**SUMMER NEWSLETTER 2025**

[This Photo](https://freepngimg.com/png/34962-summer) by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/3.0/)

So Summer is here. Let’s hope we all have the chance to enjoy it. Please make sure that you are keeping hydrated in this warm weather. If you are going to go out and enjoy the weather, then please make sure you wear a hat and apply sun lotion.

We would like to thank the patients who have kindly given up ice-lollies and ice cream to keep us all cool. We do really appreciate this!

New Staff

You will notice some new staff faces in the surgery. We welcome Jill to the team. Jill is a qualified Dispenser and will also be working with the admin team. We also have a Pharmacy technician joining us. We also welcome Jess to the team.

Nurse Trudi has also come back to the surgery to help with Admin and to cover Nurse clinics. We welcome Trudi back to the team.

FOSS

There have been some changes to the Management Committee for The Friends of Silton Surgery. Barbara Borwell has become a Hon Member of the Management Committee of the ‘Friends of Silton Surgery’ following the retirement from the Committee of the Rev Peter R Lewis.

Treasurer of Mere Link, kindly phoned to thank us for our recent donation of £450 on behalf of the Surgery. They explained that they always have a shortfall between the costs of supporting patients and the kind donations they make, so our donation cheque was very welcome to them.

Prescriptions

Please can we remind patients that if they would like to pick up their prescriptions from the Surgery that they do this after10:30am. The first part of the working day is very busy with answering calls which take priority. We thank you all for your cooperation.

New opening times

Some of you may have been aware that the surgery now closes at 5:30pm on a Thursday. The opening times posters and websites have been changed with the new times.

New Policy

If you suspect that you have got a UTI (Urinary tract infection) then we ask you to bring down a urine sample to the surgery if you have had symptoms for more than 48 hours. If you have not, then we will direct you to the nearest pharmacy where they would be able to see you. We also ask that all urine samples are brought down before 2pm, this gives the clinicians time to process the sample and to prescribe any antibiotics if needed.

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 barbeque, 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.

Contact details

If any of your contact details have changed, this includes telephone numbers (landline and mobile), address, names or NOK, then please could you let the surgery know. It is important that all personal information is kept up to date so we can contact you promptly if needed.

Appointments

When attending the surgery for an appointment, please ensure that you have informed the receptionist of your arrival. At busy times your presence can be missed and if you are not booked on the computer the clinician will not be aware that you are at the Surgery. Thank you.

Covid and Flu vaccination Clinics

It is that time of your again when we are thinking about Covid and Flu vaccinations. We will be running a Saturday clinic on 4/10/2025. If you are eligible for the vaccines, then you will be receiving an email or phone call to book these in.

**Silton Surgery, Gillingham Road,**

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

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

**Email:** **silton.surgery@nhs.net**

**www.siltonsurgery.nhs.uk**