Redbridge Quits Smoking can help**

They offer free and confidential:

• Personal 1-2-1 support sessions either by phone, online or at a range of convenient locations across Redbridge

• Nicotine replacement therapies

• Support for people who are using other forms of tobacco that can also be addictive and harmful, such as Paan, Betel quid, gutkha, bidi, and shisha

• Support for people who are concerned about their use of vapes/e-cigarettes.

Phone: 0300 303 2715

TextBREATHE to 82228

Emailrqs@wdp.org.uk

**Help us to help you.**

We are always extremely busy from 08:00 in the morning booking patients that require an urgent appointment. Appointments are available to pre-book. Please call after 11:00 am to pre-book an appointment. This is when the lines are not so busy and should make it easier for you to get through to our receptionists. If you are calling for results please call after 2:00pm. Appointments can also be booked in the evening and at the weekend in the extended access service. Please ask our receptionist if you wish to book this.

**Simple Wound Care Service** Simple Wound Care What is this service: Most cuts and grazes can be treated at home and will start to heal in a few days. But some wounds may need to be treated by a medical professional if there's a risk of infection, if the injury is serious, or if you have recently had an operation. Simple wound care services are available to all patients over the age of 16 who are registered with a GP practice in Barking & Dagenham, Havering or Redbridge. The services support patients with managing wounds such as skin ulcers, first degree burns, post-surgical sutures, clips removal and routine dressings. How does it work? You will be advised to book an appointment by your doctor or a nurse if you have a wound that needs to be cared for with a dressing. You can book an appointment seven days a week at a time convenient to you. Appointments are available Monday to Friday from 8am-6.30pm and on Saturday and Sunday between 9am-5pm. How can I make an appointment? You can book an appointment online or by contacting the team on one of the numbers below.

• Redbridge: You can book online here: https://app.10to8.com/book/redbridgeswc/ If you are unable to book online, then you can book by calling: 07935 534 762. The phone number is open Monday to Friday from 4pm to 6pm, and Saturday and Sunday 12 to 2pm. This does not include bank holidays. Where will I need to go for my appointment? You can book an appointment at a site close to you, meaning you no longer need to visit A&E or an Urgent Treatment Centre to have your wound dressed. You will need to book into a site connected to your GP Practice and the booking system will guide you through this.

**Social Prescriber** Our social prescriber Fahmida can help people who often have underlying social reasons for visiting their GP. They might be isolated or lonely, worrying about money or housing, struggling to find information to care for a relative or friend, trying to find out about benefits. These are all things our social prescriber can help with, by spending more time with the patient than a GP can, and identifying their problems and directing people to solutions. If you feel a social prescriber could help you please ask our receptionist to book you an appointment.

**Redbridge Children’s Centres** Please click on the link below to access childrens centres in Redbridge.

[PowerPoint Presentation (openobjects.com)](https://search3.openobjects.com/mediamanager/redbridge/fsd/files/children_s_centres_service_brochure_for_parents_1_june_to_21_july_2023_last_updated_28_06_2023.pdf)

If you are not viewing this newsletter electronically please visit the following website for information.

<https://search3.openobjects.com/mediamanager/redbridge/fsd/files/children_s_centres_service_brochure_for_parents_1_june_to_21_july_2023_last_updated_28_06_2023.pdf>

**Redbridge Talking Therapies** Redbridge Talking Therapies provides free, confidential treatments and support for those struggling with their wellbeing and mental health. You don’t need to be diagnosed with a mental health condition to access the service. The service can help with common issues such as anxiety, stress, sleep problems, Obsessive Compulsive Disorder (OCD), depression, phobias, social anxiety, Post Traumatic Stress Disorder (PTSD) amongst others. Treatments include Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), Counselling for depression and more. The service offers individual as well as group therapies, delivered by a diverse range of clinicians, many of whom speak a variety of languages and come from a variety of different backgrounds/cultures. Redbridge Talking Therapies accepts self-referrals as well as referrals from GPs and other health professionals. You can find out more, and refer yourself for the service by calling on the number below, or by filling out an online form on the Redbridge Talking Therapies website.  Please note you must be at least 18 years old and registered with a Redbridge based GP to access the service. Email: RDBTalkingtherapies@nelft.nhs.uk

Website: [www.talkingtherapies.nelft.nhs.uk/redbridge/](http://www.talkingtherapies.nelft.nhs.uk/redbridge/)

Phone: 0300 300 1554—option 1 (9am–5pm, Monday–Friday)

Online self-referral form: [www.iaptportal.co.uk/nelrd.html](http://www.iaptportal.co.uk/nelrd.html)

If you are suffering serious mental health issues and need urgent and immediate help, call 0300 555 1000 which is a 24 hour crisis line, open all year round.

**Exercise** Regular exercise can help with your health & wellbeing. Even a small amount can help. It can help reduce your risk of major illnesses such as Coronary heart Disease, Stroke, Type 2 Diabetes and Cancer. Walking is one of the best exercises as is cycling. If you have difficulty in getting around why not try some exercises while sitting in a chair. If you’re feeling really energetic there’s always the gym. Any amount of regular exercise will help. Please click on this link below for advice on exercise guidelines.

[Exercise guidelines - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/exercise/exercise-guidelines/)

If you are not viewing this newsletter electronically please visit the following website for more information.

https://www.nhs.uklive-well/exercise/exercise-guidelines/