



So Summer is here. Let's hope we all have the chance to enjoy it. We have certainly faced some tough times over the last few years. Hopefully the worst is now behind us, and we can look forward to better times.

You do not need to wear a face covering when you attend the surgery, unless you are experiencing cough, cold, flu, sneezing or covid symptoms.

Please can patients try to give dispensary 3 'working' days' notice of their requirements. Because we are a small village practice, we only have one dispenser working at any time. If the phone line is open, they will need to answer this as well as dispense, order stock, receive stock and deal with queries and medication that the GP's and Nurses put through during their clinics. As you can imagine this can make dispensary a stressful place and we are currently training a new dispenser. We are happy to take medication orders over the phone, however it does help our workload if patients use their repeat slips or order using online access. Please DO NOT order medication or try to book an appointment via email. Our practice email is not constantly monitored and at times of staff shortages/holiday your request may get missed or delayed. Online access is the electronic way to order medication.

Some of you may have met our new member of staff Emma. Emma is our new GP Assistant. Her role is very varied, phlebotomy, Health Care Assistant, Administrator and Dispenser. Emma has worked in hospitals and in a community pharmacy so has lots of work experience and skills to bring to Silton Surgery. She is quickly becoming an invaluable member of the team.

Jo is retiring from Silton Surgery in November 2023. Jo started here in 2004 the same year as Karen. We appreciate all her hard work over the years and wish her all the best for the future. Georgia and Emma are taking over some of Jo's tasks, but we are looking to recruit a new member of the team to cover administration and dispensary.

### **FOSS (Friends of Silton Surgery)**

We are pleased to inform you that FOSS has funded the rental of an oxygen cylinder for the GP's emergency bag. They have also funded the purchase of a bariatric treatment couch for the practice nurse's room. We are in the process of changing our staff room into another treatment room. The treatment couch from the practice nurses' room will be moved into there. We still need to organise a sink and privacy curtains before the room can be utilised.

### **Sun safety**

Warmer weather is known for making people smile, but it also brings several health risks. This advice will help you to enjoy the summer sun safely. We are expecting very high UV rays this summer even on a cloudy day. Some medications make you more susceptible to the sun i.e., Doxycycline.

- Stay out of the sun between 10am and 4pm.
- If you must go out in the heat, walk in the shade, apply sunscreen, and wear a hat and light scarf.
- Have plenty of cold drinks, and avoid excess alcohol, caffeine, and hot drinks.
- Keeping the living space cool is especially important for infants, the elderly, those with chronic health conditions or those who are vulnerable and can't look after themselves.
- Place a thermometer in your main living room and bedroom to keep a check on the temperature.

## **BBQ food safety**

When cooking on your barbecue, there are two main risk factors: under-cooked meat and spreading germs from raw meat onto food that's ready to eat. To avoid food poisoning, when you're cooking any kind of meat on a barbecue, make sure:

- The coals are glowing red with a powdery grey surface before you start cooking, as this means that they are hot enough.
- Frozen meat is properly thawed before you cook it.
- You turn the meat regularly and move it around the barbecue to cook it evenly.
- That the meat is piping hot in the centre, there is no pink meat visible, and any juices are clear.

## **Can a pharmacy give me advice?**

Pharmacists are experts in medicines who can help you with minor health concerns. As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains.

## **HRT PRE-PAYMENT CERT**

On April 1<sup>st</sup>, 2023, a new pre-payment certificate was introduced. This reduces the cost of Hormone replacement therapy. If you are prescribed HRT, ask if an HRT pre-pay certificate would be beneficial. It covers an unlimited number of **listed** HRT medications. The cost of an HRT PPC will be £19.30 for a year.

## **NHS Pre-payment Certificate**

If you are not exempt from NHS charges the cost per item is £9.65. You have the option to purchase an NHS Pre-payment certificate: £31.25 for 3 months or £111.60 for 12 months. There is the facility to spread the cost and pay for the yearly certificate over 10 monthly instalments. If you are not exempt from NHS charges and sign to say that you are, you will be fined by the PPA.

## **OPENING HOURS**

The normal opening hours for Reception at The Surgery are: -

Monday	8.30 to 16.00
Tuesday	8.30 to 19.00
Wednesday	8.30 to 13.00 (Afternoon closed)
Thursday	8.30 to 18.45 (Closed 12.15 -1.45 2nd Thursday each month)
Friday	8.30 to 17.00

## **OPENING HOURS OF DISPENSARY PHONE**

***Mon, Tues, Thurs, and Fri: 09:15 -10:30 and 14:00 – Closing.***

***Weds: 09:15 – 12:00***

**Silton Surgery, Gillingham Road, Silton, Gillingham, Dorset. SP8 5DF.**

**Reception: 01747 840226 Dispensary: 01747 840950**

**Email: [silton.surgery@nhs.net](mailto:silton.surgery@nhs.net)**

**[www.siltonsurgery.nhs.uk](http://www.siltonsurgery.nhs.uk)**