

to our May 2023 Edition Newsletter.

We are friendly and approachable and all our staff are here to help. We are keen to recruit more patients onto our Patient Participation Group (PPG). If you are interested and would like to join us, we arrange to meet quarterly and you can contact us at: www.claremontmedicalcentre.co.uk

Blood Test Results

Please can we remind all patients that it is their responsibility to contact the practice to obtain blood test results at least five working days after the appointment. Patients who have an NHS Account or the NHS App will be able to view their own blood test results online. Unfortunately due to the huge volume of blood tests that we undertake we cannot contact all patients with their results, but we do follow up any urgent results with patients.

From 1st July

All appointments with a GP will be for 15 minutes, this is to try and reduce the need for repeated consultations while still preserving quality of care and patient satisfaction.

NHS Account / NHS App

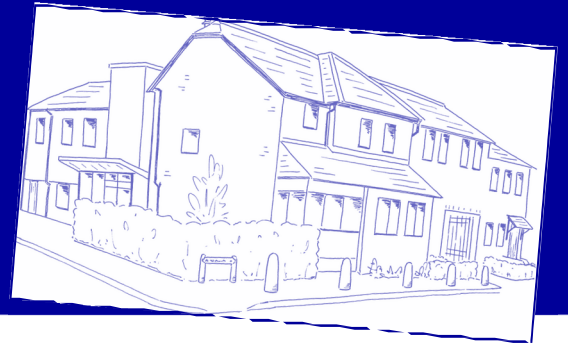
Setting up an NHS account will allow you to use the NHS App or the NHS website to:

- Order repeat prescriptions
- View your health record

Many more exciting features are planned. If you haven't done so already please register for an NHS account. You don't need a smartphone to access these services, you can also use a computer.

Your NHS, your way
Download the NHS App 😊





Don't suffer this year.



Hayfever BE PREPARED

Hayfever season starts around March with tree, grass and weed pollen.
Symptoms of hay fever include:

- sneezing and coughing
 - a runny or blocked nose
 - itchy, red or watery eyes
 - itchy throat, mouth, nose and ears
 - loss of smell
 - pain around your temples and forehead
 - Headache
 - Earache
 - feeling tired
- If you have asthma You might also:
- have a tight feeling in your chest
 - be short of breath
 - wheeze and cough

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks. There are many over the counter remedies for hayfever, please ask your pharmacist for advice as to what will help best with your symptoms. You only need to see the GP if your symptoms are not helped by medicines from the pharmacy.

Please do help your GP Practice and seek the help of a local pharmacist first for any of the following conditions.

For any minor ailments which include: Hayfever, cold sores, stings with minor redness, cystitis, infant colic, conjunctivitis, blocked or runny nose, mouth ulcers, oral thrush, vaginal itch, athletes foot, blisters, mild skin rashes, heartburn, nappy rash, warts and ringworm.



The POWER of Self Care

- P** Personal Wellbeing
- O** Out & about & Exercise
- W** Weight Awareness
- E** Eating & Diet
- R** Risks & Prevention



Risks and Prevention

- **Start exercising:** This reduces the risks of: Diabetes, Heart Disease, Falls, Depression, Joint and Back Pain and many Cancers
- **At the same time become Weight Aware** Increasing weight above a BMI of 25 increases your risks of: Heart Disease, Stroke, Diabetes, many Cancers, including Breast Cancer, Bowel Cancer and Oesophageal (gullet) Cancer
- **Stop smoking (there is no safe level)**
- **Watch your alcohol intake** Men and women are advised not to drink more than 14 units a week on a regular basis
- **Check your Blood Pressure** - Know your numbers! The BHF says: "Unless your doctor says otherwise, blood pressure should be below 140/90".
<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/medical/highblood-pressure-latest-news>
- **Ask for your NHS health check if you are aged 40 to 75**

look after
yourself.
there is only one
of you.



IMMUNISATIONS

Are you up to date??

The World Health Organisation have predicted a rise in measles cases across Europe in 2023, making it more important than ever to make sure that children are fully protected.

Parents, please check if your children are up to date with their MMR vaccines to protect them against measles, mumps and rubella. To become fully protected, children need two doses, the first at age one year and the second at 3 years 4 months and up to the age of 5.

The NHS offers a range of vaccinations for people from birth into older age to safely protect them against potentially serious illnesses.

Keeping up to date with routine vaccinations is essential in preventing severe illnesses amongst all age groups.

As well as protecting you and the people around you, vaccinations also help the NHS by reducing the number of people that are likely to get seriously ill from catching a virus and needing to go to hospital.

Vaccinations are rigorously tested to the highest safety standards.

As with many medications, people may have some side effects when having a vaccination. This is perfectly normal and usually quite mild.

Search 'NHS vaccines and when to have them' to find out which vaccinations are available to you and when to have them.





? WHEN YOU MUST TAKE ANTIBIOTICS

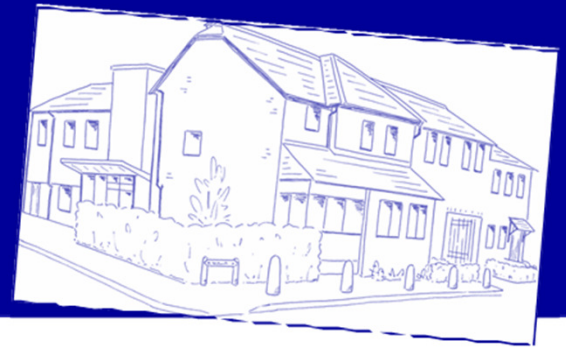


www.sehat.com

Antibiotic Awareness Keep Antibiotics Effective

REMEMBER

- Antibiotics won't work in case of a cold or flu.
- Take antibiotics responsibly and only when they are prescribed by your doctor.
- Keeping antibiotics effective is everybody's responsibility.
- Follow your doctors advice on when and how to take them
- Don't use "left-over" antibiotics.
- Ask your doctor or your pharmacist about how to dispose of any remaining antibiotics.
- Responsible use of antibiotics can help stop resistant bacteria.
- Stopping resistant bacteria will keep antibiotics effective for the use of future generations.
- Do not take antibiotics without a doctor's prescription.
- If you have a cold or flu and your doctor decides that you do not need antibiotics, take care of yourself in order to get better.



Safe Surgeries

Our surgery is an accredited 'Safe Surgery'

We are a Safe Surgery – everyone in our community is welcome at our practice.

Everyone living in England has the right to free care from a GP and we work hard to make sure no one in our community is excluded from healthcare.

This means that:



We don't insist on proof of address documents



We don't insist on proof of identification



Your nationality or immigration status does not affect your right to register with us.



We use an interpreter, if needed

We will ensure that our practice offers a welcoming space for everyone who seeks to use our services and we will not discriminate based on race, gender, gender identity, sexual orientation, immigration status or any other characteristic.

We are proud to be a Safe Surgery.



NHS
The Friends
and Family Test



Just some of the great feedback we have had from our wonderful patients

- The staff on reception were brilliant and called me back without hesitation, I was seen by the excellent doctor within hours of making an appointment. Everything was all done very quickly without any fuss.
- The Claremont team responded quickly to my issue after finding out about my circumstance and I was also able to get an answer to another issue in the appointment slot. And I feel like I'm very cared for, well looked after and listened to.
- Very efficient admin staff. My GP really listened to my concerns and I felt she understood my condition well, where I have seen other GPs in the past who have not.
- Prompt appointment and really good care
- The online triaging system works really well and I was offered a same day face to face appointment.
- Polite, helpful advice and such a great customer service, felt the doctor could understand what I was saying.

Tell us what you think about of the care or treatment you have received from us....

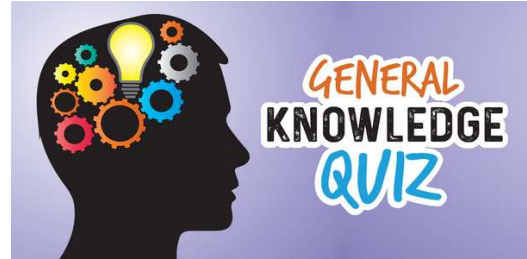
NHS

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Quiz Time???



How's your general knowledge?

- 1) Which planet is known for its distinct rings made of ice particles and dust?
- 2) What is the name of the dog breed that is often used as a guide dog for the blind?
- 3) Which city is known as the "City of Love" and is famous for its iconic Eiffel Tower?
- 4) Which US state is home to the world-famous Yellowstone National Park?
- 5) Which famous scientist formulated the theory of relativity?
- 6) What is the name of the world's largest coral reef system, located in Australia?
- 7) What is the name of the famous British naturalist who developed the theory of evolution by natural selection?
- 8) What is the name of the famous American inventor who developed the light bulb and the phonograph?
- 9) What is the name of the largest country in South America?
- 10) What is the name of the famous British monarch who ruled for over 63 years and oversaw the expansion of the British Empire?

Answers will be revealed in the next quarterly newsletter

