

EVERSLEY MEDICAL CENTRE

KEY DATES:- 28TH AUGUST 2017 – BANK HOLIDAY

OPENING TIMES

	Morning	Afternoon
Monday	08:00 - 12:30	13:30 - 18:30
Tuesday	08:00 - 12:30	13:30 - 19:00
Wednesday	08:00 - 12:30	13:30 - 18:30
Thursday	08:00 - 12:30	13:30 - 19:00
Friday	08:00 - 12:30	13:30 - 18:30
Weekend	<i>closed</i>	<i>closed</i>

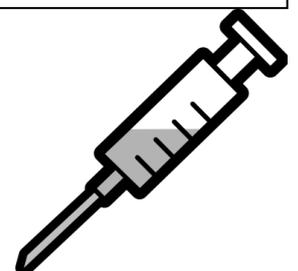
Welcome to the summer edition of the Eversley Newsletter. We hope to bring you all the latest news of what is currently happening within the surgery and the local community.

PATIENT PARTICIPATION GROUP (PPG) 9.30 REFRESHMENTS 10AM MEETING

The PPG continues to explore avenues to provide awareness and information about some of the health issues which are affecting our community but also nationally. The PPG are focusing on Diabetes and Dementia and are hoping to host talks and seminars on these topics in the autumn. A member the group attended a meeting held by diabetes UK (Croydon Group) in April. The meeting heard about the findings of research carried out in the Croydon borough which has at least 31,000 people living with diabetes, 10.5% of the population and ahead of the national average of around 9%. Specifically, the research looking into treating Type 2 diabetes in Black, Asian and Minority Ethnic Communities (BAME) in North Croydon. The meeting also discussed how the findings can be used to create a more focused approach to treating Type 2 diabetes. It agreed that an education programme was urgently needed to give people with diabetes the confidence and skills to take control of their condition. The research found that our BAMEs were not undertaking the necessary self-management to control their diabetes in terms of dietary change (still consuming too many carbohydrates), exercising, and nutrition and so on. As we all know, people with diabetes typically see a healthcare professional for just a few hours a year and self-manage their condition the rest of the time. Successful self-management can reduce the risk of the complex and costly complications of diabetes including lower limb amputation, heart attack, stroke, kidney problems and blindness. We at Eversley plan to run a series of meetings for our patients on how to prevent support and self-manage their diabetes. If interested, please contact us.

PRACTICE STAFF

At the end of July Dr Khalil came to the end of her rotation at Eversley and is looking forward to a career in general practice. We will also bid farewell to Dr Rae and Dr Vo, who will complete their rotation at the beginning of August.



PATIENT ONLINE ACCESS

You can now book appointments, request and repeat medication as well as access your medical records online. You can obtain online registration forms from reception. All we need is two forms of ID which must include photo ID and a document which gives proof of your address. At the collection of username and password you must bring in photo identification.

Prescription surveys and Feedback

We are trying to improve our prescription service, so please tell us what we are doing well and what needs to be improved – Please take a few minutes to complete one of our surveys. It is completely anonymous and so will be the findings.

Feedback Forms – Your feedback is very important to us and we appreciate your comments and any suggestions you may have on how we can improve our service. You will see ‘I want great care forms’ out in the waiting area and in consulting rooms.

We also have a suggestion box where you can post your ideas or suggestions of any improvements we could make.

THE KNIT AND NATTER GROUP – SPREAD THE WORD

The knit and natter group was launched on 27th April 2017 and lead by our patient Mrs Dawn Hart. The Group meets every Thursday between 10.am and 3.pm. You can learn to knit, crochet, or cross stich; we have puzzles as well as a reading corner. Also refreshments will be provided.



CARE NAVIGATOR

Eversley has joined a national pilot to introduce Care Navigators into General Practice. The Care Navigator is a member of our practice team who can provide information and advice on the local support services, travel assistance, health promotions and give general care advice.

CARERS NEWS

We have an active carers group and an in-house co-ordinator. If you are a carer or have someone who cares for you, please give your details to a receptionist or your GP.

AT THE COLLECTION OF CONTROLLED DRUGS YOU MUST SHOW PHOTO I.D.

SUMMER TIPS

SUNSCREEN TYPES

Physical

- Deflects/ Blocks Rays from Skin
- Very stable
- Usually leaves a residue

Look for

- Titanium Dioxide
- Zinc Oxide

Chemical

- Generally stable, but some are not
- Usually does not leave a residue

Look for

- Avobenzene
- Octylcrylene
- Octisalate
- Helioplex
- Oxybenzone
- Uvinul
- Homosalate
- Mexoryl

Mixture

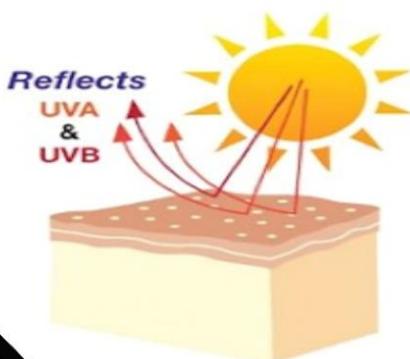
- Mix of both physical & chemical sunscreens
- Does not leave a residue on skin after application

Look for

- Any combination of either type.

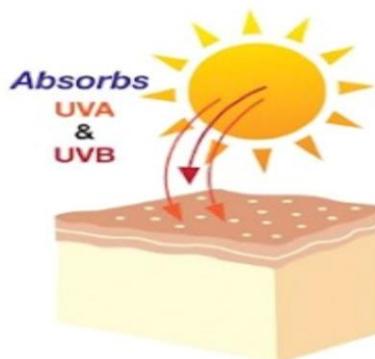
Physical Sunscreen

i.e. zinc oxide and titanium dioxide



Chemical Sunscreen

i.e. avobenzene



Please ask your pharmacist to recommend the right type of sun protection for you.

SUNSCREEN USAGE:

- **1/4 Sunscreen for face and neck**
- **1 Oz for body**
- **REAPPLY OFTEN –UV rays are strongest from 11AM TO 3PM in the UK.**

Open the windows for ventilation and pull down the shades when it's hotter outside.

Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).

Have cool baths or showers and splash yourself with cool water.

Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol , caffeine (tea and coffee and cola) or drinks that are high in sugar.

Listen to alerts on the radio, TV and social media about keeping cool.

Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.

Wear loose, cool clothing and a hat and sunglasses if you go outdoors.



GLASS ON
wear 100% UV
protected sunglasses.
Polarised shades
are even better



HYDRATE!
drink at least 2 litres
of water everyday.
Ditch soft drinks,
H₂O protects eyes & skin



SHADE UP!
use an umbrella.
OR wear a hat for
that extra protection
from the sun



BEWARE!
clouds reflect UV
rays. Wear
sunglasses
even if it is cloudy



STAY IN
as far as possible,
stay indoors,
especially during
the day

