



CASTLE DONINGTON SURGERY PPG

NEWSLETTER SUMMER 2024



www.castledoningtonsurgery.co.uk

01332 856050

New GP - Welcome to Dr. Nausheen Muneeb

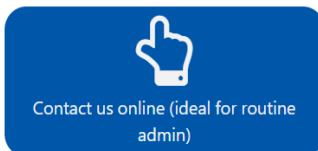
We would like to welcome Dr Muneeb, our newest salaried GP who has replaced Dr A Palace's sessions. She is working on Mondays Tuesdays and Wednesdays.

The practice has a new telephone system.

Practice is now live with a new phone system. Patients should never hit an engaged tone again, meaning that you will be connected to the practice first time. The system also offers a patient call back feature, the system will queue for you, and the practice will call you back when you are at the front of the queue.

For routine or administrative calls, try phoning after 10.30 when the lines are less busy

Administrative requests – Use our website



Options to request any of the following are all available on our website; You can use this, with out the need for a special account or log in.

- **Doctors Letters (private, insurance, education, etc..)**
- **Sick / Fit Notes**
- **Repeat Prescription / medication requests**
- **Test Results**

The Book Swap/Donations have returned – 50p per book

Please donate and take a book. It is a valuable resource of funds to buy extra facilities for the practice

Carers Support Group

The Carers Support Group meet at the Hub for tea and a chat; their next meeting is on 23rd July and thereafter every 4th Tuesday of the month. The Carers Energy Advisor from VASL UK is expected to discuss energy savings for Carers. \other guest speakers are booked for further meetings . for further information contact Linda Conkay, Care CO Ordinator at the Surgery.



Get set for summer and top up on life saving vaccines

Measles

If you have unvaccinated children in your household, the chance of measles and other viruses spreading, significantly increases. Health leaders across Leicestershire are urging everyone, particularly parents with young children, expectant mothers, and those with weakened immune systems to check they are fully up to date with all their routine NHS vaccinations ahead of the summer holidays.



Whooping Cough

Cases are continuing to rise across the area. The condition can cause young and newborn babies to become seriously unwell and, in some cases, even death. The Pertussis vaccination in pregnancy helps to protect pregnant women and their young babies and so all pregnant women are being urged to have this vaccination. New babies cannot have the vaccination until they are over 8 weeks old. The first signs of Whooping Cough are similar to a cold, runny nose, sore throat. If you get coughing bouts and make a gasp or whoop sound, then please seek medical advice

Covid 19 Spring 2024 Vaccine

This programme has now finished and there will be another starting in October alongside the Seasonal Influenza programme.

Plan for Health Needs ahead of the Summer Holidays

If you take regular medication, make sure you order your prescription in good time from your GP practice, so you don't run out when you are on holiday. If requesting early, please let the practice know it is because you are going on holiday.

Remember to take your medication with you.

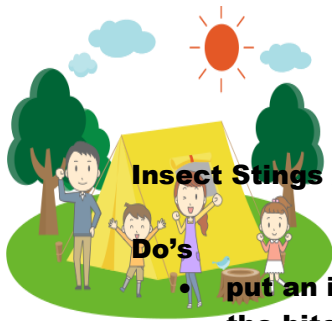
If you are unwell when away from home in the UK, your own GP practice should still be your first port of call. They will be able to provide online or phone consultations and arrange for prescriptions to be sent to any pharmacy you choose.

You can also use NHS 111 online for advice about getting the right care near to where you are on holiday in the UK.

Take a basic first aid kit with you on holiday.

If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world.

Asthma symptoms and breathing difficulties can be triggered by summer weather, for example if there are thunderstorms, in hot weather and if there is a high pollen count. You can also be at risk if you have hay fever or a grass pollen allergy, as well as if you have asthma.



Insect Stings / Bites

Do's

- **put an ice pack wrapped in a cloth or a clean cloth soaked in cold water on the bite or sting for at least 20 minutes, if it is swollen.**
- **keep the area raised if you can.**
- **take painkillers such ibuprofen or paracetamol**
- **if the sting is painful use antihistamines to relieve any itching and use a hydrocortisone cream to reduce itching and swelling**



Don'ts

- **do not scratch the bite or sting, as it could get infected.**
- **do not use home remedies such as bicarbonate of soda to treat the bite or sting.**

A pharmacist can advise you about medicines that can help ease the symptoms of a bite or sting, such as antihistamines, steroid creams and painkillers. They can also provide other treatments if you need them, without you seeing a GP.

Sunscreen

It is so very important to protect our skin whether you are young or old. A high factor, 50, if possible, applied to exposed limbs and faces, ears, and any exposed areas. Please remember to reapply every couple of hours and more frequently if in water, swimming etc.

Hat

Wear a hat to protect your head, one with a wide brim and if possible, one that provides cover for neck and shoulders.

Water

Take water with you if out walking, playing sport and take regular drinks. Do not get dehydrated, it can make you feel very unwell and give you a bad headache, upset tummy and diarrhoea.

Shade

If out picnicking, on the beach or just out in the park, try to sit in the shade and DO NOT fall asleep in the sun. Sunburn is not only painful but very dangerous.

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News from Evans Pharmacy

Pharmacy First – Community Pharmacy England commenced January 2024

The local pharmacy can offer a wide range of services for minor ailments saving you and the Surgery valuable time. Go to cpc.org.uk for further information on all the services you can access



Are you living with Type 1 Diabetes – join our Peer Support Group July 24

The NHS Leicester, Leicestershire and Rutland are seeking patients who are living with type 1 diabetes and using or interested in diabetes technology.

Peer support is for people living with similar health conditions or experiences so that they can come together to share concerns and help each other based on their own experiences.

Would you like to learn more about how to lead peer support, specifically for people living with type 1 diabetes?

If yes, come and be part of our free online Peer Support Champions Programme. The online learning programme will support you with the fundamental knowledge and skills required for leading and facilitating peer support.

For more information contact - eden@uhl-tr.nhs.uk

The Patient Participation Group are looking for new members.

To find out more, please contact

Pauline Johnston at peejay8944@gmail.com