

FOREST HOUSE SURGERY

Patient Participation Group



Summer Newsletter 2022

Keeping Well in Summer

We all look forward to the summer months and here are a few tips to make sure you enjoy it:

An obvious tip, but one that often gets overlooked, drinking water. Try to drink a glass of water every morning when you wake up, then keep a water bottle with you all day long. On weekends, pay attention to how much alcohol you consume and be mindful of adding water in between drinks.

Benefits of drinking water:-

- Hydration
- Heals sunburn
- Cures headaches
- It gives you glowing skin
- Enhances muscle performance
- Speeds up metabolism

Make sure you eat well, still remembering to have your 'five-a-day,' vegetables are important, along with some fruit.

Make sure you get enough sleep, with the lighter nights there is a tendency to stay up later. Make up for late nights with earlier ones. Sleep plays a large part in looking after our immune system and maintaining our physical and mental health.

It is really important to be 'kind' to ourselves, allowing time to rest and/or do the things that we enjoy. Often in our busy lives we forget how important this is. Stress and tiredness can have a huge effect on our health and wellbeing.

Finally, no matter how little exercise you are physically or time-wise able to take, just do it! Whether it's a walk, a bike ride, or the gym, even housework, every little bit helps to ensure we 'keep moving' into our later years and are still able to enjoy ourselves.

Have Fun in the Sun!

We can get so much inclement weather in the UK that when the sun shines, we like to get out and make the most of it. The sun is our most natural source of Vitamin D, which is necessary to help keep us healthy, but at the same time we can have too much sun. Here are a few tips to keep you safe in the sun.

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure that you:-

- Never allow your skin to burn
- cover up with suitable clothing and sunglasses
- take extra care with children

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Suffering from Hay Fever?

Hay fever is usually worse between late March and September, especially when it is warm, humid, and windy; this is when the pollen count is at its highest. From mild to severe it can present with a number of symptoms. Pharmacies stock a wide range of treatments to deal with your symptom(s) of Hay Fever. The Pharmacist will always be happy to help you select the preparation that is right for you with your symptom(s).

Symptoms of hay fever can 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

There are also some simple measures that you can take yourself to alleviate it

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you have been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth

Sunscreen : Choosing & Using

What factor sunscreen (SPF) should I use?

Do not rely on sunscreen alone to protect yourself from the sun.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of 2 to 3 years.

Do not spend any longer in the sun than you would without sunscreen.

after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off. It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

If you are prone to insect bites there are many sprays/creams available from your Pharmacy to deter insects and treatments for if you do happen to get stung.

How to apply sunscreen

Most people do not apply enough sunscreen.

As a guide, adults should aim to apply around:

- 2 teaspoons of sunscreen if you're just covering your head, arms, and neck
- 2 tablespoons if you're covering your entire body while wearing a swimming costume

If sunscreen is applied too thinly, the amount of protection it gives is reduced.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

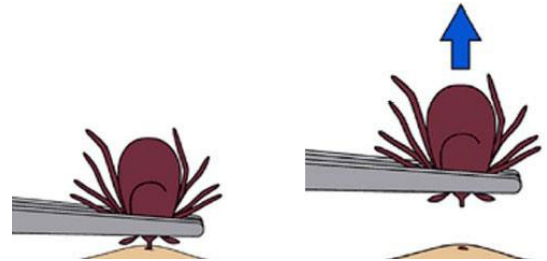
Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better; this includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off. It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

If you are prone to insect bites there are many sprays/creams available from your Pharmacy to deter insects and treatments for if you do happen to get stung.

When the furry members of the family bring home some friends...

It is always a good idea to treat cats and dogs with Flea and Tick treatment. These can be purchased either from your Vet or at a pet store. They range from tablets to give your pets, drops placed on their skin or sprays. If your pet comes home with a tick attached to their skin it is important to remove these in a particular way to ensure the whole of the tick comes away. Twisting them off your pet is the best removal method with tweezers or tick removal devices that can be purchased in pet stores etc.

Being careful not to squeeze the tick's body or all its head to get left behind (this can cause the tick to expel blood back into the wound, increasing the risk of infection. Remove the tick, getting the tweezers as close to the skin as possible, turn the tick clockwise until it becomes loose. Make sure the whole of the tick has been removed (see



Dispose of the tick safely and wash your hands. Ticks can carry disease, so it is important to remove them. Make sure you check your dog for ticks if you walk them in open areas, particularly where sheep or deer graze.

Humans can similarly pick up ticks too when walking in more open/wild areas so it is always worth checking and the same method can be used to remove a tick, washing the area well after removal. It is rare that pets or humans become ill after a tick bite, particularly when removed properly.

Be Green as you Clean - cleaning tips for you and the environment

There are so many products that we use to clean around the home, and they may well 'do a good job,' but they are often produced using a wide range of chemicals. Natural cleaners avoid us coming in to contact with chemicals which have potentially negative effects on our health; they work out much cheaper and are far better for the environment. Why not give some of the natural cleaners below a try?

All-purpose cleaner	1/2 cup vinegar, 1/4 cup bicarbonate of soda to 2 litres water. Mix and decant in to spray bottles. Cleans kitchen hard surfaces, bathrooms etc You can always add a few drops of fresh squeezed lemon or essential oil such as lemon or lavender to leave everywhere looking clean and smelling fresh. (Do not use on granite or marble).
Clean Glass or Mirrors	A quarter of a cup of white vinegar to 4 cups of warm water, mix, put in a spray bottle and it will bring your glass and mirrors up really shiny
Clean inside Microwave	Simply heat a cup of water with several tablespoons of vinegar and a chopped-up lemon in the microwave until the window is steamy. Then let the bowl sit for a few minutes before opening the door and wiping the inside clean in no time at all.

New Extended Access Service Saturday Appointments

Forest House Surgery is working alongside Rosebury Street Practice to offer Saturday appointments to the patients of Beacon Primary Care network (of which we are part).

Appointments can be made for nurse, minor illness, advance nurse practitioner appointments and various types of GP appointments, depending upon the week and the services available due to staffing types.

Our receptionists may offer you appointments on a Saturday, but please ask them if Saturdays work better for you, and they can check to see if anything suitable is available.

Appointments are being held one Saturday a month at Forest House Surgery and the other Saturdays at Rosebury Street.

All appointments are available to all patients from our PCN – our surgery, Rosebury Street, Field Street and Dishley Grange - no matter where the appointment is held.

What is the Patient Participation Group?

Patient Participation Groups (PPGs) are a unique partnership between Patients, GPs and their Practice. Forest House Surgery PPG was formed in 2011. We work in partnership with the Surgery to:

- Contribute to the continuous improvement of services and the quality of care
- Foster improved communication between the Practice and its Patients
- Provide practical support for the Practice and help to implement change
- Help patients to take more responsibility for their health

The group consists of 10 members and a GP Partner from the surgery. We meet every 4 – 6 weeks to discuss any issues affecting the practice and help the surgery to deliver the best service it can to patients.

The current members are:- Mal Gargett (chair), Phillipa Foster, Mavis Robinson, Dave Bottomley, Abi Moreton, Vicky Utting, Kim Tebbutt, Sharon Mason, Gill Tabberer and Amanda Alexander.

MEN ONLY . . .

One man in five dies before he is 65. Heart disease and cancer are the two biggest causes of death.

This summer, we will be launching a campaign around Shephshed to promote Men's Health. Many of us men are not particularly good at looking after our health or checking in with our GP when we have a concern.

- Are we looking after our weight and our fitness and taking regular exercise?
- Are we paying attention to your diet and our nutrition?
- What is our cholesterol level – are we looking after our hearts?
- How is our mental health? Do we experience any stress, anxiety, or depression?
- Are we watching our alcohol consumption to keep it within healthy limits?
- Do we smoke? If we do, are we aware of the serious risks?
- Do we know the early signs and symptoms of testicular and prostate cancer – and how to check for these?

There are some fairly simple and easy things we can do to give our bodies the best chance of being healthy and lasting longer. And there are some easy checks we can make to pick up any early signs of problems.

Look out for more information coming soon. Meanwhile, if you have any concerns, don't hesitate to talk to your GP.